



# Girls need Girls on the Run now more than ever



## **Girls on the Run of the Greater Chesapeake**

Serving Anne Arundel County, Baltimore City, Baltimore County,  
Calvert, Queen Anne's and Talbot Counties

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[www.gotrchesapeake.org](http://www.gotrchesapeake.org)

Bring Girls on the Run to your school, neighborhood or community!

# WHO WE ARE



## ABOUT GIRLS ON THE RUN

Girls on the Run, a 501c3 nonprofit organization, is dedicated to creating a world where every girl knows and activates her limitless potential and is free to boldly pursue her dreams. We inspire girls to be joyful, healthy and confident using a fun, experience-based curriculum which creatively integrates running.

Girls on the Run of the Greater Chesapeake (GOTRGC) is one of 200 independent councils of Girls on the Run International. GOTRGC is a local nonprofit serving girls in Anne Arundel County, Baltimore City, Baltimore County, Calvert, Queen Anne's and Talbot Counties and was founded in 2005.

## 2022 PROGRAM OPTIONS

For the fall 2022 season, we are excited to offer in-person programming with our 10-week program model. The following pages will provide you with site requirements as well as details regarding the program model.



*"When you look at the core group of girls participating in the program, you see them standing a little taller among their peers and how they solve problems, speak up and then aren't afraid to express how something made them feel."* - **Sharon, School Administrator**

## OUR PROGRAMS

### Girls on the Run – Elementary program for 3<sup>rd</sup> – 5<sup>th</sup> grade girls

- Supports girls in gaining a better understanding of who they are, recognizing the importance of teamwork and healthy relationships, and learning how they can positively connect with and shape their communities and the world.
- Social-emotional curriculum themes include: turning negative self-talk into positive self-talk, understanding emotions, standing up for self and others, forming and maintaining healthy relationships, and making an impact on the community.
- **10-week traditional program (in-person)**

#### **Team Sizes:**

- Team size is 8 – 15

### Heart & Sole – Middle school program for 6<sup>th</sup> – 8<sup>th</sup> grade girls

- Addresses the whole girl – body, brain, heart, spirit and social connection – and supports girls in building critical life skills such as team building, developing a support system, boundary setting, decision making, positively impacting others, and asking for and providing help.
- Social-emotional curriculum themes include: getting to know and understand your “Girl Wheel,” goal setting, overcoming obstacles, asking for and giving help, and positively impacting others.
- **10-week traditional program (in-person)**
- Please note that a 1x/week model for H&S will be released in the fall of 2022 in addition to the traditional 2x/week season.

#### **Team Sizes:**

- Team size is 8 – 15

## OUR CURRICULUM

Our intentional, inclusive and flexible curriculum shows an evidence-based impact on developing positive social-emotional skills in young girls. **Meeting two (2) times per week**, trained coaches lead small teams of elementary and middle school girls of all abilities through an interactive research-based curriculum. The curriculum for either Girls on the Run (GOTR – for 3<sup>rd</sup> – 5<sup>th</sup> graders) or Heart & Sole (H&S – for 6<sup>th</sup> – 8<sup>th</sup> graders) incorporates social / emotional learning, physical activity, and community service.

### **Physical Activity**

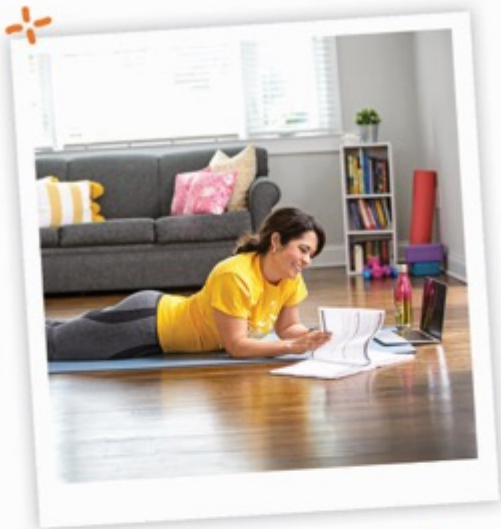
- Physical activity – including running, strength and conditioning and a variety of other movement-based activities like dancing – is woven into Girls on the Run and Heart & Sole lessons
- At the end of the program, all girls complete a noncompetitive, celebratory event that offers girls a tangible sense of goal setting and achievement (virtual 5K celebration this fall)
- The program is accessible to girls of ALL abilities and includes movement adaptations

### **Community Service**

- Girls on the Run inspires girls to build lives of purpose and make meaningful contributions to their community and society.
- Girls on the Run participants complete a group Community Impact Project that they plan and execute as a team.
- Heart & Sole participants complete an individual project called Extending the Girl Wheel, where they reach out in small, meaningful ways to an individual or group in their community.

# GIRLS ON THE RUN: COACHES

Girls on the Run and Heart & Sole teams are led by volunteer coaches. We train coaches through our on-demand National Coach Training to build relationships, create positive, trauma-sensitive and inclusive environments and focus on girls' effort and growth, whether in person or virtually.



