

Register for Girls on the Run

Registration for coaches and participants is now open for Girls on the Run at Nottingham. Registration runs through Tuesday, February 25; participants must be in grades 3-5. Please go to <https://www.gotrnova.org/> to register for the spring season.

Practices will be held Wednesday and Friday mornings from 7:45-8:50 am for a ten week period. Practices will start in the beginning of March.

Girls on the Run of NOVA (GOTR NOVA) inspires girls to recognize their inner strength and celebrate what makes them one of a kind. Trained coaches lead small teams through their research-based curricula which includes dynamic discussions, activities and running games.

Over the course of the ten-week program, girls in 3rd-5th grade develop essential skills to help them navigate their worlds and establish a lifetime appreciation for health and fitness. The program culminates with girls positively impacting their communities through a service project and being physically and emotionally prepared to complete a celebratory 5k event. More information can be found here: <https://www.gotrnova.org/>