# GIRLS ON THE RUN GIRLS ON THE RUN





**COACH FOX** 

**COACH NEWTON** 



**COACH PARENT** 



**COACH STEVENS** 



**COACH PAINTER** 

**COACH ROOD** 

### Hello and welcome

We look forward to your child's participation this season! Over the next eight weeks, participants will learn what it means to be strong, confident, and connected, and by the conclusion of the program, they will be physically and emotionally prepared to complete the end-of-season 5K with their teammates.

Practice is Monday/Thursday
3:15 - 4:45



Season Starts: Monday, September 29 Season Ends: Thursday, November 20 Girls on the Run 5K: Saturday, December 6 ATTIRE: Please make sure your child comes to practice wearing clothing appropriate for the weather and for physical activity, wearing comfortable athletic shoes, and has a full water bottle. Sunscreen too!









WEATHER: The safety of our team is our priority. While we plan to practice rain or shine, the team will not practice outside if the weather is unsafe. For this reason, practice may be canceled or brought inside if the forecast is questionable. If this is to happen, one of the coaches will contact you. We will do our best to notify you at least 4 hours in advance of practice changes.

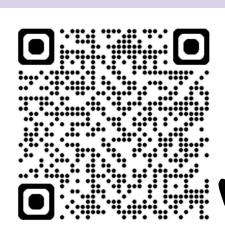


**SUPPORT**: Our goal is to ensure that Girls on the Run is a safe and inclusive space for every participant. Please let us know if there are any accommodations or support needs we should be aware of to provide an accessible and positive space for your child.

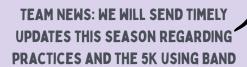
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## Stay Connected







#### Season Reminders:

- attendance is important, so please let a coach know if you will need to miss practice
- comfortable clothes are important for helping our girls feel prepared for practice please let a coach know if you need assistance in getting appropriate clothes for your girl
- each girl will need a running buddy to register (18 years old or older) for the 5K on May
   11th
- we will use Band for our communication so be sure to check it frequently

## GOTR 5K

Our end-of-season 5K will be on **December 6** at Al Lopez Park in Tampa. Save the date - this will be a memorable, limitless potential activating day! For more details, please visit

www.gotrtampa.org/5K for everything you need to know about the 5K. Every participant is strongly encouraged to have a 5K Buddy for the event, but you do not need to register to run, walk, or roll across the finish line to join in on the fun - all are welcome to join and cheer.

