

**SIGN UP FOR THE FALL SEASON
REGISTRATION OPENS UP
MAY 25, 2016
(limited to 21 spots, then wait listed)**



3rd - 5th Grade Program

What is “Girls On the Run”? Over a period of 10 weeks, girls in the 3rd through 5th grade participate in an after-school program like no other. Designed to allow every girl to recognize her inner strength, the Girls on the Run curriculum inspires girls to define their lives on their own terms. Throughout the season, the girls make new friends, build their confidence and celebrate all that makes them unique. At the end of each 3-month session, the girls participate in a “Girls on the Run” 5k event. This celebratory, non-competitive event is the culminating experience of the curriculum.

Details for Argyle Participants: Meeting days and times are Tuesday and Thursdays from 3:00-4:45 at Hilltop Elementary. ***If your daughter commits, please be aware that we expect the same level of commitment she gives to her other sports.*** We believe whole-heartedly in the importance of combining physical, mental and emotional wellness, especially during these developmental pre-teen years, which is exactly what this program does! **Practices will begin the week of Sept. 12, and our 5K will be Saturday, November 19 (location TBD).**

How Do I Sign My Runner Up? The cost is \$150.00 and the fee includes all classes, program t-shirt, 5K registration fee for GOTR participant and end of season celebration. Please go to <http://gotrdfw.org>, click on programs, then register for the fall 2016 program. Space is limited to the first 21 girls, please sign up even if full, you will go on an automatic waitlist- and not charged unless you clear list.

We are ecstatic to guide, instruct and most importantly CHEER your girls on as they reach their goals! Please feel free to contact us at the email addresses below with questions:

- Coach Reggie: reggiedw7@gmail.com
- Assistant Coach Tammy: tammy@tubbsclan.com
- Assistant Coach Jodi: jodiwomble@aol.com