

# Join Girls on the Run NOVA!

## An FCPS PTA-Sponsored Program



Girls on the Run is a curriculum based program for girls in grades 3-6. Practices combine an innovative and fun curriculum designed exclusively for pre-teen girls addressing specific life skills through the use of games, warm-ups and workouts. The program begins during the week of March 12, and culminates in a 5K at George Mason University on May 20. The goal of the program is to encourage positive emotional, social, mental, and physical development. Be sure to check out our website [www.gotrnova.org](http://www.gotrnova.org) for more information.

**The Spring 2012 season runs from March 12 to May 25.**

**Practice location:** \_\_\_\_\_ *(school name)*

**on:** \_\_\_\_\_ **and** \_\_\_\_\_ *(days)*

**from:** \_\_\_\_\_ **to** \_\_\_\_\_ *(time)*

**Your coach is:** \_\_\_\_\_ *(coach name)*

### How to register

Online registration for the Spring 2012 Girls on the Run program will begin on February 21, 2012 via our web site [www.gotrnova.org](http://www.gotrnova.org). As in seasons past, there will be an automated lottery for those teams that fill beyond capacity (20 girls). Registration will be open until February 27, 2012 to give everyone time to register.

If your school's team fills to capacity and a lottery is necessary, the randomly selected participants will be notified via email the week of February 27, 2012; we will also email those participants not selected.

Teams with additional space for more girls will hold a late registration period from February 29 - March 4. An additional fee of \$25 may be charged for late registrations. **If you do not have internet access, require special assistance or a Spanish-speaking interpreter, please call our registration number: 1-877-749-8831.**

### Program Fee

- ★ Standard fee: \$165
- ★ Fee for Financial Aid qualifiers: \$70
- ★ Financial Aid qualifiers (with income under \$30,000): \$17
- ★ Financial Assistance - Financial assistance is available for those qualified registrants who can demonstrate eligibility based on financial need. To qualify, you must mail a copy of one of the following to the GOTR NOVA office:
  - Free and Reduced Meals (FARMS) Form
  - Supplemental Nutrition Assistance Program (SNAP) Approval Letter (Formerly Food Stamps Program)
  - Temporary Assistance for Need Families (TANF) Approval Letter
  - WIC (Special Supplemental program for Women, Infants and Children) Program Approval Letter
  - Letter from your school principal or administrator stating that you receive FARMS benefits

**For more information please go to:**

[www.gotrnova.org](http://www.gotrnova.org)