

**INTERACTIVE.**

**INTENTIONAL.**

**INCLUSIVE.**



## Girls on the Run

### **Our Mission:**

We inspire girls to be joyful, healthy and confident using a fun, experience-based curriculum which creatively integrates running.

### **Our Vision:**

We envision a world where every girl knows and activates her limitless potential and is free to boldly pursue her dreams.

### **Girls on the Run honors its core values. We strive to:**

- Recognize our power and responsibility to be intentional in our decision making
- Embrace our differences and find strength in our connectedness
- Express joy, optimism and gratitude through our words, thoughts and actions
- Nurture our physical, emotional and spiritual health
- Lead with an open heart and assume positive intent
- Stand up for ourselves and others

## WHAT WE DO

Girls on the Run has fun, evidence-based programs that inspire youth to build their confidence, kindness and decision-making skills. Dynamic lessons instill valuable life skills including the important connection between physical and emotional health.

We use running and fun physical activities as a platform for teaching life skills and promoting holistic health outcomes for kids. Meeting twice a week in small teams of 8-15, trained and supportive volunteer coaches facilitate 90-minute practices. At each season's conclusion the kids positively impact their communities by completing a service project and are physically prepared to participate in a culminating 5K (3.1 mile) event. These celebratory events give them a tangible sense of achievement as well as a framework for setting and achieving life goals.

# WHY IT MATTERS

Girls face social pressures and conflicting messages about how they should act and who they should be. Friendships become more complicated and challenging at a time when peer relationships are central to their lives.

- Studies show that by age 9 a girl's self-confidence begins to drop
- 50% of girls ages 10-13 experience bullying such as name calling and exclusion
- By age 10 physical activity levels begin to decline and continue to decrease

# RESULTS

Girls on the Run is the only national physical activity-based positive youth development program (PA-PYD) with clear evidence of impact from a rigorous external evaluation. An independent, national longitudinal study conducted in 2016 by Dr. Maureen Weiss, Ph.D., provided the following evidence-based outcomes. In short, Girls on the Run drives transformative, sustained change in the lives of our participants.

- 97% of GOTR participants said they learned critical life skills including managing emotions, resolving conflict, helping others or making intentional decisions that they are using at home, at school and with their friends.
- Participants who were the least active at the start of the season increased their physical activity level by 40% and maintained this beyond season's end.
- 85% of GOTR participants improved in confidence, competence, caring, character and connection, making the greatest gains in connection (how supported they felt by their peers) and confidence (how much they like the person they are).
- The study revealed GOTR had a stronger impact than organized sports or physical education programs in teaching life skills

# CURRICULUM

Our coaches facilitate a research-based curriculum that is divided into 3 parts:

**Part One:** Understanding themselves and setting personal goals.

**Part Two:** Learning skills to foster leadership, team building, and cooperation.

**Part Three:** Examining their relationship to the community, including development and implementation of a community service project.

**Curriculum Themes Include:** connection, self-awareness, positive self-talk, empathy, understanding emotions, standing up for self and others, making and maintaining healthy relationships, expressing gratitude, sharing strengths, and impacting community!

**Lesson Structure:** Each lesson is well-written like a detailed road map, focusing on a specific topic and follows a consistent format that provides structure and routine.

- **Introduction/Getting on Board:** Each practice begins with a brief group discussion that focuses on the day's topic/theme.
- **Warm Up:** The group will warm up their bodies with a stretch routine and then a short interactive game that incorporates movement and lesson topic
- **Workout:** A running activity related to the topic of the day. Workouts grow longer over the course of the season as the kids build stamina. Participants set lap goals and log individual progress throughout the season.
- **Processing and Wrap-Up:** Practices end with processing and group discussion so the theme can be applied to daily life. The wrap up includes energy award affirmations and a closing cheer to ensure that each session ends on a high note.

## PROSPECTIVE SITES

Girls on the Run of South-Central Wisconsin offers programming at over 100 sites, serving kids at schools, community centers, and public parks. Successful teams are a result of the mutual contribution and strong partnership between sites and GOTR!

