WHAT IS HEART & SOLE?
- 10 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?
- 20 Heart & Sole practices
- An engaging program journal for girls to connect with lessons and themes
- Water bottle + Heart & Sole T shirt
- Entry to a celebratory 5K and a finisher's medal

PROGRAM FEES
Standard Price: $175
Military Discounted Price: $150
Sibling Discounted Price: $150
Coach Family Discounted Price: $110
Reduced Lunch Discounted Price: $75
Free Lunch Discounted Price: $22

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.

JOIN HEART & SOLE AT
J L Simpson Middle School!

Our program has been adapted to ensure physical distancing and safety. In-person practices include safety, sanitizing, and physical distancing precautions.

REGISTER ONLINE
August 9 – September 7
www.gotrnova.org

FALL 2021 SEASON
September 13 – November 21

PRACTICE INFO
Location: Simpson Middle Schools
Days: TBD
Time: after school
Head Coach: Ms. Castro & Ms. Nameth

CONTACT FOR MORE INFO
Ana.L.Castro@lcps.org or Marianne.Nameth@lcps.org