

Girls on the Run of Catawba Valley Spring 2012 Session Calendar

****due to possible inclement weather cancellations, Spring Break, and End of Grade testing, the spring session will follow a 10-week curriculum—see below*

WEDNESDAY, January 25-Spring Site Commitments due by mail, fax or at office

January 30-Feb. 2 – Registration forms Mailed to sites from GOTR office

February 3-17 – Spring Registration period

THURSDAY February 9- New Coach Training (5-9pm) & Returning Coach Box Pick-up (3:30-5:00) YMCA Teen Center

SATURDAY, February 11- New Coach Training (9:30-1:30pm) & Returning Coach Box Pick-up (9:00-2:00) YMCA Teen Center

February 20 – Week 1 of session (*Registration forms and fees due to respective coach by Feb. 24*)

February 27 – Week 2 of session (*Registration forms & fees due to GOTR office by March 1*)
****NO REFUNDS after lesson 4****

March 5 – Week 3 of session-- *Yellow copy of Health History forms due to GOTR office*

March 12 – Week 4 of session

March 19-- Week 5 of session

March 26 – Week 6 of session

TBDMidseason Coaches' Drop-in** (restock of supplies, snack gift cards, race tshirt pickup)

April 2 – Week 7 of session

April 6-15 -SPRING BREAK

April 16 – Week 8 of session (practice 5k at site)

April 23- Week 9 of session

April 30-Week 10 of session

May 5- Girls on the Run 5k at LP Frans Stadium, 9:30am

**** Lessons to be skipped are #8 and #17, combine lessons 22 and 23. If necessary, community service projects can be completed after the 5k, final celebrations (lesson 24) are optional.*