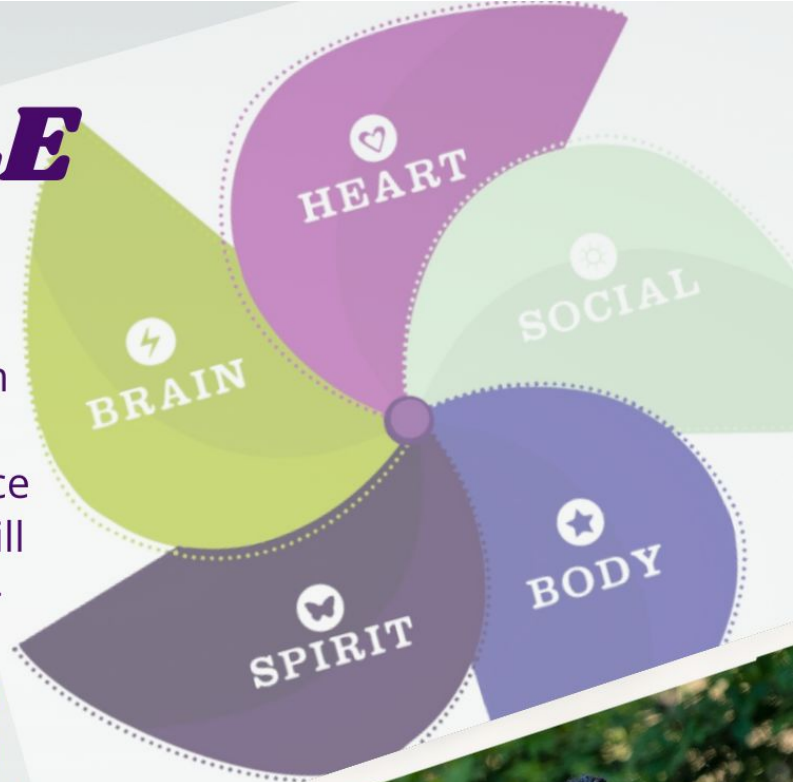


# HEART & SOLE

Middle School Program  
- 6th-8th Grade

Heart & Sole is a middle school program for girls in 6th-8th grade. The program creates a safe space and structured place for girls to develop life skills that they will use in adolescence and beyond. The 10-week program focuses on the social-emotional Girl Wheel, while at the same time helping girls develop their physical competence to complete a 5K at the end of the season. Each practice centers on a Big Idea and focuses on one of the five Girl Wheel topics. Girls will also engage in strength and running activities.



**REGISTER AT**  
**WWW.GOTROFNWI.ORG**

*Registration Opens*

*Program Starts*

*Practice days/times*

*Coach Contact info*

Monday - February 6, 2023

.....

Monday - February  
27, 2023

.....

Mondays 3:30 -5:30

.....

mhannagan13@gmail.com

.....





1 day a week - 2hrs  
for 10 weeks

*Middle School Program 6th-8th Grade*



The program creates a safe space and structured place for girls to develop life skills that they will use in adolescence and beyond. The 10 week program focuses on the social-emotional Girl Wheel, while at the same time helping girls develop their physical competence to complete a 5K at the end of the season. Each practice centers on a Big Idea and focuses on one of the five Girl Wheel topics. Girls will also engage in strength and running activities.

*Program Location*

Highland Middle School

*Program Starts*

Monday, February 27, 2023

*Practice days/times*

Mondays 3:30 PM-5:30 PM

*Coach Contact info*

mhannagan13@gmail.com

**REGISTER AT**

