



BECOME
AN OFFICIAL SITE



Girls on the Run Hampton Roads Information Guide



@gotrhr



@gotrhr



@gotrhr



www.gotrhr.org

Join Recent Girls on the Run Sites

The following sites have hosted GOTR teams for one or more seasons in the last two years.

Chesapeake

Bells Mill Park
Chesapeake City Park
Crestwood Intermediate
Deep Creek Elementary
Deep Creek Central Elementary
George W. Carver Intermediate
Great Bridge Intermediate
Greenbrier Intermediate
Lakeside Park
Mt. Pleasant Christian School
Norfolk Highlands Primary
Oscar Smith Middle
Southwestern Elementary
Taylor Bend YMCA
Thurgood Marshall Elementary
Truitt Intermediate

Hampton

Aberdeen Elementary
Armstrong School for the Arts
Booker Elementary
Burbank Elementary
Forrest Elementary
Hampton Family YMCA
Langley Elementary
Mary S. Peake Elementary
Phenix K-8
Ann Kilgore Gifted Center

Isle of Wight

Carrollton Elementary
Carrsville Elementary
Georgie Tyler Middle
Hardy Elementary
Smithfield Middle
Westside Elementary
Windsor Elementary
Windsor Castle Park

Gates County, NC

Central Middle
T.S. Cooper Elementary

Newport News

B.C. Charles Elementary
Hidenwood Elementary
Katherine Johnson Elementary
Knollwood Meadows Elementary
Oliver C. Greenwood Elementary

Norfolk

Academy at Rosemont Middle School
Academy for Discovery at Lakewood
Broad Creek Community Center
Crossroads Elementary
Ingleside Elementary
Jacox Elementary
James Monroe Elementary
Lakewood Park
Larchmont Elementary
Larrymore Elementary
Norfolk Collegiate
Northside Park
Ocean View Elementary
Oceanair Elementary
Sewells Point Elementary
Southside STEM/Campostella
Suburban Park Elementary
Tarrallton Elementary
The Williams School
Titustown Rec Center
W. H. Taylor Elementary
Willard Model Elementary
Y on Granby

Portsmouth

Churchland Middle
John Tyler Elementary
Park View Elementary
Victory Elementary
Waterview Elementary
Westhaven Elementary
YMCA of Portsmouth

Suffolk

Col. Fred Cherry Middle
Creekside Elementary
Bennett's Creek Park
Burbage Grant Clubhouse
Elephant's Fork Elementary
Holland Baseball Church
Lake Meade Park
Mack Benn Jr. Elementary
Nansemond Parkway Elementary
Northern Shores Elementary
Southwestern Elementary

York County

Coventry Elementary
Dare Elementary
Grafton Bethel Elementary
McReynolds Athletic Complex
Yorktown Elementary
Victory Family YMCA

Williamsburg

Creekside Landing Clubhouse

Virginia Beach

Alanton Elementary
Bettie F. Williams Elementary
Birdneck Elementary
Brookwood Elementary
Cape Henry Collegiate
Centerville Elementary

Virginia Beach, cont.

Christopher Farms Elementary
College Park Elementary
Fairfield Elementary
Glenwood Elementary
Great Neck Rec Center
Hermitage Elementary
Holland Elementary
Indian Lakes Elementary
Kempsville Elementary
Kingston Elementary
Landstown Elementary
Linkhorn Park Elementary
Luxford Elementary
Lynnhaven Middle
Malibu Elementary
Mt. Trashmore YMCA
New Castle Elementary
Ocean Lakes Elementary
Old Donation Elementary
Parkway Elementary
Pembroke Elementary
Pembroke Meadows Elementary
Princess Anne Elementary
Princess Anne Family YMCA
Providence Elementary
Red Mill Elementary
Rosemont Elementary
Rosemont Forest Elementary
Seatack Elementary - ADA
St. Gregory Catholic School
Strawbridge Elementary
Thalia Elementary
Thoroughgood Elementary
Unity Church of Tidewater
White Oaks Elementary
Windsor Oaks Elementary

Schools Represented at Community Sites in the Last Two Years

Chesapeake

Butts Road Intermediate
Cedar Road Elementary
Chittum Elementary
Georgetown Primary School
Grassfield Elementary
Hugo Owens Middle
Indian River Middle
Oscar Smith Middle
Sparrow Road Intermediate
Western Branch Intermediate

Franklin City

J.P. King, Jr. Middle
S.P. Morton Elementary

Gates County, NC

Buckland Elementary
Gatesville Elementary

Hampton

Aberdeen Elementary
Asbury Elementary
Barron Elementary
Bethel Manor Elementary
Captain John Smith Elementary
Hunter B. Andrews K-8
Lindsay Middle
Tarrant Middle

Norfolk

Azalea Gardens Middle
Blair Middle
Camp Allen Elementary
Coleman Place Elementary
Crossroads Elementary
Ghent Elementary
Granby Elementary
Mary Calcott Elementary
Norview Elementary
Richard Bowling Elementary
St. Helena Elementary
Suburban Park Elementary

