

## Who we are

Girls on the Run is an international nonprofit that offers programming that strengthens third-to-eighth grade girls' social, emotional, physical and behavior skills.

## At Girls on the Run, we envision a world where every girl:

- Recognizes her inner power
- Embraces her individuality
- Activates her limitless potential

### How we make it happen:

Trained coaches lead small groups through our evidence-based curriculum which:

- Builds confidence
- Creates healthy habits
- Deepens social-emotional skills



# The "why" behind Girls on the Run

Investing in girls today creates a stronger, more equitable and inclusive future for all tomorrow.



Girls on the Run inspires girls to be joyful, healthy and confident using a fun, experience-based curriculum that integrates physical movement.



Lead the way for more girls in your community – your own life will be enriched in the process.



Coaches give girls the space to fearlessly be themselves, follow their hearts and contribute to a world where we all belong.



## What we do

So much more than running, our programs unlock the power and potential in every girl.

Over the course of each program, participants:

- Develop essential skills to navigate their worlds and lead an emotionally and physically healthy life.
- Participate in dynamic discussions, inclusive activities and movement-based games.
- Learn the value of setting goals by preparing for a celebratory 5K.
- Make a difference locally by planning and implementing a community impact project.

"From the girls I coach, I have learned a little bit more about myself and a whole lot about the power we have as adults to encourage and motivate the next generation."

- Cassie, coach



# What does it mean to be a GOTR coach?



Communities are transformed by great leaders with big hearts. And specifically, at GOTR, our coaches:

- Empower girls during their most formative years
- Create a space of inclusion and belonging
- Lead girls through evidence-based curriculum that boosts confidence
- Receive season-long support and resources from Girls on the Run
- Do not have to be runners OR athletes



# The Girls on the Run coaching experience

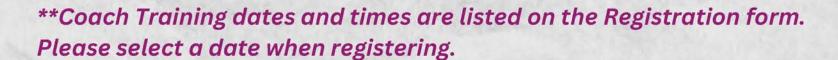
#### Pre-season to-do's

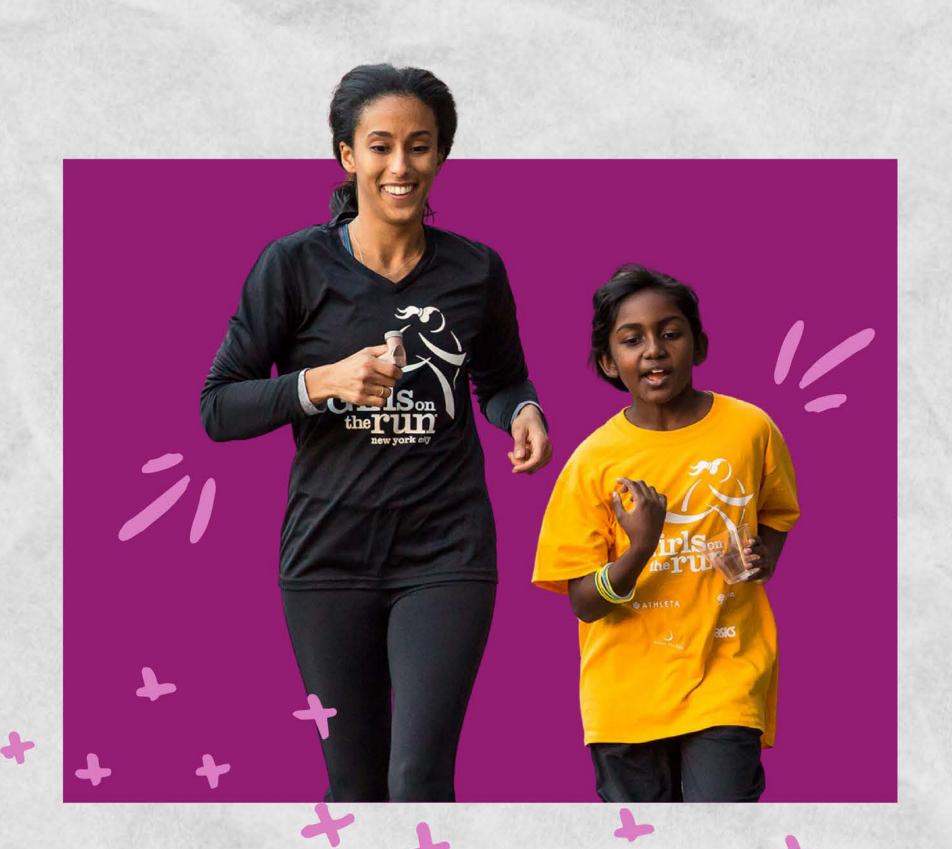
- Complete and submit all required waivers
- Attend CPR and First Aid Training\*
- Attend the Girls on the Run National Coach Training\*

#### **During the season**

- Facilitate 75–90-minute practices twice a week over the course of 10 weeks
- Implement GOTR curriculum as intended
- Foster a culture of inclusion and acceptance at practice
- Work closely with co-coaches
- Communicate with parents as needed

\*Only Head Coaches need to be CPR and First AidTrained. GOTR Upstate NY will provide CPR/First Aid training for (1) coach per team.





## More about us

## Get to know Girls on the Run Upstate NY!



Approximately 33% of our participants receive financial support each year



500 girls per year





Hosts Girls on the Run programming at more than 25 sites per season

Hosts teams in 11 counties within **Upstate NY** 



Our council receives Community Support from 6-10 organizations each year.



reality for girls in your community!

- Over 2 million participants since 1996
- 175 local councils across North America
- 200,000+ participate annually\*

This spring, we are projecting more than 500 girls waiting to participate

in Girls on the Run in Upstate NY! Join us in making this opportunity a

- 330+ 5K events take place every year- making Girls on the Run the world's largest 5K series\*
  - o 600,000+ people participate in Girls on the Run 5K events every year\*
  - 100,000 volunteers annually\*

\*Pre-pandemic statistics. We look forward to continuing to build back stronger.











# Join the GOTR movement

Are you ready to impact a young girl's life in your community?

#### GREAT call. Here's how to make it happen:

- Deadline for application: February 21, 2025
- Materials required to apply: APPLICATION, COACH TRAINING
- Contact for all application questions: benedicte.doran@girlsontherun.org