## Coaches:

- Believe in the inherent power within every girl
- Have a desire to help girls learn, grow and have fun
- Want to leave a lasting impact on the lives of girls in their community
- Can be from within or beyond your site community
- Receive inclusive training and ongoing support from Girls on the Run
- Do not have to be runners or athletes

## Coach Responsibilities:

- Serves as a role model to girls
- Attends National Coach Training
- Works with co-coaches to lead girls through the curriculum as intended, either safely in person or virtually
- Is present and prepared for each practice
- Track attendance using the Attendance App
- Communicates with families/caregivers throughout the season
- Participates in the Girls on the Run celebratory event

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*"These coaches were a great asset to me as a young girl transitioning into adulthood. As strong female role models, they helped me gain self-confidence and healthy habits that I continue to use on a daily basis."* - **Phoebe, Former Participant**

# WHAT SETS GIRLS ON THE RUN APART

**IT'S FUN. IT'S EFFECTIVE. IT'S EMPOWERING.**

Girls on the Run is the only national physical activity-based positive youth development program for girls with compelling evidence of program impact.

An independent, national longitudinal study provided the following evidence-based outcomes:

- 97% of Girls on the Run participants said they learned critical skills to manage emotions, resolve conflict, help others or make intentional decisions
- Girls who were the least active at the start of the program increased their physical activity by more than 40%
  - Girls on the Run made a stronger impact on teaching social-emotional life skills to participants than organized sports or physical education

## **INNOVATIVE AND DISTINCT EVIDENCE-BASED APPROACH**

Girls on the Run was recognized in Harvard University's 2021 report, **Navigating SEL from the Inside Out**, for its innovative and distinct approach to social-emotional learning. Girls on the Run was **one of only three afterschool programs** recognized as a top research-based social-emotional learning program, acknowledging that there are few examples of evidence-based programs like Girls on the Run that have been specifically designed for out-of-school contexts.



# **A National Movement with a Strong Local Presence**

- Girls on the Run has served nearly 2 million girls since it was founded in 1996.
- More than 200,000 girls experience the power of our transformational programs every school year
- Girls on the Run of the Greater Chesapeake started 2005.
  - Over 14,000 girls' lives changed since our founding
  - We serve girls in Anne Arundel County, Baltimore City, Baltimore County, Talbot, Queen Anne's, and Calvert counties
  - ~100 teams each year
  - In FY20, awarded \$85,000 in financial assistance to enable greater program access

## **Support Provided by Girls on the Run**

**Girls on the Run of the Greater Chesapeake is committed to the success of each site. We are invested in building a long-term relationship to ensure that your girls have an opportunity to benefit from our transformational program. With this in mind, we provide the following robust support:**

- Marketing materials to drive girl recruitment and registration, including email templates that can be used for outreach to parents and guardians
- National Coach Training (led by trained facilitators) for all Girls on the Run coaches
- Materials, guidelines and support for coaches to deliver the curriculum as intended, virtually or safely in person through physical distancing and safety modifications
- Girls on the Run t-shirt and journal to enhance interactive participation and reflection
- Ongoing connection to site liaisons, coaches and families through regular communication and responsiveness to individual concerns
- Virtual practice instructions and tips to ensure program quality and impact is achieved while keeping girls and volunteers safe

# HOSTING THE PROGRAM AT YOUR SITE

## To host a team, sites must:

- Offer a **safe outdoor place** for running (such as a track, soccer field, backyard or any other accessible open space)
- Provide a **designated accessible indoor space** for Girls on the Run to meet in case of inclement weather (such as a gym, cafeteria, multi-purpose room/classroom or space in a residential home) and **accessible bathrooms**
- Accommodate a **regular practice schedule (2 times a week for 75-90 minutes)**, according to the Girls on the Run program calendar
- Assist in identifying a **site liaison**

## Site Liaison Responsibilities

- Acts as the main contact at the site for Girls on the Run families/participants and Girls on the Run council staff before and throughout the program
- Aids in girl recruitment efforts by distributing marketing materials (provided by Girls on the Run) and spreading the word about Girls on the Run throughout the site community and via email using provided digital templates
- Offers support to families who need assistance in registering their girl
- Helps identify 2-3 coaches from your site and/or community\*

\*If you cannot secure coaches, we will work with you to identify coaches from our volunteer pool.

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“Our girls were so excited to plan and implement their community impact project—tutoring our most struggling PK and K students at our school. It was so heartwarming to see them so engaged and joyful to help others.”  
GOTRGC Coach

# Program Cost and Financial Assistance

Our current program fee is \$160 per girl (financial assistance is available on a sliding scale). This includes:

- 10 weeks/20 lessons led by trained coaches
- All curriculum materials
- Girls on the Run and Heart & Sole program t-shirts
- Journal
- Registration for Girls on the Run 5K event and Medal

Financial assistance is available to any girl who cannot pay the full registration fee. Girls on the Run of the Greater Chesapeake provided over \$85,000 in financial assistance in FY20 through a sliding scale fee model based on the family's household income. We are committed to being accessible to any girl who wants to participate and are dedicated to ensuring that program cost is never a barrier to participation.

## Dates to Remember:

- Fall program start: Week of September 19th; site applications due June 15, 2022
- Girl registration Aug 30 – September 11
- Fall 5K: December 4, 2022

## Contact:

If you have questions or would like to discuss bringing Girls on the Run to your school or site, please email Kelly Makimaa at [Kelly.makimaa@girlsontherun.org](mailto:Kelly.makimaa@girlsontherun.org) or 410.635.9313.



Bring Girls on the Run to your school, neighborhood or community!