

# HOW TO GET INVOLVED

## **REQUIREMENTS to start Girls on the Run:**

- Have a safe place to run, including an indoor location for rainy days.
- Have at least 2 volunteer coaches able to commit for the season.
- Have at least 8 interested participants or the ability to spread the word about the program
- Have approval from site administrator or school principal

## **STEPS to becoming a site:**

1. Determine the season you want to participate. Check [www.ymcasenc.org/gotrstride](http://www.ymcasenc.org/gotrstride) for season dates and deadlines
2. Fill out and submit a site application
3. Recruit coaches & have all coaches register online (it's free & it's important!)
4. New coaches attend training. Training is a half-day and it is free. It is provided at the beginning of each season. Several dates and locations to choose from.
5. Market the program to your program site and help to build a team!



## **LOCATIONS:**

Girls on the Run programs are held at schools, churches, and recreation centers throughout the region.

## **SEASONS:**

We run two seasons a year: One in the fall and one in the spring. These seasons coincide with the school year and cumulate in a celebration 5K!

## **VOLUNTEERS:**

These programs are only possible because of the dedicated volunteers who give their time to help lead/mentor/coach the participants. Coaches are provided training, support and all program supplies, including the well-developed, well-researched curriculum.

## **COST**

There is no cost to a site to have a team, however there is per-participant fee.

The program is \$75/participant. Financial assistance is available. Students who qualify for free/reduced lunch automatically qualify for the financial assistance rate of \$30.

In addition to the amazing program curriculum, this registration fee includes a program tshirt, water bottle, and 5k race entry!

# SITE LOGISTICS

## Group Size, Practice Length & Number of Coaches

### **GOTR**

Minimum – 8 students / maximum 20  
2 coaches min for up to 15 participants / 3 coaches min for 16-20 participants

Feel overwhelmed by 20 girls? That's OK – we're here to help! Consider recruiting additional coaches and add a second "team" OR talk to HQ about limiting your team size to 18, 15 or even 12 participants.

60 minutes is the minimum practice time  
75 minutes is ideal – allowing adequate time for the lesson as well as the workout.  
90 minutes is great for larger groups or especially chatty girl/energetic boys.

### **Heart & Sole**

Minimum – 8 students / maximum 15 (12 is recommended by Girls on the Run Int'l)

## BEING A COACH

Acting as a Girls on the Run coach is time intensive yet an extremely rewarding volunteer opportunity. **Coaches do not have to be "runners", as these programs are about so much more than running.** All coaches are asked to attend coach training and at least one coach should be CPR/First Aid Certified.

### **Head Coach/Site Liaison**

- Prepare and lead lessons
- Serve as primary contact with GOTR
- Commit to two practices a week
- Attend 5k Celebration

### **Assistant Coach**

- Assist with lesson instruction & planning
- Commit to one or two practices a week
- Attend 5k Celebration

## OTHER THINGS TO CONSIDER

*(and that we'll discuss with you)*

Should I do the program in the Spring, Fall or both?

How many volunteer coaches is ideal?

What type of registration is best for me and my team? Online or paper?

How will I get the word out about the team?

If I have a lot of interest at my site, will we be able to accommodate multiple teams?

What are some other funding options, as I feel the program fee is too high for my community?