



Girls on the Run is for
EVERY *girl.*



Site Information Spring 2022

Girls on the Run of Snohomish County

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

PREPARING FOR SPRING 2022

Thank you for your interest in partnering with Girls on the Run of Snohomish County to empower girls 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.

Thank you for reviewing this information! Please contact our Program Director Leah Bernstein with any questions!



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 programs for girls in grades 3-8 is designed to enhance girls' social, psychological and physical skills and behaviors to successfully navigate life experiences.



"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/6th 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: Up to 15 girls led by 2-3 coaches



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 a 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 a giving help, and positively impacting others.
- Team Sizes: up to 15 girls led by 2-3 coaches

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 increase 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 Evidence-based Approach

Girls on the Run was recognized in Harvard University's 2017 report **Navigating SE 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 International has served more than 1.4 million girls since it was founded in 1996
- With 215 local councils spread throughout all 50 states, over 200,000 girls experience the power of our transformational program every school year
- Our local council, Girls on the Run of Snohomish County, started in 2015 with 40 girls on 4 teams. Since then, we have served more than 1600 participants, in seven Snohomish County school districts at 50 sites.
- Last Spring, due to restrictions on using school facilities, most of our teams were based at community sites, such as city and county parks, Boys & Girls Clubs, and residential areas.

Extensive Support Provided by Our Staff

Girls on the Run of Snohomish County 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 transformational program. With this in mind, we provide the following support:

- Marketing and registration materials to support girl recruitment and registration
- National Coach Training (online and in-person sessions) for all new and returning coaches
- All materials and supplies for coaches to facilitate curriculum as intended, including any necessary PPE and sanitizing products
- Girls on the Run t-shirt, water bottle and 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 an open field, paved play space or any other safe, accessible open space.
- A track is not necessary as long as there is room for girls to run and play games!
- Provide a **designated covered space** for Girls on the Run to meet in case of inclement weather (covered sports court, picnic shelter, other covered structure)*
- Access to a **restroom***
- Accommodate a regular practice schedule (twice per week for 90 minutes)
- 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 contact at the site for Girls on the Run families/participants and Girls on the Run council staff before and throughout the program
- Submits Site Application (online) and Partnership Agreement form to GOTRSnoCo before the deadline on January 21, 2022
- Aids in girl recruitment efforts by posting marketing materials (provided by GOTRSnoCo) and spreading the word about Girls on the Run throughout the site community and on social media platforms, along with our use of school communication tools such as PeachJar or e-flyers.
- Offers support to families who need assistance in registering their girl, assisting with online registration or using a paper form and entering into online registration system.
- Promotes and assists with coach recruitment for the site by sharing info at site community, via email and on social media platforms with provided tools



"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

Coaches

Girls on the Run and Heart & Sole teams are led by volunteer coaches. We train new and returning coaches through our National Coach Training to build relationships, create positive, inclusive environments and to focus on girls' efforts and growth. Individuals interested in becoming a coach can visit our website for more information and fill out an application.

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
- Must be 18 years old and graduated from high school (We have a junior coach program for girls 16-18 in high school.)
- Do NOT have to be runners or athletes
- Coaches receive a discount when registering their own child for the program



COACH RESPONSIBILITIES:

- Attends all practices or arranges for substitute coach or works with coaching team to ensure at least two adult volunteers are at EVERY practice
- Submits a new or returning coach application online
- Submits background check
- Completes online National Coach Training modules and in-person training session
- Works with co-coaches to prepare for and lead girls through the curriculum as intended
- Attends 5K event on Saturday, June 11, 2022

Program Season

GOTRSnoCo offers our program in the spring to ensure the safety and comfort of our girls and volunteers. Our Spring 2022 season will consist of 16 lessons, plus an end of season Celebration 5K event* and an *optional* last practice the week after the 5K

Each team/site will receive a set schedule that lists the dates, days and lessons for each practice. Teams meet twice a week for 90 minutes in the afternoon after school. The Spring 2022 season will begin the week of April 18th and end on 5K Day, or the week of June 13th if coaches prefer.

*The Spring 2022 Celebration 5K will be held at Willis Tucker Park in Snohomish, unless Snohomish County Health District guidelines change regarding group events. More information including start time are still being determined and will be communicated after the start of the season.

Participant Registration

- Girls on the Run is open to ALL girls. We allow girls who are unaffiliated with a program site
- and girls of any fitness and ability level to participate.
- **Teams will be limited to 15 participants.**
- Registration for Spring 2022 will open February 1, 2022 and will close April 24, 2022.
- Registration is on a first-come, first-served basis. If more than 15 girls register for a team, a waitlist will be started.
- Registration is done online and the registration form can be viewed in English and Spanish.
- Paper registration forms will only be available to site liaisons if requested, and are available in English only.

Program Cost and Financial Assistance

Our program fee for Spring 2022 is **\$185 per girl**. This includes:

- 8 week program: 16 lessons plus the 5K event and a finisher's medal
- All curriculum materials
- Girls on the Run or Heart & Sole program t-shirt and reusable water bottle

Financial assistance is available for 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.

Participants/families simply choose their assistance level during the online registration process: \$50 reduction in fee, \$100 reduction, or \$165 reduction. Anyone who requests the maximum reduction in fee pays only \$20 and receives a pair of running shoes. A payment plan of two installments is also available when registering.



As an organization 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.

Girls on the Run of Snohomish County 2022 Partnership Agreement Form

Our 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:

- ☐ **Season starts week of April 18th**
Practice days and times vary by team/site.
(Teams that meet on Mondays will need to make up for the Memorial Day holiday, either by holding practice on 5/31 or 6/3.)

☐ **Celebration 5K: Saturday, June 11th**

☐ **Optional practice: Week of June 13th**

Site Liaison Commitment:

- ☐ Actively market program to girls in grades 3-5 (GOTR) or 6-8 (H&S). Materials will be provided.

☐ Ensure three adult coaches for team

☐ Reserve space for GOTR use for the season.
Please describe location/space:

☐ Complete and return this form by January 7th

☐ Communicate with coaches and GOTR staff regarding procedures for participant drop off and pick-up and facility use.

Site Information:

☐ Girls on the Run ☐ Heart & Sole

PRACTICE TIME: _____

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

Site Name _____

Address _____

City _____

State _____

ZIP _____

Site Liaison / Club Director Name _____

Phone _____

Email _____

Principal/School Administrator Signature _____

Date _____

*Please email a signed copy of this form to
leah.bernstein@girlsontherun.org by **January 21, 2022.***

