



JOIN HEART & SOLE

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.



heart & sole

Practice days & times: _____

Location: _____

First day of practice: _____

Cost*: _____

*scholarships available

Site coordinator: _____

Email: _____

Phone: _____

For more information & to register, visit:
WWW.GIRLSONTHERUNROCKIES.ORG