



Families,

We are excited to announce that OLPH will be hosting a Girls on the Run team at our school!

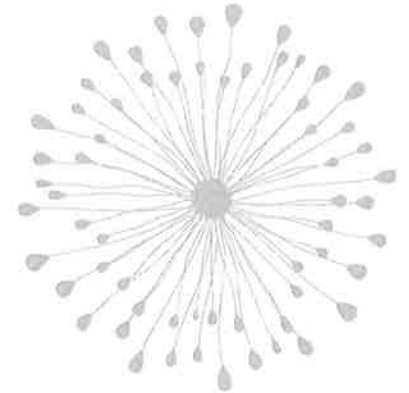
Girls on the Run is a transformational physical activity–based positive youth development program for girls in 3rd-5th grade designed to develop and enhance girls' competencies to successfully navigate life experiences. At Girls on the Run, trained and supportive coaches and volunteers teach life skills through dynamic, conversation-based lessons and running games. The program culminates with the girls being physically and emotionally prepared to complete a celebratory 5k running event. The goals of the program are to develop and improve competence, unleash confidence through accomplishment, develop strength of character, respond to others and oneself with care and compassion, create positive connections with peers and adults and make a meaningful contribution to community, all while establishing a lifetime appreciation of health and fitness.

Our team will meet on Monday and Thursday from 3:00 pm – 4:30 pm beginning on January 27, 2020 through April 23, 2020. The fun and non-competitive 5k which the girls will have been training to complete, will be Saturday, April 25, 2020 at Wesley Bolin Plaza in Phoenix.

Registration will open on November 1st and it will be open until November 30th. You can register your girl online at www.gotrmc.org

There is a \$180 registration fee girl which includes:

- 20 lessons conducted by trained coaches
- Program t-shirt
- Water bottle
- Healthy snacks at all lessons
- Girl's race registration
- Finisher's medal
- Lesson handouts and materials
- Background checks for coaches and volunteers
- Post season celebration banquet
- Sponsor giveaways
- Less visible things like insurance, support to coaches, site & facility fees etc.
- **Tools and lessons that will last a lifetime!**



It is our strong conviction that every girl who wants to participate should be able to regardless of family income. Girls on the Run offers sliding scale scholarships based on household income. The financial scholarship assistance form is built directly in the online registration form. More scholarship information can be found at <https://www.gotrmc.org/Our-Programs>.

If you have any questions about the program at OLPH please contact Lori Mazza lmazza@olphaz.org or Stacy Branum sbranum@olphaz.org. For general program questions and for more information about scholarships, please contact Girls on the Run Program Manager Julie Tritschler at Julie@gotrmc.org or at 602-795-6572 x.1.

We look forward to working with your girls!

Coach Stacy Branum and Coach Lori Mazza

Girls on the Run

is so much fun!



Are you a girl in 3rd - 5th grade? Do you want to meet *new friends*? Accomplish *big* things? *Complete a 5k* with your team? Make a difference in your *community*?
Join Girls on the Run!



When: Jan. 27 - Apr. 23, Mon and Thurs 3-4:30

Where: OLPH School

Register: November 1st - 30th at gotrmc.org

Questions?: [Lori Mazza Imazza@olphaz.org](mailto:LoriMazza@olphaz.org)

[Stacy Branum sbranium@olphaz.org](mailto:Sbranium@olphaz.org)

gotrmc.org