



Girls on the Run (3-5 grade) and Girls on Track (6-8 grade) are after school programs that use the power of running to help prepare girls for a lifetime of self-respect and healthy living. Through interactive activities such as running, playing games, and discussing important issues, participants learn how to celebrate being girls. The 10 week program focuses on building self-esteem and improving emotional and physical health. The girls are empowered with a greater sense of self-awareness, a sense of achievement and a foundation in team building to help them become strong, content, and self-confident women.

Coaches do not have to be elite runners. They just have to be women over 18 who maintain a healthy lifestyle and are committed to improving the lives of girls! Men can serve as assistant coaches.

- Coaches must attend one 2 hour CPR certification and one 4 hour GOTR training session free of charge in mid September.
- All curriculum and materials are supplied and coaches are provided with a support network and tips along the way.
- Coaching Girls on the Run is an extremely rewarding experience. It is amazing to see the transformation that occurs in the girls' self esteem and running ability.
- Coaches are needed at all Phoenixville and Owen J. Robert's Elementary and Middle Schools.
- Programs meet twice a week for 90 minutes from September 27 through December 11.
- Teams of coaches are welcomed and encouraged!

If you are interested in volunteering or have questions, please contact Shannon Mannon at 610-917-9890 or by email at activateville@pasd.com

www.girlsontherun.org

www.ymcabwv.org

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