



Girls on the Run at

St. Joseph Catholic School

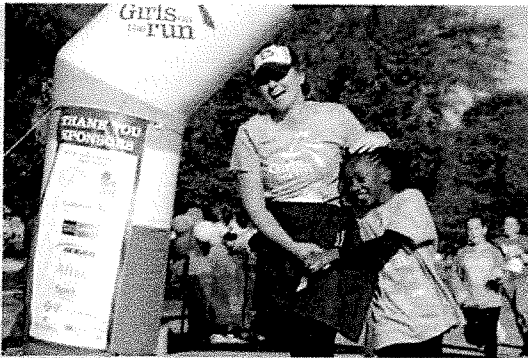
3rd - 5th graders meet twice weekly after school to:

- Have fun playing games!
- Make new friends!
- Learn about yourself!
- Learn to be a better friend!
- Become healthier!
- Let your voice be heard!

GOTR is not about running fast. Beginners are welcome.

Join the Team!

Monday and Wednesday
3:00pm - 4:30pm
 February 3 - April 25
 Celebratory 5k event
 April 25th



Contact Us:

www.GOTRcolumbia.org
info@gotrcolumbia.org
 803-381-0482

We are a 501c3 nonprofit agency
 Scholarships provided by
 generous donors.

REGISTRATION

Online registration is preferred & begins December 15 at 9:00am. Price increases by \$10 on January 8. Contact your coach if you need a paper registration form. Space is limited, so register early to secure a spot!

Early Bird REGISTRATION FEE: \$140

Hello parents of 3rd, 4th and 5th grade girls,

We are excited to share our perspective of Girls on the Run with you and your girls! This will be the 14th year of GOTR at St. Joseph. First and foremost, we want to let you know that GOTR is not all about running, and any 3rd, 4th and 5th grade girls can participate. This international, non-profit organization has become known for its empowerment of young girls. It is a structured curriculum that incorporates relevant topics for girls this age, like positivity, self-esteem, stress management, healthy life style choices, etc...One of the best parts about having this program at St. Joseph is that we also get to incorporate God in all these topics.

Every Monday and Wednesday we will gather in the courtyard outside of Mrs. Anderson's 2nd grade classroom from 3:00 to 4:30. The program begins on Monday, 2/3, and culminates with the 5K walk/run on Saturday, 4/25, where we will join all the other GOTR participants (several hundred) from around the midlands to celebrate all of the fun and effort we put in all season.

Each time we gather for GOTR we'll focus on a different relevant topic, some of which I mentioned above. We start each gathering with a "Circle" where we will pray, share a provided snack, discuss how our day/week is going, discuss the topic at hand, as well as share examples of how we're implementing any of these great real life skills we're learning at GOTR in our personal lives. We then do some stretches and warm ups, with a little yoga mixed in.

The heart of our time together will be spent in the parking lot behind the school where we'll play fun games that incorporate some running and/or walking along with other exercises. Some of these games include: freeze tag, relay races, obstacle courses, etc...

We close each meeting with writing/drawing on our personal goal sheets, reflecting and sharing. We pick an “Energy Award Winner” at the end of each gathering. This is someone the coaches and girls feel gave great effort and maintained a positive attitude. Every girl has an opportunity to be the “Energy Award Winner.” This girl helps lead many of the activities the following time we meet. Finally, we close with our “famous” closing cheer/dance.

We hope to stop by the girl’s homerooms sometime this week, along with some of our current and past GOTR participants, to answer any questions they may have about the program. Please let us know if you have any questions. You may also visit the GOTR web site www.gotrcolumbia.org Early registration ends on 1/8 (\$140). After the 8th registration increases by \$10.

Sincerely,

MC Cox (St. Joseph 4K teacher)

Brandi Coco (coached GOTR last year and mom of Mills in 2nd grade)

Christie Martin (St. Joseph Math teacher and mom of 3rd grader and GOTR participant, Eva)