



Girls on the Run of NOVA



New Site Information



Inspiring girls to be joyful, healthy, & confident.

www.gotrnova.org

About Girls on the Run of NOVA

Girls on the Run of NOVA delivers a 10-week curriculum-based program that inspires girls in grades 3-8 to be joyful, healthy, and confident using an experience-based curriculum that creatively integrates running. Girls of this age are more open to the positive peer influences, positive adult role models, and the confidence enhancing lessons that are all part of the GOTR experience.

Twice-weekly interactive lessons are led by trained volunteer coaches who guide and mentor the girls through an uplifting curriculum designed to develop and enhance the social, psychological, and physical competencies girls need to successfully navigate life experiences. Over the course of the program, girls will:

- Develop and improve **competence**
- Feel **confidence** in who they are
- Develop strength of **character**
- Respond to others and oneself with **care** and **compassion**
- Create positive **connections** with peers and adults
- Make a meaningful **contribution** to community and society

Such life skills can prevent unhealthy and risky behaviors, such as physical inactivity and negative body image, and promote positive health outcomes.

A Program That Works

The results of research conducted with GOTR participants since 2001 reinforce that girls who complete the program have:

- A stronger sense of identity
- A greater acceptance of themselves
- A healthier body image
- An understanding of what it means to be physically and emotionally healthy.

Girls on the Run and Heart & Sole Curricula

Girls on the Run offers two curricula: **Girls on the Run for 3rd-5th (or through 6th for Fairfax County)** and **Heart & Sole for 6th-8th** grade girls. Each curriculum covers 20 lessons over the course of 10 weeks.



The **Girls on the Run curriculum** inspires young girls to define their lives on their own terms, make new friends, build confidence, and celebrate all that makes them unique. The girls get a better understanding of who they are and what's important to them, the value of teamwork and healthy relationships, and how they can positively connect with and shape the world.



The **Heart & Sole curriculum** creates a positive, structured space for middle school girls to learn about themselves, explore new ideas, cultivate empathy, strengthen connections, and develop life skills that will help them as they move through adolescence and beyond. The girls learn how to put concepts into action, including decision making, boundary setting, and team building.

Curriculum Breakdown

- 1 All About Me:** The first group of lessons are centered on the girls getting to know themselves, their values, likes and dislikes, and who they envision themselves to be. The girls also share with one another as they learn.
- 2 Building My Team:** The next group of lessons concentrates on team building, being supportive, and learning to listen and cooperate.
- 3 Community Begins with Me:** The last group of lessons relates to the world at large, including making a contribution to your world (family, school, etc.)

Practice Format

Check-In * Warm-Up * Workout * Processing

A Typical Girls on the Run Session

Getting On Board

- Girls arrive and get into a circle as the coach conducts a "check-in" to see how each girl is feeling to gauge group dynamic for the day
- Coach introduces the topic of the lesson

Warm Up

- Game/Brief activity to incorporate the lesson
 - Example: in one lesson, the coach marks a running perimeter and the girls stand in one spot and the coach calls out "like-statements". If the girls agree with the statements, they can walk or jog at their own pace in the perimeter
 - As the girls stretch, the coach helps them process the topic, including reflection on likes and dislikes from the group



Workout

- This involves more actual running
 - Example: in the session on positive attitude, each girl is asked to make a positive statement about herself each time she completes a lap
- The period of running builds as the season progresses and each girls' pace & ability is monitored by the coaches

Processing & Wrap-Up

- Girls and coaches have the opportunity to revisit their goals and lesson topic for the day
- The girls speak about the lesson and reflect upon it using their Identity Cards



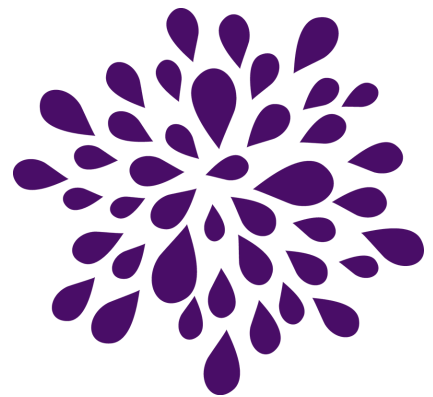
A Typical Heart & Sole Session

Check In

- As girls arrive, coaches use the **Girl Wheel** as a foundation for the conversation to see how the girls are feeling
- Coaches introduce the "**Big Idea**" of the day

