



Sunshine Girls Running Club

Program Objective

Sunshine Girls Running Club exists to encourage young girls to grow strong—physically, emotionally, and spiritually. Through running, faith-based lessons, and positive relationships, our goal is to help girls build confidence and resilience, develop Christ-centered character, enjoy movement and teamwork, understand their identity in Christ, and experience a safe, encouraging community.

Faith & Character Focus

Each week, girls will focus on one Christ-centered character trait such as courage, perseverance, kindness, self-control, confidence in Christ, humility, faith, and shining God's light. Lessons are age-appropriate and rooted in Scripture.

Running Expectations

This program is not about speed or competition. Girls are encouraged to try their best, listen to their bodies, and support one another. Walking is always allowed, and effort and encouragement are celebrated over performance.

Program Expectations

We ask each Sunshine Girl to participate respectfully, encourage teammates, listen to leaders, follow safety guidelines, and treat others with kindness and grace.

Parent Partnership

Parents are encouraged to ask about weekly lessons, encourage effort, pray with their child, and reinforce that her worth comes from God.

Program Details

Who This Program Is For

- Girls in 3rd–6th grade
- All fitness levels welcome
- No prior running experience required
- Girls willing to encourage others and grow in character

Season Overview

- 8-week program
- 1 practice per week

- Each practice lasts 1 hour and 15 minutes
- Culminates in a local 5K (3.1 miles)
- Girls will never run more than 3 miles in practice.

Snack Rotation

Each family will sign up to bring a light, healthy snack for one practice during the season.

Suggested items: orange slices, bananas, apples, small bottles of water, nut-free granola bars.

Snacks should be simple, nutritious, and easy to distribute.

What Girls Should Bring to Practice

- Proper athletic shoes
- Modest athletic clothing
- Labeled water bottle
- Positive attitude

Growing Strong Between Practices

Because we meet once per week, we encourage families to help their daughter stay active on off days. Consistent movement helps build endurance safely and keeps her progressing with confidence.

This does not need to be intense training. Simple, joyful movement makes a big difference.

Ideas include:

- Going on a family walk after dinner
- Taking a short jog together
- Exploring a local trail or park
- Riding bikes
- Playing an active outdoor game
- Hiking on the weekend

A Word of Encouragement

Through Sunshine Girls, we pray to reinforce the fact that your daughter is strong because God is with her, she can persevere through challenges, she can shine God's light, and is deeply loved and created on purpose.