



After school program  
3<sup>rd</sup> - 5<sup>th</sup> grade girls

# THIS ONE'S FOR THE GIRLS.

“Being stuck in the ‘girls’ box’ was a phrase I had never heard before, until I attended coaches training for the Girls on the Run program. I probably never heard of it because I was doing some time in there! If you haven’t heard of it either, it’s the place girls go to become what they think they should be instead of who they really are.”

As my own daughter reached the grand old age of 9, I could see she was starting to be affected by her friends and things she saw on TV. She seemed destined to repeat her Mom’s growing pains and struggles. I was reading a magazine one day and found an article that contained this amazing statement: “Educating and preparing girls for a lifetime of self respect and healthy living”.

That was the first time I heard about Girls on the Run and just had a feeling it was something my daughter and I needed to be a part of to try to avoid the “BOX”.

The program teaches girls to respect themselves and others, lead a healthy lifestyle, and make positive decisions that affect their lives. Interactive lessons and work outs are held twice a week. The girls work towards a goal to participate in a 5k run which is held at the end of the Program. Being a part of something so positive and watching a girl develop confidence in her physical abilities is an amazing experience.

- Jill Fenderson, parent

To learn more about Girls on the Run or how you can volunteer or coach, call Stacy at the YWCA 605-336-3660.