BRING Girls on the Run® TO YOUR SCHOOL!

Girls on the run south central wisconsin

Who We Are

Girls on the Run of South Central Wisconsin is a nonprofit that creates and offers evidence-based empowerment programs that help third- to eighth-grade girls build confidence, address negative issues, and deepen vital physical, mental, emotional, and social life skills.

Impacts of GOTR

By participating NOW...

- Life-skills lessons
- Fun movement-based games
- Impactful community projects
- Intentional goal-setting activities



...she gains these FOR LIFE.

- Deep inner strength
- Meaningful connection to others
- Foundation of physical health
- Empathy and respect for those around her
- Confidence to pursue dreams of all sizes

Transforming Lives

IT'S WHAT WE DO

At the heart of our programs are:

- Evidence-based curriculum
- Nationally trained coaches
- Intentional evaluation
- IDEA-focused approach
- Physical activity accessible for all ability levels
- Social-emotional skill development
- Community service involvement

Girls on the Run: Grades 3-5

The research-based curriculum includes:

- Understanding ourselves
- Valuing relationships and teamwork
- Recognizing how we can shape the world at large

The program unleashes confidence through:

- Setting and achieving goals
- Making new friendships
- Participating in community service work
- Empowering girls to appreciate the value of healthy habits

Heart & Sole: middle school

- Focuses on five key parts: body, brain, heart, spirit, and connection with others
- Incorporates movement-based activities and lessons that instill critical life skills such as:
  - Developing a strong support system
  - Fostering healthy relationships
  - Offering help to those in need

Our Programs

- Open to girls in 3rd-8th grade, regardless of athletic ability or fitness level
- The structure and psychological research for both programs are the same, but topics vary to meet the developmental needs of each age group

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GET INVOLVED WITH GOTR

HOSTING A TEAM:

Provide a Site

- Offer a safe, accessible outdoor place with a restroom (and a designated indoor space for inclement weather)
- Accommodate a regular practice schedule 2 times a week for 90 minutes)

Secure a Site Liaison

- Act as the main site contact for families, participants, and council staff
- Help recruitment efforts and distribute marketing materials
- Provide families with registration assistance
- Identify 2-3 coaches from your site and/or community

Successful teams are a result of the mutual contribution and strong partnership between sites and GOTR!

Girls on the Run teams are led by 2-3 adult volunteer coaches who want to empower youth in their community.

Coaches may be site staff, parents, or community members and must complete an application, background check, and both online (3-4 hours) and in-person training (3 hours). Coaches are expected to attend practices at least once a week, with a preference for twice a week.





How GOTR SUPPORTS You

EVERY STEP OF THE WAY

Program sites can count on GOTR for:

- Marketing and registration materials
- Parent/guardian communications
- National Coach Training (led by trained facilitators)
- Curriculum materials and coach supplies
- Program t-shirt and 5K participation
- Ongoing support to site liaisons, coaches, and families



Program Cost and Financial Assistance

Girls on the Run is delivered at **no cost to the host site**. We are committed to ensuring programming is accessible and strive to eliminate barriers so that anyone can participate, regardless of financial circumstances.

A sliding-scale fee structure is available, making financial assistance accessible to anyone. Families can self-select the price point that best fits their needs. We do not verify income. If additional assistance is needed (beyond the sliding scale), families or sites are encouraged to contact us.

Household Income	Program Fee
Over $100,000	$185
$75,001 to $100,000	$150
$50,001 to $75,000	$110
$30,001-50,000	$65
Under $30,000	$25

NEXT STEPS

Are you ready to join the GOTR community?

1. Submit site application on our website: girlsontherunscwi.org/start-team
2. Identify site liaison
3. Confirm site practice schedule
4. Share GOTR marketing materials to help register girls

Spring 2027 Season

Site application due date: February 12, 2027

Program start date (week of): April 5, 2027

Celebratory 5K event date: June 5, 2027



We are excited for you to join us and need your help!

Your involvement plays a vital role in building self-confidence in girls. As a result, your community and the world beyond it will become a better, more welcoming place.

With your involvement, that better tomorrow can be filled with girls who nurture their emotional and physical health, boldly follow their dreams, and become adults who lead with integrity, empathy, and kindness.

Questions?

We are here to help!

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