### To host a GOTR team, sites must:

- Identify a primary contact person to fulfill Site Liaison duties
- **Recruit 3-4 volunteer coaches** to lead the team
- Designate a safe and accessible **outdoor space** to facilitate all practices
- Designate an **indoor/covered space** to be used in the event of severe weather
- Determine a **regular practice schedule** for the season (2x per week, for 90 minutes)
- Promote the program with inclusive outreach, share details on when/how to register

### Girls on the Run Provides:

- Coach application, background check, and certified GOTR coach training
- Marketing and promotional materials such as flyers, posters, social media content
- A fair and equitable online registration process, as well as an alternative paper process
- Certified GOTR curriculum, detailed lesson plans, and all supplies for every practice
- A powerful culminating experience at the GOTR 5K event
- Outstanding support & regular communication throughout the season

### Supervision of Youth and Team Size:

For safety, it is mandatory that a minimum of two adult coaches are present at all times.

For **optimal experience**, teams should maintain a solid kid/coach ratio at every practice.

- For a standard team size of 8-15 kids, 3 coaches are needed at every practice.
- For a large team size of 16-20 kids, 4 coaches are needed at every practice.
- Multiple teams are allowed at a site, as long as there are enough dedicated coaches and space adequate to host two distinct teams

### Timing and Length of Seasons:

- GOTR programming is hosted twice a year, spring and fall season
- The fall season is generally mid-September to early November
- The spring season is generally early April to early June
- Liaisons set a regular schedule, practice days and times, within the season calendar
- Practices take place two days a week (nonconsecutive days), 90 minutes each.

### Registration Fees and Sliding Scale Fee Structure:

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.

The full cost for a fun and powerful program is \$165 per participant. 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 are encouraged to contact us. We can also provide running shoes and athletic attire, free of charge, if needed.

#### Household Income Guideline and Sliding Scale Fee Structure

Over \$80,000	= \$165 fee
\$50,001 – \$80,000	= \$100 fee
\$30,001 – \$50,000	= \$60 fee
under \$30,000	= \$20 fee

## SITE LIAISON DUTIES

Site Liaisons are passionate about Girls on the Run and play an important role as the point person between GOTR, the site, and coaches. It is encouraged that Site Liaisons have a deep connection to the site as an employee, engaged parent and/or community member. Liaisons partner with Girls on the Run to ensure success and sustainability of the team.

### Site Liaison duties include:

- Gain approval from principal/site director in support of hosting GOTR (if applicable)
- Complete the site application each season
- Secure dedicated, accessible outdoor space to facilitate practice
- Identify indoor space/shelter to be used in the event of severe weather
- Identify practice days and times (2x/week for 90 minutes)
- Assist in the recruitment of a coaching team (3-4 volunteer coaches)
- Assist in the recruitment of participants through an inclusive outreach effort
- Understand the GOTR registration process and assist families when needed
- Share awareness of financial assistance available for participants facing barriers
- Meet with coaches prior to the start of the season to review team logistics
- Serve as the point of contact with GOTR and provide feedback to the organization
- Champion the Girls on the Run program at your site and have fun!
- The Site Liaison may also serve as a coach, if they choose to do so

# COACH DUTIES

Girls on the Run teams are led by a group of adult volunteer coaches. Coaches can be site staff, parents or community members. We provide coaches with detailed curriculum and all supplies needed to confidently deliver each lesson. We train coaches to build positive relationships, create inclusive environments and focus on participant's individualized effort and growth.

## Coach duties include:

- Serve as a positive role model and help participants grow, learn and have fun
- Understand and believe in the mission of the organization
- Collaborate and communicate with co-coaches for a successful lesson delivery
- Communicate information with families of program participants
- Be reliable; arrive on time and prepared to greet the team
- Review and facilitate lessons as intended (curriculum books and all supplies provided)
- Commit to the entire season's schedule, including the culminating 5K event
- Consistently attend practice each week. 2x/week preferred. At least 1x/week required.
- Coaches of all gender identities and walks of life are welcome
- Coaches need not be "runners", just bring your enthusiasm for empowering youth
- Complete an application, background check and training prior to the season

## NEXT STEPS

- Reach out to leaders at your site about hosting GOTR
- Decide on practices days/times
- Designate outdoor practice space
- Identify an indoor or sheltered option in case of severe weather
- Complete the GOTR Site Application: [www.girlsontherunscwi.org/Start-Site](http://www.girlsontherunscwi.org/Start-Site)
- Meet with GOTR programming staff to review team details (phone or zoom)
- Recruit coaches to support the team: [www.girlsontherunscwi.org/Coach](http://www.girlsontherunscwi.org/Coach)
- Encourage coaches to complete the application, background check and training
- Recruit kids to join the team (3<sup>rd</sup>-5<sup>th</sup> graders)
- Share GOTR Impact: [www.girlsontherunscwi.org/impact](http://www.girlsontherunscwi.org/impact)
- Share GOTR promotional videos:
  - <https://youtu.be/EbbGhTOMxqs>
  - <https://youtu.be/3hUJ7gWoIDw>
  - <https://youtu.be/RcnKolqhw4>

