

# Girls on the Run NOVA Registration Checklist



**Parents will need to have the following information on hand in order to register their daughters for Girls on the Run or Girls on Track.**

- ★ School Name
- ★ Practice Days and Time
- ★ Child's Date of Birth
- ★ T-Shirt Size
- ★ Parent's Name, Address and Phone
- ★ Parent's Cell Phone
- ★ Parent's Email
- ★ Insurance Card
- ★ Dr. Name and Phone Number
- ★ Emergency Contact Name and Phone Number
- ★ Allergy Information
- ★ Any Medications your daughter takes

**Visit our website ([www.gotrnova.org](http://www.gotrnova.org)) for information on registration.**

**For more information please go to:  
[www.gotrnova.org](http://www.gotrnova.org)**