

# Strong Starts Here



brain



heart



social



body



spirit



**Lorton Station**  
School and Home Partnership



Girls on the Run of NOVA

**Girls on the Run**

- 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](http://www.gotrnova.org)

## How to Register

### How to Register

1. Register online via our homepage:  
[www.gotrnova.org](http://www.gotrnova.org)
2. Sign and return the SHP GOTR Policies form  
(see Head Coach for form)

**Registration is open:**  
Jan 27 – Feb 25

**Spring 2020 Season**  
March 2 – May 16th

## Program Fees & Financial Assistance

**Standard Program fee:** \$175

**Coach Family Discount:** \$110

**Military Discount:** \$150

**Sibling Discount:** \$150 for second child

**Fees for Qualifying Families with Financial Need:** \$22 or \$75

## Season Details

**Practice Location: Ms. Degenhart's Classroom & Bus Loop**

**On: Mondays & Wednesday**

**From: 4:15PM to 5:15PM**

**Your Head Coach is: Ms. Degenhart**