

Girls on Track: 10 Week Curriculum

Spring 2010

Self-Care, Self-Awareness, Knowing Self

Week 1: March 22-26 - Race registration for the public and our Running Buddies will be open by the end of this week at the latest.

Lesson One: Getting to Know Each Other

Lesson Two: Understanding the girl box

Week 2: April 5-9 –Parent meeting should have been held by now; start thinking about who your Running Buddies could be????

Lesson Three: Learning to Deal: minimizing daily stress

Lesson Four: It's all about balance

Week 3: April 12-16 –Find your inner “dork”... the girls love energy awards! Are your parents reading the e-mail newsletters?

Lesson Five: Nutrition and Healthy Eating

Lesson Six: Empowered Bodies

Week 4: April 19-23 –Practice 5K is only 4 weeks away; Running Buddies need to be registered online by April 30th.

Lesson Seven: Emotional Health: All Filled Up!

Lesson Eight: Centering: the Importance of Slowing Down

Week 5: April 26-30 –Running Buddies need to register online this week; if you need help please contact Becky Cortina: 4cortinas@comcast.net or 815-479-1461.

Lesson Nine: Gratitude: Celebrating our Bodies our Minds and our Spirits

Connectedness: Selecting Healthy Relationships and Keeping Them Healthy

Lesson Ten: Conflict Resolution and Standing up for myself

Week 6: May 3-7 –Practice 5K in 2 weeks; do you have a plan to celebrate or a parent in charge? Treats and Gatorade is always nice!

Lesson Eleven: Collaborative Leadership

Lesson twelve: Peer Pressure/Alcohol, Tobacco and other Drugs

Week 7: May 10-14 –**Parents are welcome to cheer on their daughter’s during the practice 5K...don’t forget to remind them!!!!**

Lesson thirteen: Gossiping and Bullying: Power vs. power

Lesson Fourteen: Cruising and using the internet

Week 8: May 17-21 –**Have fun with the girls...wait until you see it all come together during the practice 5K.**

Lesson Fifteen: Romantic Relationships/Dating

Lesson Sixteen: Practicing our 5k!

Empowerment: Celebrating and SHARING Our Strengths

Week 9: May 24-28 continued –**just when you think the planning is over...it’s time for the Community Service Project; Will you help your site location, town, or steer the girls to some of your favorite causes? The girls will have big ideas; how can you steer them in a manageable direction?**

Lesson Seventeen: Tuning into a New Message

Lesson Eighteen: Community Service Project

Week 10: June 1-4 (Monday teams: practice will need to be made up because of Memorial Day) –**Way to Go!!!! You made it to the final week...team party, race day plans, parent helpers...ask questions if you are unsure of anything!!!!**

Lesson Nineteen: Community Service Project

Lesson Twenty: Passing the Baton: How we serve as empowered role models to other girls

Race Day: Sunday, June 6th

The Final Celebration/Team party may occur outside the regularly scheduled program or when it works best for your team and their parents.