

# GIRLS ON THE RUN



## What is GOTR?

### LEARN, GROW, EXERCISE

GOTR is a program run through local schools to encourage girls to build relationships, develop life skills, and impact their communities - all the while being active!

### LIFESKILLS & TEAM BUILDING

The program focuses on developing physical, social, and emotional skills. Participants learn healthy habits along the way!

### CURRICULUM & TRAINING

Curriculum and training is provided before the start of the GOTR season. There are two coaches required for each team (a team is 8-15 girls).



## How to Get Involved

### GOTR COACHES

We need coaches for the upcoming season! Please visit the site listed below and consider joining our Lakes team for the 2026 season!

<https://www.girlsontherun.org/>



## Reminders

All volunteers must apply through the website listed above. Please contact Emily Sedlock with any questions about the program!

[ESedlock1@rockfordschools.org](mailto:ESedlock1@rockfordschools.org)



## Upcoming

- Proposed start date: March 3
- Practices will run Tuesdays and Thursdays, 3:45pm-5pm
- Kent County 5K Celebration May 16