



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



Girls on the Run Ottawa

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www.girlsontherunottawa.ca

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.

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 two or more coaches
- 16-20 girls led by three or more coaches
- Multiple teams are allowed at a site, with no more than 20 girls on each a team



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:

- Recommended team size is 8-12 girls led by two or more coaches
- Up to 15 girls allowed with two or more coaches
- Multiple teams are allowed at a site, with no more than 15 girls on each team

GIRLS ON THE RUN: COACHES

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



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 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
- Is present and prepared for each practice
- Participates in the Girls on the Run celebratory 5K event

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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 conducted in 2016 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 Growing Local Presence

- Girls on the Run has served over 1.4 million girls in the US since it was founded in 1996.
- Over 200,000 girls in all 50 states experience the power of our transformational program every school year. GOTR Ottawa is the first Council to offer this program in Canada!
- Girls on the Run Ottawa was established in 2021 and has served 100 girls in 7 different sites over two seasons.

Support Provided by Girls on the Run

Girls on the Run Ottawa 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, multi-purpose room or classroom)
- Accommodate a **regular practice schedule** (twice 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 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 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



"You could see an overall improvement in their confidence, self-esteem and sense of belonging. As well, the program helped the girls strengthen their overall social, emotional and physical health. We are very grateful for the opportunity to partner with the OSEG Foundation to bring this program to our community."

- Sara, Site Liaison

Program Cost and Financial Assistance

Our current program fee is \$150 per girl for non-priority schools and \$25 per girl at priority schools. This includes:

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

Financial assistance is available to any girl who cannot pay the full registration fee. 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.

- Girls on the Run Ottawa offers the GOTR program for priority schools at \$25 per girl.
- For non-priority schools, the cost per girl is \$150. If you require financial assistance, we offer a sliding scale for registration fees.

Next Steps:

- Due date for new sites: June 24th, 2022
- www.girlsontherunottawa.ca/start-site
- Girls on the Run Ottawa
 - Kim McLean, Council Director
 - Kim.McLean@girlsontherun.org
 - 613-232-6767

Dates to Remember:

- Fall program start date: September 19th, 2021
- Celebratory 5K Event Date: November 26th (subject to change)



Participating Girls on the Run Sites

Blossom Park Public School – Spring 2022

Charles H. Hulse Public School – Spring 2022

Confederation Court Community House – Spring 2022

Hawthorne Public School – Spring 2022

Bayshore Public School – Fall 2021, Spring 2022

Russell Heights Community House – Fall 2021