

WELCOME TO GIRLS ON THE RUN SPRING 2010 SEASON

Coaches:

list coaches names here

Contact:

add contact information

GENERAL INFORMATION

~ Our spring season begins ***insert day and date here*** and will continue every ***list days here*** (excluding spring break) till race day on Sunday, June 6th.

~ Practices will be held ***list day, times, meet location and site here***; prompt pick up is **very** important and we ask that you let us know as soon as you can if your daughter is unable to make a practice. ***If your site will have any make up days due to days off of school this would be a good place to give your parents that information.***

~Please come to every practice with plenty of water, appropriate running clothes for that day's weather and running shoes. We will hold practice outside in any type of weather...for the most part ☺!

~Snacks are provided by GOTR and will be offered at every practice. If your daughter has any specific snack needs feel free to provide her with a "light" snack of your own from home.

~Please feel free if you have any questions or concerns to contact us at any time. E-mail will be our primary way to contact you if there is a change or reminder to be sent. Please let us know if there is a different method of contact needed.

We look forward to a fun GOTR season!!!