



GOTR Quad Cities program fee is \$130 for 10-12 week program, meeting twice a week for 75-90 minutes. The Girls on the Run lessons encourage positive emotional, social, mental and physical development. Participants explore and discuss their own beliefs around experiences and challenges girls face at this age. They also develop important strategies and skills to help them navigate life experiences. We start with helping the girls get a better understanding of who they are and what's important to them. Then, we look at the importance of team work and healthy relationships. And, finally, the girls explore how they can positively connect with and shape the world.

Physical activity is woven into our program to inspire an appreciation of fitness and to build habits that lead to a lifetime of health. At the end of each three month session, the girls participate in a Girls on the Run 5k event. This celebratory, non-competitive event is the culminating experience of the curriculum. Completing the 5k gives the girls a tangible understanding of the confidence that comes through accomplishment as well as a framework for setting and achieving life goals. Crossing the finish line is a defining moment when the girls realize that even the seemingly impossible IS possible.

The Steering Committee for GOTR Quad Cities diligently work to have funds available for those who need assistance in the program fee. Funding is based off of availability of scholarship funds. If the participant is needing assistance, please complete the following application and submit for consideration. If you have additional questions or wish to discuss scholarship opportunities, please contact Tracy Kotecki 309-644-1015.

Girls on the Run Quad Cities shall be the sole decision-maker regarding the award of any scholarship, and its decision shall be final. Girls on the Run Quad Cities is under no obligation to provide any scholarship, and all scholarships are subject to funding availability. Submitting a scholarship application does not guarantee an award or create a contractual relationship between the applicant, his or her parents or guardians, and Girls on the Run Quad Cities. Neither the applicant nor the applicant's parents or guardians shall have any legal or equitable recourse against Girls on the Run Quad Cities concerning any scholarship or scholarship application. Scholarship recipients will be expected to participate in the entirety of the program.



Date:			
Name of Participant:			
Grade of Participant:			
School attended:			
Guardian's Name:			
Home Address:			
Contact Number:			
Program Site Date:	Fall 2016		Spring 2017
1.	Please explain why you want to participate in a GOTR program:		
2.	Explain what impact you believe GOTR will have in your life:		
<p><i>By signing (typing your name) on this acknowledgement form, you agree that the electronic signature is binding equivalent to your handwritten signature. You agree that if selected for a partial or full scholarship, and register for GOTR Quad Cities, you will make every effort to successfully complete the 10-week program, attending twice a week for 75 to 90 minutes each session, to ensure participating in the full benefit of the entire program.</i></p>			
Dated:			
Signed by Participant:			
Signed by Guardian:			