

Martha Mishkin

GOTR Head Coach at Bull Run



"I love the positive impact GOTR NOVA has on the girls...It makes girls more confident and healthy; physically, mentally & emotionally"

How long have you been involved with GOTR NOVA?

10 seasons / 5 years!

Has GOTR NOVA taught you anything you would teach your past self?

Every. Single. Day! I wish I had been able to participate in GOTR as a young girl. I was not confident in myself as an athlete, or socially, and I would have really benefitted from the program. It took me 30 years to see myself as a strong woman. I think it could have happened sooner if I had GOTR in my life back then!

What's your favorite part of volunteering with GOTR NOVA?

I love the positive impact it has on the girls. I get a lot of great feedback from girls and parents about the program. It makes girls more confident and healthy – physically, mentally, & emotionally.

Do you apply any the program to your everyday life?

I try to! I use "I feel" statements and "Stop and Take a BrThRR" to help deal with my own issues. I also made lists of things I like about myself and things that I'm grateful for.

