

GIRLS ON THE RUN

Coming to Your School Soon

Girls on the Run is a place for girls to connect and grow socially and emotionally.

Teams practice 2x per week for 10 weeks with trained coaches. Girls will...

- + Connect and engage with peers in a safe environment
- + Gain confidence in who they are on the inside and out
- + Learn to give and receive support
- + Develop critical social and emotional skills
- + Be physically active

Why it Matters

IT'S FUN. IT'S EFFECTIVE.

Our curriculum blends physical activity with social-emotional skill development that enables girls to manage whatever comes their way. Our trained coaches lead our teams to accomplish their goals and realize their limitless potential.



Girls on
the run
rockies

For more information, visit:
www.girlsontherunrockies.org