

January 23, 2019



Dear Kipling Parents and Guardians,

Thank you for your interest in Girls on the Run-Chicago! With so many extracurricular activities to choose from, we hope that your girl will join us this season.

What is Girls on the Run/Heart & Sole?

Over a period of 10 weeks, girls will participate in an after-school program like no other. Designed to allow every girl to recognize her inner strength, the Girls on the Run/Heart and Sole/curriculums will inspire girls to define their lives on their own terms. Throughout the season, girls will make new friends, build their confidence and celebrate all that makes them unique.

Do girls have to be runners to participate?

Physical activity is woven into the program to inspire an appreciation of fitness and to build habits that will lead to a lifetime of health; however, all girls are welcome regardless of athletic ability or fitness level.

How much is the program and what is included in the cost?

The cost per girl is **\$400**. We want to offer this program to all girls, regardless of financial status so the option to apply for payment plans and request financial assistance is available. **This includes:**

- 20 lesson including all related curriculum materials
- Healthy snacks at each practice
- Program t-shirt and water bottle
- Entry to the end-of-season family-friendly 5K
- Girl gift and medal at the 5K
- The Power of "I Can"

"Girls on the Run has helped me understand what it means to be a girl. It was an amazing experience being part of such a spectacular team of girls. I will continue to teach others what I have learned with Girls on the Run and carry it with me for the rest of my life."

- Malia, age 11



End of the season 5K!

At the end of each three-month session, the girls participate in a 5K event. This celebratory, non-competitive event is the culminating experience of the curriculum. 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. Crossing the finish line is just the beginning...the real journey and accomplishment is each girl realizing her full potential and that who she is, is enough.

Looking ahead....Every girl will participate in the 5K alongside a Running Buddy or adult chaperone of your choosing. This person is responsible for encouraging, motivating and keeping her safe throughout the run. You can start thinking about possible Running Buddies now and will receive more information and how to register for the 5K mid-season.

That she is beautiful both inside and out, strong, confident, and that she can fully harnesses the Power of "I Can."

What are the expectations for girls and parents/guardians?

- Girls should come to each practice dressed and ready to participate wearing comfortable clothing and running shoes.
- Girls are expected to attend all practices.
- Girls are expected to be picked up on time.
- During our first practice – the girls are our coaching staff will determine team expectations that they will also be expected to follow.

How to register?

You can help your girl develop the life skills she needs to navigate by signing her up today! You can do so online* by visiting www.gotrchicago.org or via the bilingual (English and Spanish) call center at (312) 224-8385 open Monday - Friday 9 am -5 pm.

****Online registrations must be submitted via a laptop or desktop computer. Cell phones or tablets are not compatible.***

Season Calendar

February 1, 2019

Registration Opens

March 12, 2019

Our 1st practice!

We will meet every Tuesday and Thursday from 3:30-5:00 in The Gym.

5K Date to be announced soon.

Squeez'd Girls on the Run 5K, presented by Mariano's at CLC Lake County

Contact Information

Site Coordinator:

Amy Silverman
amysilverman1@gmail.com
S312-636-3339

Coaches:

Ashley Apa
aapa@dps109.org

Alex DiJohn
adijohn@dps109.org

Thank you for your interest. We are very excited to have your girl join us and look forward to a joyful, positive, and life-changing season!

Kipling GOTRC Coaching Staff