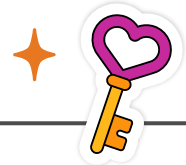


JOIN GIRLS ON THE RUN!



Introducing **HELLO, BOLD HEART!**

Girls on the Run features lessons focused on what matters most to young girls. *This season, your child will participate in an all-new curriculum!* Girls will develop powerful tools to help teammates believe in themselves, move through difficult emotions, overcome obstacles, then apply these tools to take on lifelong challenges.



GIRLS LEARN HOW TO...



Discover their I Can! Power — the power to do hard things



Manage and move through difficult emotions



Use stick-with-it strategies to help them overcome obstacles



Proudly breathe, believe, and achieve their goals

East York Elementary COACHES NEEDED!

Registration opens August 26, 2024

Season Starts: Week of September 23, 2024

Practices: Monday & Wednesday, 3:45-5:15 PM

5K Celebration: December 7 at York College

Financial Assistance is available!

SCAN ME TO REGISTER



For more information and to register, visit www.gotrmidstatepa.org

QUESTIONS?

GOTR Coach Contact at East York Elementary

Maura Musselman

✉ mmusselman@legupfarm.org

PLEASE READ!

East York Elementary is participating in a new GOTR Pilot Program. The season is 10 weeks, with additional surveys & feedback required from the coaches, participants, and GOTR families.

The school district neither encourages nor discourages a student's participation in the activity described herein.

JOIN GIRLS ON THE RUN!

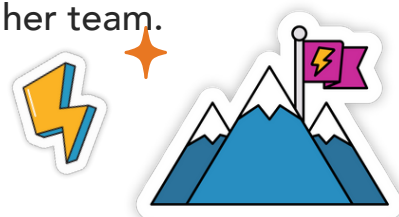


GOTR Team at Indian Rock

Girls on
the **run**®

Hello, MOUNTAIN MOVER!

Girls on the Run features lessons focused on what matters most to your girl. This season, she will build the confidence to do hard things. How? By developing powerful tools to help her believe in herself, then applying these tools to take on challenges alongside her team.



GIRLS LEARN HOW TO...



Discover their I Can! Power — the power to do hard things



Manage and move through difficult emotions



Use stick-with-it strategies to help them overcome obstacles



Proudly breathe, believe, and achieve their goals

Indian Rock Elementary COACHES NEEDED!

Registration opens August 26, 2024

Season Starts: Week of September 30, 2024

Practices: Monday & Wednesday, 3:45-5:15 pm

5K Celebration: December 7 at York College

Financial Assistance is available!



SCAN ME TO REGISTER



For more information and to register, visit www.gotrmidstatepa.org

QUESTIONS?

GOTR Coach Contact at Indian Rock Elementary

Ciera Rascoe

cierarascoe16@gmail.com