



# 2020 YEAR IN REVIEW

## QUICK FACTS

 **1200**  
**Girls Served**

 **600**  
**5K Running Buddies**

 **150**  
**Volunteer Coaches**

Despite the challenges of 2020, Girls on the Run of South Central Wisconsin served over 1,200 girls with our powerful program. We are so proud that we reached our 15,000th local girl during our 15th year as a council!

During the early days of the pandemic, we provided free, virtual "GOTR at Home" programming to over 800 families. We shared two lessons per week (16 lessons in total) that focused on social/emotional skill development and movement. The lessons could be completed by the girls independently with a YouTube video, or with household members.

In the fall, we served over 400 girls with in-person teams (modified for COVID safety - including masks and social distancing) and with exclusively virtual teams facilitated live by trained GOTR coaches. As always, no girl was turned away for an inability to pay for the experience.

## PARENTS SAY:

"My girls enjoyed it immensely and it was a lifeline in this crazy time."

The confidence and happiness they have after practice is noticeable. Socialization, coaching, and physical activity wrapped into one!

Thank you for figuring out how to offer it safely and with restrictions."

**98%**

**Had fun at practice!**

**95%**

**Learned important things**

**96%**

**Felt like they belonged**

## During their GOTR experience, our girls:

- Improved their conflict resolution skills
- Increased confidence in who they are
- Learned how to approach challenging situations with a positive outlook
- Developed skills to respond to themselves and others with care and compassion
- Created positive connections with peers and adults
- Made a meaningful contribution to community through their Community Impact Project