



Looking For Coaches!!

After a season off, Dranesville is hoping to host Girls on the Run in the fall. We need coaches to make this happen!

Girls on the Run® is a life-changing learning program for girls in grades 3 - 6. The program combines training for a 3.1 mile running event with healthy living education. The programs instill self-esteem and strong values through health education, life skills development, mentoring relationships and physical training - all of which are accomplished through an active collaboration with girls and their parents, schools, volunteers, staff and the community.

Coaches and girls meet twice a week for an hour, either from 8-9am or 4-5pm. The program runs from late September through early December.

Please contact Becky Allison (rebecca.allison@fcps.edu) if you are interested in coaching or have any questions. Also, you can check out the Girls on the Run website for more information: <http://www.girlsontherunofnova.org/>