

Strong Starts Here



brain



heart



social



body



spirit

Girls on the Run of NOVA

Girls on the Run

Sponsored by: Woodburn PTA

- Youth development program for **girls grades 3-6**
- Teams of **8-20 girls**
- **10-week curriculum** teaches girls to be strong, healthy and confident
- **Discuss topics** like positive thinking, standing up to peer pressure, positive body image, and healthy relationships
- **Celebratory 5K run** to end the season. Open to friends and family!

www.gotrnova.org

How to Register

Registration will be sent home on Monday February 7.

February 7th - February 18th

Spring 2022 Season

March 7 – May 22

Free for all participants

After school transportation will be provided if needed



Season Details

Practice Location Woodburn Elementary

On: Tuesdays & Thursdays

From: 4:15 to 5:30

Your Head Coaches: Ms. Dey, Ms. McCarty, Ms. Wells