

Girls on the Run

Dear Parents:

It is that time of year to sign your daughters up for the 2015 *Girls on the Run* season. What is *Girls on the Run*? GOTR is a life-changing, experiential learning program for girls, grades 3-5. The goals of the program are to encourage positive emotional, social, mental, spiritual and physical development. The curriculum attempts to help each girl find and stay true to her REAL self while creatively combining training for a 5k running event with self-esteem enhancing, uplifting workouts. Running is only a small portion of the program! I encourage you to check out the GOTR website for more information on the program or contact me. This year at Murray Lake we will have 3 teams, one for each grade, consisting of 15 girls. Each team will gather immediately after school in the gym on their designated days until 5:30pm. The 5th grade team will meet on Mondays and Wednesdays. The fourth and third grade teams will meet on Tuesdays and Thursdays. The season will begin the week of February 23rd and end on May 16th with the inspiring 5k run. Please check your calendars and make sure your daughters will be able to attend every meeting before you register. If your daughter misses more than 4 meetings, she will be asked to leave the program. This is not my rule but a national rule. Please review the attached document, "KCGOTR Program Policies 2014/2015" before registering as well.

REGISTRATION - Kent County GOTR is allowing us to participate in the early registration so that Gazelle will come to our schools and fit our girls for shoes. If we did not participate in early registration, that would have required all parents to bring their daughter to a "shoe fitting open house." I decided a minor inconvenience of being rushed to sign up was well worth the major convenience (for you parents) of having Gazelle come to us. You are able to register your daughter at www.kcgotr.org as of today. Registration closes on November 25th at 9:00pm. Program registration is NOT first-come, first-served. In the event that there are more girls interested in participating at a particular site than available spots, KCGOTR will use a lottery system randomly selecting girls to form the teams. Please see the attached document, "GOTR registration flyer" for more information or contact me. Parents, when you register your daughter make sure you chose the correct team for your daughter by grade. Once the lottery is done you will be notified by GOTR whether your daughter made the team or not.

COST - Registration costs \$120 per child. There are scholarships available based on a sliding scale with the minimum amount being \$10. When you register your daughter, there will be a series of questions that determine what they ask you to pay at the end. If this amount is still too high there is a spot where you can enter what you can afford. They will NOT turn any child away due to the amount that parents are able to pay.

GIRLS/PARENTS MEETING - A meeting will be held on Friday, November 14, at 1:50 pm, in the Media Center at Murray Lake. I encourage you to remind your daughter to attend even if she is not interested in the program. She may find out that the program is not what she thinks and I encourage new faces!! Parents are welcome.

If you have any additional questions, comments please feel free to contact me.

Josie Anstett-Fredricks, GOTR Site Liaison

josephineanst@yahoo.com

616-648-5480