Activity

- "Big Ideas" of the day are introduced through **physical activity, thinking, writing, and acting** followed by a series of short Q's
 - Example: in one lesson, girls run between 2 coaches as they consider whether they agree/disagree or are neutral about specific questions about themselves



Strength & Conditioning & Workout

- After a **mental warm up** during an intro-activity, the girls **physically warm up**
- The workout activities blend the "Big Idea" of the day with their **running goals**
 - Example: the girls receive Girl Wheel **reflection cards** as they run each lap, then **write about their daily lives** and how they fit in their girl wheels once they complete their lap



Journal/Let's Talk

- Unique to the H&S curriculum, the girls **write in their own journals** to further process the "Big Idea" of the day - also **discussing with teammates**
 - Example: post journaling, the girls may fill out a Girl Wheel puzzle, allowing them to **work together** and share **self-awareness**

Starting the Program at Your Site

There are Girls on the Run and Heart & Sole teams all across Northern Virginia at sites such as:

- Elementary & Middle Schools
- Recreation & Community Centers
- Churches
- Apartment Complexes
- HOAs

GOTR Seasons:
Fall &
Spring

Site Requirements

GOTR provides teams with the curriculum and supplies needed to have a successful season. Each site is responsible for ensuring the following:

- A meeting/practice space two days per week for 60-90 minutes, before or after school
 - Most practices are outdoors but an indoor space is highly suggested as backup in case of inclement weather (can be a classroom, conference room, etc.)
- Approval from school principal or site director to host the program
- A minimum of two coaches per team of 20 girls
 - No running experience is required, but the Head Coach must be at least 21 and female

Team Size

The minimum # of girls per team is 8 and the limit is based on the number of coaches and the amount of safe practice space available.

8-20 participants = 2 coaches to 3 coaches

20-24 participants = 3 coaches to 4 coaches

25-32 participants = 4 coaches to 5 coaches

33-40 participants = 5 coaches to 6 coaches

Sites may have multiple teams versus one larger team (such as an a.m. team and a p.m. team). Splitting is considered a separate team and requires the same coach-to-girl ratio as above.

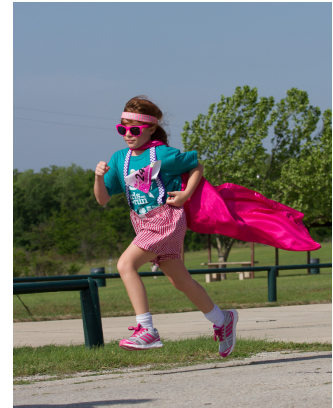
Spring 2023 Season

Timeline

Registration: February 6 - 28

Season: March 6 - May 21

5K Weekend: May 20 & 21 *Tentative



Cost for 10-Week Program

- Girls who qualify for FREE-MEALS at school: \$22
- Girls who qualify for REDUCED-MEALS at school: \$75
- Daughters of current GOTR NOVA coaches: \$120
- Participants who have parents/guardians who are ACTIVE or RETIRED MILITARY members: \$160
- Families with more than one sibling participating in GOTR NOVA programs: \$185 for first girl; \$160 for second girl
- Standard fee for families: \$185

What Program Fees Cover:

- A GOTR t-shirt for each participant
- A GOTR t-shirt for each volunteer coach
- A GOTR water bottle
- 20 GOTR lessons
- A box of supplies for every team (i.e activity sheets, markers, lap counters, cones, etc.)
- Entry into celebratory 5K with race bib and 5K medal

**** *Payment plans available in 2-3 installments***



**Start a Girls on the Run team
by submitting your RSVP by**

January 30, 2023

www.gotrnova.org

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