

# Heart & Sole is coming to Cabin John Middle School!

The Heart & Sole curriculum was developed by Girls on the Run International to meet the unique needs of middle school girls with rich with themes girls can relate to, addressing the whole girl—body, brain, heart, spirit and social connection. Heart & Sole is accessible to all girls regardless of athletic ability or fitness level.

## **How does it work?**

Heart & Sole is a 10-week program with a small team size of 8-15 girls so that girls have an opportunity to build strong connections with one another and their coaches. The program teaches life skills such as team-building, creating a support system, boundary setting, making connections & friendships, goal setting, problem solving, emotional regulation, standing up for themselves and others, self-care, overcoming obstacles, decision making and asking for and providing help.

The season culminates with the Girls on the Run 5K on Sunday May 17<sup>th</sup> at the Westfield Montgomery Mall in Bethesda. This celebratory event underscores the confidence, competence, cooperation and character they've been developing in the program and gives them a tangible sense of goal setting and achievement.

**When:** Teams will meet on Tuesdays and Thursdays from 3:00 to 4:30 pm, from the week of March 9<sup>th</sup> to May 22<sup>nd</sup>.

**Cost:** The standard program registration fee is \$175. Families that qualify for reduced meals through the MCPS FARMS program pay a reduced registration fee of \$85. Families that qualify for free meals through the MCPS FARMS program and/or have a household income under \$40,000 pay a reduced registration fee of \$15. Payment plan, military discount, and sibling discount are available. Full financial assistance is available to families experiencing financial hardship.

Each participant receives a program t-shirt, water bottle, entry to the GOTR MoCo 5K, and a finishers medal.

**To Register:** Please visit [www.girlsontherunofmoco.org/register-now](http://www.girlsontherunofmoco.org/register-now) to sign up your girl. Registration opens on February 4<sup>th</sup>. Space is limited.

**QUESTIONS?** Please visit [www.girlsontherunofmoco.org](http://www.girlsontherunofmoco.org) for more information.