

# We all belong at the *finish line*



**Girls on the Run of Snohomish County**

## **SITE INFORMATION SPRING 2023**

**Bring Girls on the Run to your school or community site!**

# Preparing for Spring 2023

Thank you for your interest in partnering with Girls on the Run of Snohomish County to empower girls and gender-expansive youth in our community. Please review this packet, complete the Partnership Agreement Form on the last page of this packet and email a scan or photo of it to [leah.bernstein@girlsontherun.org](mailto:leah.bernstein@girlsontherun.org).

## Who We Are



Girls on the Run is an international nonprofit that offers programs to strengthen third- to eighth-grade girls' social, emotional, physical, and behavioral skills. Girls on the Run is one of the only youth development programs with compelling evidence that proves participants learn life skills and then use them in other aspects of their lives.

At Girls on the Run of Snohomish County, "girls" is used as a gender-expansive term to embrace any and all girl-identified youth, including, but not limited to, trans girls, cis girls, non-binary youth, gender non-conforming youth, gender queer youth and any girl-identified youth.

Girls on the Run of Snohomish County is committed to doing active anti-racism work. We strive to create a program and environment that is inclusive and safe for all who participate. We commit to doing our part to dismantle white supremacy within ourselves, our organization and our community.



## Why Girls on the Run?

### **Evidence-based research from leading youth development experts has proven that Girls on the Run:**

- Builds confidence
- Prompts independent thought and intentional decision-making
- Strengthens self-respect
- Establishes a life-long appreciation for health and wellness
- Enhances girls' ability to stand-up for self & others
- Fosters healthy relationships

These clear outcomes to social-emotional learning goals are just one aspect of GOTR key differentiator to other afterschool programs.



# Transforming Lives

## Two spring programs, one life-long impact

At the heart of our programs are:

- Intentional evaluation
- IDEA-focused approach
- Evidence-based curriculum
- Nationally trained coaches
- Social-emotional skill development
- Physical activity accessible for all ability levels
- Community service involvement



### Girls on the Run: Elementary/Grades 3-5

The research-based curriculum includes:

- Understanding ourselves
- Valuing relationships and teamwork
- Recognizing how we can shape the world at large

The program unleashes confidence through:

- Setting and achieving goals (5K event)
- Making new friendships
- Participating in community service project as a team
- Empowering girls to appreciate the value of healthy habits

### Heart & Sole: Middle School/Grades 6-8

- Focuses on five key parts: body, brain, heart, spirit, and connection with others
- Incorporates movement-based activities and lessons that instill critical life skills such as:
  - Developing a strong support system
  - Fostering healthy relationships
  - Offering help to those in need

"The lessons reinforced through GOTR really helped strengthen my daughter Elyana's character. I am very proud to have watched Elyana flourish and learn to love and accept herself and even more importantly, become proud of what makes her unique."

—Diane, parent



# An Ongoing Commitment to Inclusion, Diversity, Equity and Access (IDEA)

## Advancing IDEA is foundational to our mission

A recent external program review study found participants, families and coaches felt that Girls on the Run was inclusive, promoted diversity, and was accessible and equitable.

- **Nearly 100% of girls** agreed they felt safe at Girls on the Run and that their coaches cared about them
- **97% of girls** agreed they could be themselves at Girls on the Run, felt included in all GOTR activities they wished to participate in and felt like they belonged
- **100% of caregivers** who reported that their child required accommodations to fully participate agreed that their child could participate equally to their peers
- **98% of caregivers** agreed that their child felt physically, emotionally and socially safe at Girls on the Run and included in all GOTR activities they wished to participate in

## 2023 Program Season

GOTRSnoCo offers our program in the spring to ensure the safety and comfort of our participants and volunteers. Our Spring 2023 season consists of 21 lessons (10+ weeks) plus an end of season Celebration 5K event on June 4.

Each team will receive a set schedule that lists the dates, days and lessons for each practice. Teams meet twice a week for 90 minutes, usually in the afternoon. The Spring 2023 season will start the week of March 13 or March 20 depending on your school district.

## Important Dates for the Season

- New Team/Site application due date: January 20, 2023
- Spring 2023 program start date: March 13 or 20, 2023 (depends on school district)
- Celebratory 5K event date: Sunday, June 4, 2023





# How to Get Involved



## Join us in making a difference as a site and/or Site Liaison

Providing an environment for girls to learn meaningful skills, form new friendships and become their most authentic selves lays the groundwork for a better, more inclusive world for all. Will you help us create pathways for more girls to become future changemakers?

