

# GIRLS ON THE RUN

## Spring 2025 season

If your child is in 3rd – 5th grade at SMS, we are hosting a GOTR spring team at St. Mary School this year. Grades will be combined into one team.

For those not familiar with the GOTR program, the season is filled with themed lessons and physical activity throughout every practice. Coaches utilize the GOTR curriculum for every practice. The availability each season for GOTR at our school depends upon volunteer coaches from season to season. If you are interested to launch a team in the future fall or spring seasons, please contact Sarah Irey as the site deadlines are several months ahead of the season.

- Season Dates: **Feb 24 – May 10, 2024**
  - The only weekend commitment is the city-wide GOTR 5k on Sat, 5/10.
- Practice: **Wednesday & Friday from 3:45 – 5:15pm at SMS**
- 100% commitment is required
- Registration open to 3<sup>rd</sup> – 5<sup>th</sup> graders.
- Registration will open Monday, 1/27 at 10 AM through Sunday, 2/9 at 11:59 PM



Questions? Contact Sarah Irey - [sarahcsimeone@gmail.com](mailto:sarahcsimeone@gmail.com)

[Click here](#) for GOTR Cincinnati's website for more information.

Click for the [Direct link to register 1/27 - 2/9](#)

## Unlocking Power & Potential

Girls on the Run has fun, evidence-based programs that inspire participants to recognize their inner strength, increase their level of physical activity, imagine their possibilities, and confidently stand up for themselves and others.