



RUN WITH US!

Girls on the Run of North Carolina



ABOUT: Girls on the Run of North Carolina is a nonprofit organization aimed to help pre-teen girls develop healthy lifestyles and self-respect through running. Life lessons learned through participation in this 10-week program include nutrition and fitness, goal setting, communication skills, making a difference, working as a team, and character development. The program culminates in a celebratory 5K!

www.ymcaofthesandhills.org (910)426-9622



Girls on the Run girls, 3rd - 5th grade

Mission: We inspire girls to be joyful, healthy and confident using a fun, experience-based curriculum which creatively integrates running.

Vision: We envision a world where every girl knows and activates her limitless potential and is free to boldly pursue her dreams.

The curriculum includes topics such as:

- Self-Talk Matters
- Untangling our Emotions
- Healthy Habits of Life
- Attitude of Gratitude
- Let's Cooperate
- Putting an End to Gossip
- I choose to Stop and take a BrThRR

DATE

Program begins February 12, 2018 and runs through May 5th, 2018
Register by February 2, 2018!

Girls on the Run is registering teams at all 3 YMCA of the Sandhills branches as well as churches, and recreation centers throughout the region. We run two seasons a year - one in the fall and one in the spring. These seasons coincide with the school year and cumulate in a celebration 5K!

COST

The program is **\$59** per participant for non-members and **\$49** per participant for members. Participants who qualify for free/reduced lunch may qualify for a scholarship. In addition to the amazing program curriculum, this registration fee includes a program t-shirt, water bottle, and 5k race entry!

BEING A COACH

Acting as a Girls on the Run coach is time intensive yet an extremely rewarding volunteer opportunity. Coaches do not have to be "runners," as these programs are about so much more than running. All coaches are asked to attend coach training and at least one coach should be CPR/First Aid Certified.

Head Coach/Site Liaison

- Prepare and lead lessons
- Serve as primary contact with GOTR/STRIDE
- Commit to two practices a week
- Attend 5k Celebration

Assistant Coach

- Assist with lesson instruction & planning
- Commit to one or two practices a week
- Attend 5k Celebration



For more information about the program or how to get involved please contact **Audra Williams** at

Audra.Williams@ymcaofthesandhills.org