

# HEART & SOLE IS NOW VIRTUAL AT Dorothy Hamm Middle School

Girls can participate in virtual practices using an internet-connected device or by phone! Materials will be mailed home so girls are ready for their first practice. The journal your girl will receive will allow her to easily engage with her team and coaches.

## WHAT IS HEART & SOLE?

- 8-week positive youth development program for girls in grades 6-8
- Team of 6-16 girls
- Every week you'll build endurance, laugh, learn, and have lots of fun with your team.
- The program ends with a 5K celebration that will remind you that you can crush any goal you set your mind to!

## WHAT'S INCLUDED?

- 16 Heart & Sole sessions
- An engaging program journal for girls to connect with lessons and themes
- Water bottle + Heart & Sole T-shirt
- Entry to a celebratory virtual 5K and a finisher's medal

## PROGRAM FEES

Standard Price: \$140  
Military Discounted Price: \$120  
Sibling Discounted Price: \$120  
Coach Family Discounted Price: \$88  
Reduced Lunch Discounted Price: \$60  
Free Lunch Discounted Price: \$18

**Payment plans & financial assistance available. We have never turned a girl away based on her inability to pay the registration fee.**

*Don't worry — we know circumstances can be hard during these challenging times. Our online program registration will ask some additional questions to apply for financial assistance when registering your girls for the program. Or, you have the option to fill out our [Financial Assistance Request Form](#) or call our office at 703-273-3153 to discuss with a member of our program staff.*

## REGISTER ONLINE

February 8 – March 9

[www.gotrnova.org](http://www.gotrnova.org)



SPRING 2021 SEASON

March 15 – May 16



## PRACTICE INFO

**Location: Your home!**

**Days: Tuesday & Thursday**

**Time: 3:00 – 4:00 PM**

**Coaches: Unika Dabney & Tiffanie McGuire**

## CONTACT FOR MORE INFO

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