## Contact Us:

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## Girls on the Run SCWI – Program Responsibilities Chart – Spring 2023

	SITE LIAISON	COACHES	GOTR STAFF
<b>Practice Facilities &amp; Logistics</b>	<ul style="list-style-type: none"> <li>○ Obtain site director permission to host GOTR, if applicable</li> <li>○ Confirm practice days/times</li> <li>○ Designate safe &amp; accessible outdoor practice location</li> <li>○ Identify indoor or sheltered area to be used during severe weather</li> <li>○ Arrange for restroom access during practice, if possible</li> </ul>	<ul style="list-style-type: none"> <li>○ Practice in designated locations and follow facility rules (if applicable)</li> <li>○ Communicate with parents, participants and co-coaches about specifics regarding where to meet and pick up</li> </ul>	<ul style="list-style-type: none"> <li>○ Provide certificate of insurance, as needed</li> <li>○ Formally reserve space, as needed</li> <li>○ Pay space reservation fees, as needed</li> </ul>
<b>Recruitment &amp; Registration</b>	<ul style="list-style-type: none"> <li>○ Take the lead in recruiting 3-4 committed coaches</li> <li>○ Broadly advertise to 3-5<sup>th</sup> graders, recruit 8-15 kids/team</li> <li>○ Distribute provided recruitment materials (flyers, posters, graphics)</li> <li>○ Be aware of GOTR resources to help reduce barriers (financial assistance, shoes/clothing)</li> <li>○ Support paper registration process, if needed</li> </ul>	<ul style="list-style-type: none"> <li>○ Support liaison with coach recruitment (complete application, background check &amp; coach training)</li> <li>○ Support liaison with kid recruitment (back to school events, speak to classes, etc)</li> <li>○ Meet with co-coaches before the start of the season to plan</li> <li>○ Communicate with parents/participants using roster details in Pinwheel</li> </ul>	<ul style="list-style-type: none"> <li>○ Provide a suite of recruitment materials (posters, social media content, graphics, etc)</li> <li>○ Host &amp; facilitate equitable registration process (online &amp; paper)</li> <li>○ Provide liaison and coaches roster access</li> </ul>
<b>During Season</b>	<ul style="list-style-type: none"> <li>○ Help answer coach questions and troubleshoot, as needed</li> <li>○ Communicate with GOTR staff about challenges or changes with the team</li> </ul>	<ul style="list-style-type: none"> <li>○ Arrive on time &amp; prepared to lead lessons each week</li> <li>○ Deliver curriculum as intended</li> <li>○ Communicate and collaborate with co-coaches</li> <li>○ Communicate team details to parents during season</li> </ul>	<ul style="list-style-type: none"> <li>○ Provide coaches training, curriculum, supplies, etc</li> <li>○ Send weekly coach newsletters</li> <li>○ Conduct site visits and offer additional support as needed</li> </ul>
<b>Practice 5K Lesson</b>	<ul style="list-style-type: none"> <li>○ Invite site leadership/staff to attend and cheer on the team (principal/teachers/community)</li> <li>○ Ask coaches if support is needed</li> <li>○ Celebrate the team!</li> </ul>	<ul style="list-style-type: none"> <li>○ Plan a safe 5K route at the practice location</li> <li>○ Communicate with parents &amp; participants so they are excited</li> <li>○ Celebrate the team!</li> </ul>	<ul style="list-style-type: none"> <li>○ Share best practices</li> <li>○ Provide all supplies &amp; communication templates to host a fun practice 5K lesson</li> </ul>
<b>5K Event &amp; Wrap-Up</b>	<ul style="list-style-type: none"> <li>○ Arrange bus transport, if needed (bill to GOTR with prior approval)</li> <li>○ Attend &amp; celebrate team at the 5K</li> <li>○ Submit site application for next season in timely manner</li> </ul>	<ul style="list-style-type: none"> <li>○ Support team, participate in 5K, &amp; have fun! Serve as Running Buddy if needed</li> <li>○ Return all materials to GOTR</li> <li>○ Submit coach application for next season</li> </ul>	<ul style="list-style-type: none"> <li>○ Provide a safe and fun 5K celebration!</li> <li>○ Collect coach &amp; family feedback via surveys</li> <li>○ Create/update site &amp; coach application links</li> </ul>