Portsmouth

Brighton Elementary
Churchland Primary & Intermediate
Douglas Park Elementary
Simonsdale Elementary
Victory Elementary
Waterview Elementary

Private Schools

Abeka Academy
Acton Academy
Atlantic Shores Christian School
Calvary Adventist School
Christ the King Catholic School
Deep Creek Country Day
Friends School
Gateway Christian Academy
Ghent Montessori
Isle of Wight Academy
Montessori Academy of Virginia
Nansemond Suffolk Academy
Norfolk Academy
Park Place School
Portsmouth Christian School
Ready Academy Christian School
Stonebridge School
St. Gregory the Great Catholic School
St. John the Apostle Catholic School
St. Patrick School
St. Pius X Elementary
Sweethaven Christian Academy
Tidewater Academy
Trinity Lutheran
Williamsburg Montessori School
YellowHab

Poquoson, York, &

Williamsburg

Grafton Middle
Magruder Elementary
Poquoson Elementary
Tabb Middle
Waller Mill Elementary

Surry County

Luther Porter Jackson Middle
Surry Elementary

Suffolk

Booker T. Washington Elementary
Florence Bowser Elementary
Forest Glen Middle
Hillpoint Elementary
JFK Middle
John Yeates Middle
Kilby Shores Elementary
King's Fork Middle
Oakland Elementary

Southampton County

Meherrin Elementary
Nottoway Elementary
Riverdale Elementary

Newport News

Eaton Middle
Kiln Creek Elementary
Riverside Elementary
Sedgefield Elementary

Virginia Beach

Arrowhead Elementary
Brandon Middle
Cooke Elementary
Corporate Landing Middle
Great Neck Middle
John B. Dey Elementary
Landstown Middle
Larkspur Middle
North Landing Elementary
Point O'View Elementary
Princess Anne Middle
Salem Middle
Tallwood Elementary
Three Oaks Elementary
Trantwood Elementary
Windsor Woods Elementary
Woodstock Elementary

Our Council

GIRLS ON THE RUN
**Hampton
Roads**

WAS FOUNDED IN
2006



**IN 2021-22
WE SERVED**

**1,705
girls
ON
118
teams**

**Harvard
University**

RECOGNIZED

**Girls on the Run
as one of the**



**research-based, out-of-
school programs
included in their**

**Social-Emotional
Learning Guide**



**Our Hampton Roads Council has received the backing of
the local health community:**

**Anthem, CHKD Sports Medicine, OBICI Healthcare Foundation,
Rite Aid Foundation, and United Way of South Hampton Roads**

Who We Are

“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

We take pride in our progress:

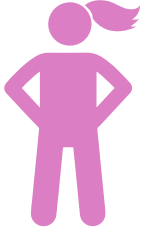
- Each year, more than 200,000 girls ages 8 to 13 participate across the United States and Canada.*
- Since 1996, over 2 million girls have been transformed, inspired, and empowered by the program.
- With more than 330 5K events taking place annually, GOTR is the largest 5K series (by number of events) in the world.*
- Over 600,000 participants and spectators attend GOTR 5Ks every year.*



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.

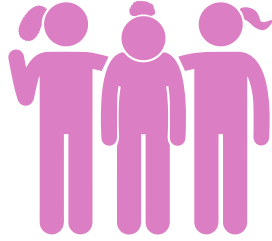
**Pre-pandemic statistics. We look forward to building back stronger.*

A Critical Need



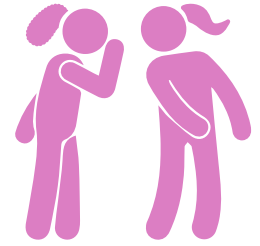
Girls' self-confidence begins to drop by age nine.

Since the start of the COVID pandemic, 79% of girls feel lonelier and more depressed.



Physical activity declines starting at age ten and continues to decrease as girls age.

50% of girls ages 10 to 13 experience bullying.



The U.S. Surgeon General recently highlighted the urgent need to address the nation's youth mental health crisis, stating that "the future wellbeing of our country depends on how we support and invest in the next generation."

The Girls on the Run curriculum empowers girls to build confidence and successfully navigate life experiences. Over the course of the program, physical activity serves as a platform for teaching interpersonal skills and promoting holistic health outcomes.



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 key differentiator between GOTR and other after-school programs.



What Sets Girls on the Run Apart

“This program is amazing. My daughter participated for three years and now volunteers and still does the 5K. Girls on the Run is a safe space for her to discuss the complicated issues preteens and teens deal with. The faces on the girls when they cross the finish line are absolutely amazing. They know they've really accomplished something.”

-Robin, parent



Intentional curriculum, expert coaches, and an inclusive environment all lead to a long-term impact.

Girls on the Run programming is continuously evaluated, both internally and externally. Recent Studies uncovered that:

97% of girls learned critical life skills they can use at home, school and with friends.

85% of girls improved their confidence, caring, competence, character and connection to others.

98% of girls would tell other girls to participate in Girls on the Run.

94% of parents reported Girls on the Run was a valuable experience for their girl.

97% of girls felt like they belonged at Girls on the Run.

