

girls with goals

LEADERSHIP ACADEMY



Girls with Goals is a yearlong fellowship for motivated high school girls who are interested in physical activity, wellness, and leadership development.

*Girls with Goals sanctioned events satisfy community service hours.

Fellows must attend **75%** of GWG events*

ANNUAL CALENDAR

DATE	EVENT	DETAILS
October 5th, 2019 9 - 11 AM	Why Movement Matters: Girls with Goals Leadership Academy Recruitment Social	Why does movement matter for girls? Learn all about the 2019-20 Girls with Goals Leadership Academy
October 26th, 2019 9 - 11 AM	Belle Isle Hike	Benefits of hiking, breathing, affirmations, and practicing mindfulness
November 9th, 2019 9 - 11 AM	Active Advocacy: Your Voice Matters	How to advocate for more opportunities for girls to be active!
December 7th, 2019 9 - 11 AM	~Healthy Living~	Grocery store games and the basics of cooking!
January 18th, 2020 9 - 11 AM	Financial FITness	HIIT + Budgeting, loans, taxes, savings... Money Coaching from our friends at Capital One Cafe!
February 29th, 2020 9- 11 AM	Shavasana & #selfie: Cultivating Confidence and Body Positivity	Yoga + How to cultivate confidence in yourself and others!
March 28th, 2020 7AM - 1PM Specific volunteer shifts TBA	Monument 10K	Give back! Volunteer with us at the Monument 10K
April 25th, 2020 9 - 11 AM	Planning the 2020 Game On, Girl! Summer Summit	Kickball + Harnessing your own leadership style! Help plan the 2020 Summer Summit
May 16th, 2020 9 - 11 AM	Setting Yourself Up for Success	Power Walking + Networking, resume building, mock interviews & more!
TBA	2020 Game On, Girl! SUMMER SUMMIT	Weeklong summer camp for 50 middle/high school girls focused on physical activity, leadership and health!