



Pinellas Central Elementary

Girls on the Run

Coaches:

Coach Thigpen
Coach Woodward
Contact: 727-547-7853

Schedule:

Starts Monday, September 30th
Meets Mondays and Wednesdays
Last Meeting December 11th

Session Flow:

2:55 - Girls report to Art room
2:55 - 3:15 - Snack/change clothes
3:15:- 4:30 - GOTR Lesson
4:30 - student pick up in car circle

What to Wear:

Running clothes
Consider the weather
Students will be given time to change
Running shoes and socks

Snacks:

A light snack is provided.

Water Bottles:

Each girl will receive a water bottle.

Transportation:

Please notify by phone or email if your student is going home a different way than normal.

Attendance:

GOTR POLICY
A girl who is absent more than 4 times may be removed from the program for the rest of the season.

Late Pick Up:

POLICY
If late three times the girl will be removed from the program for the rest of the season.

Curriculum:

GOTR is a researched-based international youth development program. The program focuses on learning self-confidence, building positive peer relationships, and helping our community. All while training for a 5K.

Community Impact Project:

As a team, the girls will create, design, and implement a project to give back to their local community.

What's Included for the Girls:

Program materials, water bottle, T-shirt, 5k celebration race registration, and Finisher Medal

5K Celebration:

Saturday, December 14th at 9am
Poynter Park, St. Petersburg, FL

Running Buddy:

Each girl will need a running buddy for the 5k. Must be 18 or older. Running buddies will need to register separately for the 5k.

Parent Communication:

Grown Up Guides will be sent home. These contain information related to our weekly lessons. Also includes a 5k training program for adults. Each family will receive a weekly parent email letter home.