



## Coming to West Central Middle School Spring 2014

**Mission: To educate and prepare girls for a lifetime of self-respect and healthy living**

**What:** Girls on Track is a national non-profit organization that uses a researched curriculum of lessons, games, activities, and non-competitive running to teach life lessons and to enhance self-esteem and build confidence in young girls! Our lessons include topics in positive thinking, being a good friend, making healthy decisions, standing up for oneself, gossiping and bullying issues, healthy eating and positive body image, setting goals, understanding diversity and community awareness – and many other topics important to girls of this age! We end our GOT season with a fun 5K run including all of the girls participating in GOTR/GOT across the Sioux Empire!

**Who:** Girls that will attend West Central Middle School in the spring of 2014, in grades 6-8; limited number of girls accepted to the program – maximum of 18.

**When:** 10 weeks – beginning March 4- May 4, 2014 Registration information available beginning January 6, 2014 online and at Embe. All registration will be done through EmBe Avera, 300 West 11<sup>th</sup> Street, Sioux falls, SD 57104. 605-336-3660

**Time:** Immediately after school (345pm-5pm), Tuesdays and Thursdays.

**Where:** West Central Middle School

**Cost:** Sliding Fee Scale; \$100-25, depending on household income. No girl has ever been turned away for inability to pay; please contact Heidi McCormick, GOT Coordinator, if you are unable to pay according to the scale.

Attention women, ages 18 and older!

The Girls on Track program delivers its message to young girls through volunteer coaches and mentors. If you are a woman with a passion for working with girls to develop self esteem, confidence and you live a healthy lifestyle and want to be that positive role model, please call Heidi at 336-3660 ext 230 or email at [hmccormick@embe.org](mailto:hmccormick@embe.org).

**We are looking for volunteers at West Central Middle School for the upcoming spring season.**

*Be sure to check out our website at [www.embe.org/gotr](http://www.embe.org/gotr) for additional information!*

**Girls on Track is a program of EmBe Avera and a partner agency of the Sioux Empire United Way**

**Empowering Girls from Start to Finish!**