## Site Requirements



- Offer a safe and accessible outdoor place (and restroom)
- Provide a designated accessible covered or indoor space in case of inclement weather
- Accommodate a regular practice schedule (2 times a week for 90 minutes each)
- Have a designated Site Liaison
- Have a coaching team of at least 3 adult coaches (there must always be 2 adult coaches at every practice)

## Site Liaison Responsibilities

- Acts as the main site contact for families/participants and Girls on the Run council staff
- Completes an online Site Application (New Sites only)
- Completes and submits a Partnership Agreement (all sites every year) to GOTRSnoCo before deadline
- Promotes and assists with coach recruitment for the site
- Aids in recruitment efforts by distributing marketing materials (provided by GOTRSnoCo) and spreading the word about Girls on the Run throughout the school or site community and on social media platforms
- Offers support to families who need registration assistance

## Coaches. Volunteers. Mentors.

Each Girls on the Run and Heart & Sole team is facilitated by 3 or more volunteer coaches who:

- Submit an online coach application and pass a background check
- Complete National Coach Training
- Lead teams through curriculum with co-coaches
- Create positive, trauma-sensitive and inclusive environments
- Receive season-long support, resources and tools from GOTRSnoCo
- Do not have to be runners or athletes!
- Are committed to seeing girls in their community grow, have fun and become leaders of tomorrow



# Resources Provided by Girls on the Run

## Before the first practice to the 5K finish line, Girls on the Run is there



GOTRSnoCo is committed to the success of each site. We are invested in building a long-term relationship to ensure that girls have an opportunity to benefit from our transitional program. With this in mind, Program sites can count on:

- Marketing and registration materials
- Parent/guardian communication
- National Coach Training (led by trained facilitators)
- All curriculum materials and coach supplies
- Program t-shirt and 5K participation
- Ongoing support for volunteers and families

## Questions? We are here for you!

Please email [info@girlsontherunsno.co.org](mailto:info@girlsontherunsno.co.org)



## Costs and Financial Assistance



Girls on the Run is open to ALL girls in 3rd-8th grades. Teams are limited to 15 participants and online registration is on a first-come, first-served basis. Program registration will open 2/1/23.

### Program Cost

Our current program fee is \$200 per participant and includes:

- 10+ weeks/21 lessons led by trained coaches
- Curriculum materials and activity supplies
- Healthy snacks at every practice
- Program t-shirt and reusable water bottle
- 5K event registration and finisher's medal



### Financial Assistance

We are committed to making our programs accessible to any girl in 3rd-8th grade who wants to participate and we are dedicated to ensuring that program cost is never a barrier. Thanks to the generous support of local and national funders, confidential and automatic financial assistance is available to any participant who needs it, reducing the registration fee on a sliding scale from \$25 to \$200. Families simply choose the level of aid that's right for them when registering. Families can also set up a payment plan if needed.



# Girls on the Run of Snohomish County

## 2023 Partnership Agreement Form

Our school or site, \_\_\_\_\_ is committed to hosting a Girls on the Run or Heart & Sole team and agrees to the details outlined in the partnership agreement below.

### SPRING PROGRAM SEASON:

March-June 2023

- **Season start:** Week of March 13 or March 20 (practice days and times vary by site and by school district.) Each site will receive a schedule that takes into account Spring Break, early release days and other site-specific events.
- **Celebration 5K:** Sunday, June 4, 2023 at Port of Everett
- **Final practice:** Week of June 5, 2023

### SITE LIAISON COMMITMENT:

- ☐ Recruit 3 Coaches by January 20, 2023
- ☐ Actively market program to girls in grades 3-5/6 (GOTR) or 6-8 (H&S). Materials will be provided
- ☐ Reserve **outdoor** and **covered/indoor** space for GOTR use for the season. Describe here: \_\_\_\_\_
- ☐ Communicate with coaches and GOTR staff as needed throughout the pre-season and season
- ☐ **Complete and return this form by January 13, 2023**

### SITE INFORMATION:

☐ Girls on the Run ☐ Heart & Sole

PRACTICE TIME: \_\_\_\_\_

PRACTICE DAYS : ☐ Monday/Wednesday ☐ Tuesday/Thursday ☐ Monday/Thursday

Site Name

School District

Address

City

State

ZIP

Site Liaison Name

Phone

Email

Site Liaison Signature

Date

Principal Signature

Date

Please email a signed copy of this form to  
[leah.bernstein@girlsontherun.org](mailto:leah.bernstein@girlsontherun.org) by **January 13, 2023.**