GOTR participants scored higher in managing emotions, resolving conflict, helping others, and making intentional decisions than participants in organized sports or physical education.

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.

97% of girls felt like they belonged at Girls on the Run.

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 and felt included in all GOTR activities they wished to participate in.

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.

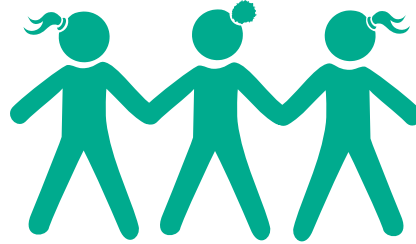


Transforming Lives

Three 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: 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 (like the 5K)
- Making new friendships
- Participating in community service work
- Empowering girls to appreciate the value of healthy habits

Heart & Sole: 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

Camp GOTR: Grades 3-5

- Is a week-long program
- Centers on building friendships, exploring creativity and playing fun games that keep girls happy, healthy and moving
- Ensures girls remain active and empowered in between seasons

Girls on the Run Coaches

“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

Leaders. Volunteers. Mentors.

Girls on the Run and Heart & Sole Coaches:

- Complete National Coach Training
- Receive season-long support, resources, and tools from GOTR
- Create positive, trauma-sensitive, and inclusive environments
- Lead teams through curriculum with co-coaches
- 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:

Program sites can count on:

- Marketing and registration materials
- Parent/guardian communication
- National Coach Training (led by trained facilitators)
- Curriculum materials and coach supplies
- Program t-shirt and 5K participation
- Ongoing support to site liaisons, coaches, and families

Costs and Financial Assistance

Program Cost

Our current program fee is \$185 per participant, which includes:

- 12 weeks/20 lessons led by certified & background-checked coaches
- Curriculum materials including a journal, markers, and a sports pack with supplies
- Official program t-shirt and water bottle
- 5K event registration with finisher medal and souvenir bib



Financial Assistance: Every girl deserves to cross the finish line!

★ **Financial assistance is available to families who cannot pay the full registration fee. Our sliding scale is based on income and household size.**

Girls on the Run Hampton Roads is proud to have provided \$135,000 in financial assistance last school year. 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. We are able to provide a discounted rate due to the generous support of local businesses, individuals, and foundations.



Next Steps

Are you ready to join the GOTR community?

Invest in tomorrow's leaders! Kick off this new and exciting chapter by completing the following steps:

- Submit a site application at www.gotrhr.org/start-team.
- Identify a site liaison and 2-3 volunteer coaches.
- Confirm your site's practice schedule.
- Use GOTR marketing materials to help register girls.



Site Requirements

- Offer a safe and accessible outdoor space (and restroom).
- Provide a designated accessible indoor space in case of inclement weather.
- Accommodate a regular practice schedule of 2 times a week for 90 minutes.
- Assist in identifying a site liaison and/or volunteer coaches.

Volunteer Coach Requirements

- A site must have at least two coaches present at every practice for up to 15 girls and three coaches present at every practice for 16 to 20 girls.
- All coaches must submit a coach application each season and pass a background check through GOTR Hampton Roads every two years.
- All NEW coaches must complete GOTR National Coach Training, which is a blended model of self-paced, online modules and in-person training.
- All RETURNING coaches must complete returning coach training modules through the GOTR Learning Academy, if applicable.
- One CPR/First Aid certified coach must be present at every practice.



More Ways to Get Involved

BE A **fun** RAISER

Join our team of
SoleMates
and complete a race
event to raise money
for our Scholarship
Fund.

BE A **coach**

Mentor, lead, and
have fun with a team
of girls during our fall
or spring season.

Register for training
with our staff on
our website.



www.gotrhr.org



@gotrhr



Girls on the Run
Hampton Roads



@gotrhr



BE A **sponsor**

Connect your
business to **thousands**
of southeastern
Virginia families.
Show your community
support through this
unique cause-related
marketing
opportunity.

BE A **5k** volunteer

Help with all aspects of "running" the most
inspiring and fun 5k event ever.

From water stations to packet pick-up,
we have a place for you!



BE A **5k** participant

Set your own goal of completing 3.1 miles
with our girls. The energy at our 5k is like no
other, and the enthusiasm is infectious!

We all belong at the finish line



Girls on the Run Hampton Roads

5817 Wesleyan Drive, Virginia Beach, Virginia 23455
757-965-9040, www.gotrhr.org

Executive Director: Ellen Carver, ellen@gotrhr.org

Director of Operations: Liz Neely, liz@gotrhr.org

Director of Mission Advancement: Hayley Beckner, hayley@gotrhr.org

Program Director, Chesapeake, Portsmouth, & Norfolk: Emily Matisko, emily@gotrhr.org

Program Director, Suffolk & Western Tidewater: Ali Bowen, ali@gotrhr.org

Program Director, The Peninsula: Kay Dawson, kay@gotrhr.org

Program Director, Virginia Beach: Erin Highton, erin@gotrhr.org

**Contact us to bring Girls on the Run to
your school, neighborhood, or community!**



We inspire girls to be joyful, healthy, and confident.



[illegible]