



# Girls on the Run

## Hope Leadership Academy

Grab your running shoes and water bottles and join Girls on the Run! This 10 week session for girls in the 3rd – 5th grade, educates and prepares girls for a lifetime of self-respect and healthy living. Using a well-researched curriculum, life lessons are taught through the use of fun interactive games combined with training for a non-competitive 5k race. Topics include: getting rid of negative self-talk, how to deal with bullying, gossip and peer pressure, nutrition, making healthy choices and much more. All girls will run/walk in the season ending 5k event on May 17, 2014 (Location TBD). *Registration open from January 25th through February 21st (or site is full). The season begins the week of March 3rd.*

- Practices at HLA will be Mondays and Fridays from 4:00-5:30 p.m. - First practice is Monday, March 3<sup>rd</sup>!
- HLA is a fully funded team, so registration is FREE!
- Girls may not miss more than TWO practices after they join the team.
- Our Site Liaison and Head Coach is Jenny Potter, Music Teacher
- Our Assistant Coaches are Rachel Berg, 1<sup>st</sup> Grade Teacher, Eleni Paulson, Second Grade Teacher, Melissa Freeland, Third Grade Teacher and Vanessa Petersen, Community Volunteer.