



Heart & Sole is for **EVERY** girl.

Heart & Sole is an afterschool program like no other designed for middle school girls!

Twice per week for 8 weeks, girls will have fun, make friends, increase their physical activity levels and learn important life skills. Trained and caring coaches lead girls through interactive lessons and movement activities. The season ends with a celebratory 5K event on June 4th!



Why it matters

It's fun. It's effective.

Participating in Heart & Sole transforms girls' lives by helping them increase their self-confidence, develop healthy relationships, and feel good about themselves, inside and out.



Girls who were the least active at the start of the program increased their physical activity by more than 40%*



97% of participants said they learned critical skills to manage emotions, resolve conflict, help others or make intentional decisions*

*Results based on a independent study conducted by Positive Youth Development expert Maureen R. Weiss, Ph.D.

Season Dates: Week of April 10th-June 4th
GOTR 5k: June 4th at UB North

Practice Location: **City Honors School**
Practice days & times: Mondays and Thursday 3:00-4:30
Grades: 5-7
Coach contact: Mrs. Seana Root

Cost: \$165. Includes all 16 practices, season shirt, 5k registration for GOTR participant, medal, & season gift. **Financial aid available.** Apply directly online at www.gotrbuffalo.org.

Registration Details:

- **Register at www.gotrbuffalo.org**
Registration is now open on a first-come first -serve basis until spots are full
- Registration closes April 17th at 10 am
- Please check website for all GOTR policies including attendance
- **Questions? Email: SRoot@buffaloschools.org**

For more info visit www.gotrbuffalo.org