



# heart & sole®



*Academy of the Holy Names  
Monday & Thursday 3:30-5:00*

Heart & Sole is designed specifically for middle school girls.



**GIRLS CAN EXPECT TO:**

- Make connections and meet new friends
- Get outside, set goals and move
- Learn how to make independent choices, resolve conflicts and manage stress
- Have Fun!



Participating in Heart & Sole transforms girls' lives by building important life skills such as team building, developing a support system, boundary setting, asking for and providing help and more.

*Why it matters*

**It's fun. It's effective**

## It's all about balance!



*heart*



*brain*



*body*



*social*



*spirit*

## Season Details

Registration Opens: **February 1, 2024**

**Program Starts: March 18, 2024**

**Practice Days/Times: Monday & Thursday  
3:30 - 5:00**

**GOTR Spring 5k: May 18, 2024**

**Season Ends: Week of May 20, 2024**

**Program Fee: \$175**

**Sliding Scale and Financial Assistance is available**

**Contact: Karina Black**

**[karina.black@girlsontherun.org](mailto:karina.black@girlsontherun.org)**



**Learn more and register today at [www.gotr.org](http://www.gotr.org)**

# PROGRAM FEE AND FINANCIAL ASSISTANCE

We believe that building confidence and setting young girls down the path of a healthy lifestyle is priceless! However, there are real costs associated with delivering the Girls on the Run program to over 700 girls per year.

The program fee is **\$175 per girl**. This amount is subsidized by sponsors of Girls on the Run Capital Region, meaning the cost of providing programming and operating our nonprofit is greater than the program fee (approximately \$350 per girl).

## What is included in the fee?

- Sixteen practice sessions facilitated by certified H&S volunteer coaches
- Curriculum and lesson materials
- Official H&S Program T-shirt
- 5K Registration Fee
- 5K Finisher's Medal
- Post 5K Celebration

## How to Apply for Financial Assistance - PROCESS

We are proud to honor our commitment that no girl is ever turned away for the inability to pay the registration fee; therefore, we offer financial assistance (scholarships) using a sliding scale based on household income.



Household Income Guidelines	Sliding Scale Fee
Under \$29,999	\$25
\$30,000 - \$44,999	\$60
\$45,000 - \$59,999	\$100
\$60,000 - \$74,999	\$135
Over \$75,000 (or decline to state)	\$175
Require Additional Assistance	Contact Office

**The financial assistance process is now included within the online program registration.** To use financial assistance, simply answer the questions during registration, and the computer will determine your eligibility based on household income and adjust the fee accordingly. If you need assistance beyond where your family falls in the above chart, please email [karina.black@girlsontherun.org](mailto:karina.black@girlsontherun.org) with information on your specific circumstances and what amount you can afford. Our minimum fee for any participant is \$25.

## Payment Plans Available

Program fees can be paid in multiple installments. **Two- or three-month payment plan options are available to every family, regardless of whether financial assistance is needed.** You can choose your preferred payment plan during the online program registration.

