

BRING **Girls on the run** TO YOUR SCHOOL!



About Girls on the Run

Girls on the Run is a 501(c)3 physical activity-based positive youth development program dedicated to creating a world where every girl knows and activates her limitless potential and is free to boldly pursue her dreams. Girls learn their worth comes from within, that healthy relationships matter and that they can be a force for good in their community through a fun, experience based curriculum that creatively integrates running.

Meeting twice a week in small teams, we teach girls life skills through engaging lessons and fun movement activities. The curriculum is taught by certified Girls on the Run coaches and helps each girl understand and celebrate herself and realize her power to change the world.

During the program, each team creates and executes a local community service project to demonstrate the unimaginable strength that comes from helping others. Finally, at each season's conclusion, the girls and their running buddies complete a celebratory 5k running event that gives the girls a tangible sense of achievement and a framework for setting and achieving life goals.

Why Girls on the Run Matters

Girls today sort through countless messages about their worth, their image and their abilities. Girls on the Run helps empower them to be the author of their own story and define the future on their terms. No limits, no constraints. Only opportunities to be remarkable.



Girls on the Run of Central Oklahoma
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To learn more about bringing
Girls on the Run to your school,
visit .

Bring Girls on the Run to Your Location

You need a safe outdoor space, like a field or track, for girls to run in and an indoor space, like a gym or classroom, in case of inclement weather. Each Girls on the Run team requires a minimum of eight participants, and the maximum team size is 20.

Here's What You'll Need

- You! A successful site starts with support and approval from the school principal or site director.
- Identify and appoint a site liaison to manage this specific Girls on the Run site. The site liaison will be the link between girls, parents, coaches and the council.
- Recruit a coach and two assistant coaches for your site. Volunteer coaches must complete certified training prior to coaching any Girls on the Run program.
- Complete and submit the Site Application Packet located on our website by DATE. We will then follow up with you about starting a Girls on the Run program at your location!

GOTR Girls

- Develop and improve social, emotional and physical **competence**
- Feel **confident** in who they are
- Develop strength of **character**
- Respond to others and oneself with **care** and compassion
- Create positive **connections** with peers and caring adults
- Make a meaningful **contribution** to their community

