To all 3rd thru 5th grade girls and their parents:

It is time to register for our spring Girls on the Run. We need to know who is interested and we need coaches. We would like to have 4 coaches. Please email Sharon Cradic (cradicsj@etsu.edu) or your child's classroom teacher to let them know if you are willing to be a GOTR coach.

What is Girls on the Run?
As you know, Girls on the Run is a life changing after-school program for 3rd-8th grade girls. The highly interactive curriculum combines self-esteem enhancing lessons with uplifting workouts aimed to develop the whole girl: her physical, mental, and social self. Young girls are empowered with a greater self-awareness, a sense of achievement, and a foundation in team building to help them become strong, contented, and self-confident women. At the end of the 12-week program, the girls participate in a celebratory, non-competitive 5K that they train for during the program. It is an amazing experience for all involved!

We Need Coaches!

- **Coaching Candidates** – We require that all sites provide a minimum of two coaches per team to facilitate the curriculum. Coaches can be faculty, staff, parents or local volunteers however we ask that the head coach be female and over 21 years of age. Girls on the Run will continue to provide curriculum and CPR training for coaches as well as program materials and a program budget for each site. Coach recruitment information (posters, videos, etc.) are available upon request.