



Girls on the Run is for **EVERY** girl.



Girls on the Run Michiana
www.girlsontherunmichiana.org

BRING GIRLS ON THE RUN TO YOUR SCHOOL OR SITE TODAY!

WHO WE ARE



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.

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

The 10-week program is designed to enhance girls' social, psychological and physical skills and behaviors to successfully navigate life experiences.

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“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 Curriculum

The intentional curriculum shows an evidence-based impact on developing competence, confidence, connection, character, caring, and contribution in young girls. Twice per week, trained coaches lead small teams of elementary and middle school girls through life skills lessons that incorporate running and other physical activities.

Physical Activity

- Physical activity - including running and strength & conditioning - is woven into Girls on the Run and Heart & Sole lessons.
- At the end of the program all girls complete a noncompetitive, celebratory 5K event that offers girls a tangible sense of goal-setting and achievement.
- The program is accessible to all girls regardless of fitness level or physical ability.

Community Service

- Girls on the Run inspires girls to build lives of purpose and to make meaningful contributions to 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

Elementary Program for 3rd – 5th grade girls

- Supports girls in gaining a better understanding of who they are, understanding the importance of team work and healthy relationships, and recognizing how they can positively connect with and shape their communities and the world.
- Curriculum themes include: turning negative self-talk into positive self-talk, understanding emotions, standing up for self and others, making and maintaining healthy relationships, and making an impact on the community.

Team Sizes:

- 8-15 girls led by three coaches
- Multiple teams are allowed at a site
- The minimum is based upon curriculum considerations because much of our curriculum is related to team building and group dynamics.



HEART & SOLE

Middle School Program for 6th – 8th 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.
- Curriculum themes include: getting to know and understand your “Girl Wheel”, goal-setting, overcoming obstacles, asking for and giving help, and positively impacting others.

Team Sizes:

- 8-15 girls led by three coaches
- Multiple teams are allowed at a site
- The minimum is based upon curriculum considerations because much of our curriculum is related to team building and group dynamics.

GIRLS ON THE RUN: COACHES

Girls on the Run and Heart & Sole teams are led by volunteer coaches who believe in the inherent power within every girl. We train coaches through our National Coach Training to build relationships, create positive inclusive environments and to focus on girls' efforts and growth.



Coach Profile

- 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 school/site community
- 18 years and older (head coaches are 21 and older)
- Do not have to be runners or athletes
- Receive inclusive training and ongoing support from Girls on the Run

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
- Is present and prepared for each practice

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"The character development piece has been a really surprisingly powerful outcome of the Girls on the Run program. My daughter has learned that she can do hard things. She has become more aware of others and how they feel, and she has gained self-confidence."

-Tiffany, Parent

WHAT SETS GIRLS ON THE RUN APART

IT'S FUN. IT'S EFFECTIVE.

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 life skills to participants than did organized sports or physical education

INNOVATIVE AND DISTINCT EVIDENCE-BASED APPROACH

Girls on the Run was recognized in Harvard University's 2017 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 time contexts.



A National Movement with a Strong Local Presence

- Girls on the Run has served over 1.4 million girls since it was founded in 1996.
- Over 200,000 girls in all 50 states experience the power of our transformational program every school year.
- Girls on the Run Michiana launched in 2011. The council has served over 6,000 girls. We serve 80+ sites across 5 counties.

Support Provided by Girls on the Run

Girls on the Run 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 and registration materials to support girl recruitment and registration
- National Coach Training (led by trained facilitators) for all Girls on the Run coaches
 - All materials for coaches to carry-out curriculum as-intended
 - Girls on the Run t-shirt + entry into 5K for all girls
 - Ongoing support to site liaisons, coaches, and families through regular communication and responsiveness to individual concerns

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, or any other accessible open space)
- Provide a **designated indoor space** for Girls on the Run to meet in case of inclement weather (such as a gym, cafeteria, or multi-purpose room) and accessible bathrooms.
- Accommodate a **regular practice schedule** (twice a week for 90 minutes), according to the Girls on the Run program calendar
- Distribute registration information to all girls in age group (we provide marketing materials)
- Identify a **Site liaison**
- Assist in identifying 3-4 volunteer coaches (**one of which can be the site liaison**)
 - All new coaches must attend a GOTR training day and complete online modules

Site Liaison Responsibilities

- Acts as main contact at the site for Girls on the Run families/participants and Girls on the Run council staff before and through the program
- Completes site application, gains approval of principal/authority in support of hosting the program and confirms programming with principal each season following
- Helps identify 3-4 coaches from the site and/or community (with Girls on the Run support)
- Attends a one-time New Site Liaison Training
- Aids in girl recruitment efforts by posting marketing materials (provided by Girls on the Run) and spreading the word about Girls on the Run throughout the site community
- Offers support to families who need assistance registering their girl



"I love being a GOTR coach because I get to see girls grow and change. They are so much better prepared to handle the bumps in the road that life may throw at them. I wish I had this at age 10!" -GOTR Coach

Program Cost and Financial Assistance

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. We use a sliding scale fee from **\$40-\$160** based off free/reduced lunch to determine the discounted rate for each girl. Beyond that, additional financial assistance is available to any girl who cannot pay the designated registration fee due to the generous support of local and national funders.

The program registration fee is \$160.

Our fee includes:

- A full season of twice-a-week lessons led by trained coaches
- All curriculum materials
- Girls on the Run or Heart & Sole Program t-shirt
- Registration & 5K finishers medal for Girls on the Run 5K event
- GOTR Water Bottle
- Grown-Up Guide for parents/guardians
- Community Impact Project
- End of Season celebration



*Girls on the Run fosters an inclusive environment and offers the opportunity for **all** girls to participate, regardless of financial situation.*



Next Steps:

- **Application due date for New Sites:** October 1st
- **Link to online application:**
<https://www.girlsontherunmichiana.org/Start-Site>
- **Contact: Rebekah Enzler**
rebekah.enzler@girlsontherun.org
574-339-8997

Timeline:

- Coach Training: January and February
- Program Season: March to May
- Celebratory 5K Event: mid-May