



# HONEY CREEK GIRLS ON THE RUN

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Dear families in 3<sup>rd</sup> to 5<sup>th</sup> grade,

It is time, once again, for **Girls on the Run!** The GOTR season this year runs from **March 12th** to **May 21st**. We will not meet during Spring Break.

Two parents this year are volunteering to coach the team: Verónica Grondona (Camila, 5<sup>th</sup>), and Joy Aleccia (Isla 6<sup>th</sup> and Maddie 4<sup>th</sup>). The GOTR group at Honey Creek will meet **twice a week**. We will meet **in person at Honey Creek right after school**.

## **GOTR Meeting days and times:**

Tuesdays 3:15-4:45 and Fridays 2:10-3:40.

At the end of the message is a description of the program, especially useful for those who have not participated before. The program requires [registration through the GOTR website](#), where you can also find much more detailed information. A link to the registration page is at the end of this email.

We will meet at Honey Creek, outside as much as possible. We have reserved the gym in case the weather does not allow us to meet outside. In that case, we will need to pay a fee to Honey Creek for use of the gym. We will not know how much that will be until the end of the year. So, if it is OK with families signing up, we would like to hold off on collecting \$ for use of the gym until late May when we know how much we will have to pay HC for it. (FYI: the fee is not much, about \$7 per day, and we would split the total owed to HC among all the girls registered.)

**Registration starts Monday, February 6:** <https://www.girlsontherunsemi.org/Program-Registration>

**IMPORTANT:** Following school regulations, **your child needs to have the paperwork filled out for Afterschool at Honey Creek** in order to sign up for our Honey Creek GOTR team. If you haven't done so yet, please fill out the online paperwork for your child before you register for GOTR: Afterschool Program forms: (i) [Family form](#) (should be filled out first); (ii) [Student form](#) (should be filled out second).

This year space is limited since we are only two coaches for the team, so if you are interested in the program for your child, please register early.

Thanks, and we hope to see many of your girls this spring!

~Verónica Grondona (Camila, 5<sup>th</sup>, David), and Joy Aleccia (Isla, 6<sup>th</sup>, Debi, and Maddie, 4<sup>th</sup>, Tracey).

Additional Information:

- Please **contact us** if you have any questions, comments or need help with registration:

Verónica: [vgrondona10@gmail.com](mailto:vgrondona10@gmail.com)

Joy: [joyaleccia@gmail.com](mailto:joyaleccia@gmail.com)

- Useful links:

**Register Here:** <https://www.girlsontherunsemi.org/program-registration>

**GOTR Website:** <https://www.girlsontherunsemi.org/Our-Programs>

- Important Spring 2022 Dates
  - Monday, February 6<sup>th</sup>: General Program Registration Begins (\$185\*)
  - Week of March 12<sup>th</sup>: Start of Program
  - Week of May 21<sup>st</sup>: Last week of the GOTR Season
  - Weekend of May 20<sup>th</sup>-21<sup>st</sup>: GOTR 5k event (Day and time TBD)

----- Program Description -----

Girls on the Run inspires girls of all abilities to recognize their inner strength and celebrate what makes them one of a kind. It motivates them to be healthy and confident using a fun, research-based curriculum which creatively integrates running. It blends physical activity with skill development that enables girls to adapt to whatever comes their way. In today's unpredictable world, the strategies learned at Girls on Run are more important than ever. Meeting twice a week in small teams, trained and caring coaches teach 3rd-5th grade girls life skills through dynamic lessons and physical activity. The season concludes with a celebratory 5K event. Completing the 5K gives the girls a tangible understanding of the confidence that comes through accomplishment as well as a framework for setting and achieving life goals. This positive youth development program promotes critical social-emotional skills at a time when girls need it the most!

Girls on the Run (GOTR) is coming to Honey Creek again this Spring! Starting the week of March 12<sup>th</sup>, our team will meet every Tuesday and Friday after school (Tue 3:15-4:45, Fri 2:10-3:40). The standard program fee is \$185 and includes 16 lessons/practices, a t-shirt, water bottle, face mask, cinch sack, journal, a beautiful 5K medal and more!

Girls on the Run is committed to ensuring that program cost is never a barrier to participation. A financial aid application is included in the online program registration form at [www.girlsontherunsemi.org](http://www.girlsontherunsemi.org). If you do not have internet access or would like to arrange a payment plan please call (734) 712-5640.

Check the GOTR website for more information and details about the program: <https://www.girlsontherunsemi.org/Program-Registration> You can also use this link to register.