

BRING Girls on the Run® TO YOUR SCHOOL!



Who We Are

Girls on the Run is a nonprofit that creates and offers evidence-based empowerment programs that help third- to eighth-grade girls build confidence, address negative issues, and deepen vital physical, mental, emotional, and social life skills.

Impacts of GOTR

By participating NOW...

- Life-skills lessons
- Fun movement-based games
- Impactful community projects
- Intentional goal-setting activities



...she gains these FOR LIFE.

- Deep inner strength
- Meaningful connection to others
- Foundation of physical health
- Empathy and respect for those around her
- Confidence to pursue dreams of all sizes

JOIN RECENT GIRLS ON THE RUN SITES

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

Greater Baton Rouge & surrounding small towns

Advantage Charter
GOTR + Heart & Sole
Americana YMCA
Apple Tree Daycare
Bains Elementary
Baker Heights Elementary
Basis Mid City
Baton Rouge Ochsner Discovery
BRCVPA
Caneview K-8 School
Cedarcrest Southmoor Elementary
Central Intermediate
Central Middle (Gonzales)
Heart & Sole
Central Private
Claiborne Elementary
Crestworth
GOTR + Heart & Sole
Dalton Elementary
Episcopal School of BR
Galvez Primary
GEO Mid City
GEO Prep
GOTR + Heart & Sole
Helix Legal Academy
Jackson Elementary
Kenilworth Science and Technology School
La Belle Aire Elementary
LA Key Academy - Baton Rouge
Lanier Elementary School
LSU Lab
Lukeville Elementary
Our Lady of Mercy
PARDS North Park
Park Ridge Magnet
Perkins Rd. Community
Redemptorist Saint Gerard
Southern Lab
St. George
St. James
The Brighton School
Upper Pointe Coupee

Villa del Rey
Westdale
Wildwood Elementary
Zachary Elementary

Acadiana

Alice Boucher
Boys & Girls Clubs of Acadiana
(*East Pershing, Jackie Unit, & West End*)
Charles Burke Elementary
Dr. Raphael A. Baranco Elementary
Ecole Saint-Landry
Evangeline Elementary
Hope for Opelousas
L. Leo Judice
Lafayette Renaissance
Milton Elementary
Our Lady of Fatima
SJ Montgomery
Sts. Leo Seton
GOTR + Heart & Sole
St. Pius
Willow Charter

Northshore

Bayou Woods Elementary
Carolyn Park
Chahta-Ima Elementary
Fifth Ward Jr. High
Honey Island Elementary
LA Key Academy - Northshore
Lancaster Elementary
GOTR + Heart & Sole
Little Oak Middle
Mandeville Middle
GOTR + Heart & Sole
Mayfield Elementary
Pine View Middle
Pontchartrain Elementary
Sixth Ward

GIRLS NEED GOTR

Here's why:



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



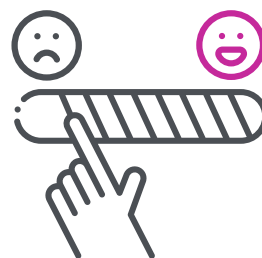
Physical activity starts to decline **at age ten** and continues to decrease as girls age.



50% of girls ages 10 to 13 experience bullying.



Only 24% of six- to 17-year-olds participate in at least 60 minutes of physical activity every day.



57% of U.S. teen girls felt **persistently sad or hopeless** in 2021 – double that of boys and representing a nearly 60% increase over the past decade.

OUR PROGRESS IS POWERFUL!

- Girls on the Run South Louisiana annually serves more than 800 participants.
- Since 2009, 12,000+ teammates have participated in our program.
- More than 200 volunteers (including caring coaches) support, uplift, and inspire our girls every year.
- Over 2,000 participants and spectators attend our 5K Celebrations every year.





GET INVOLVED WITH GOTR

HOSTING A TEAM:




Provide a Site

- Offer a safe, accessible outdoor place with a restroom (and a designated indoor space for inclement weather)
- Accommodate a regular practice schedule 2 times a week for 75-90 minutes.



Secure a Site Liaison

- Act as the main site contact for families, participants, and council staff
- Help recruitment efforts and distribute marketing materials
- Provide families with registration assistance
- Identify 2-3 coaches from your site and/or community*

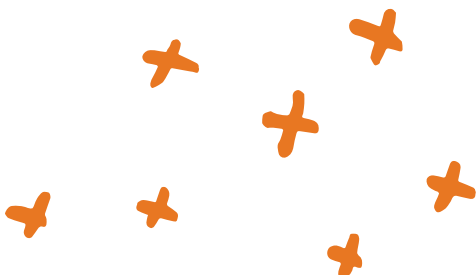


At a time when girls may be struggling to fit in or find their voice, our programs reassure them that they belong.



By hosting a team, you will inspire girls to embrace their individuality, make new friends, and find joy in movement.

**If you cannot secure coaches, have no fear! Girls on the Run will work with you to identify coaches from our volunteer pool.*





Transforming Lives

IT'S WHAT WE DO



Three programs, one life-changing impact.

Girls on the Run is the only physical activity-based, positive youth development program for girls with a research-based curriculum, trained coaches, and a commitment to serving all girls.

Every practice, coaches lead teams through fun and engaging activities that innovatively blend social emotional life skills with physical movement.



Girls on the Run: Grades 3-5

- Understand ourselves, value teamwork, and recognize our impact on the world.
- Set and achieve goals, nurture emotional health, connect with others, and appreciate healthy habits.



Heart & Sole: Grades 6-8

- Learn how to develop a strong support system, foster healthy relationships, and offer help to those in need.
- Understand the important connection between body, brain, and heart.



Camp GOTR: Grades 3-5

- Remain active and empowered in between seasons
- Build friendships, explore creativity, and play fun games.

How GOTR SUPPORTS You



EVERY STEP OF THE WAY

Program sites can count on GOTR for:

- Marketing and registration materials
- Parent/guardian communications
- 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



The data – and participant voices – say it all!



98%

OF PARTICIPANTS

said they had fun at their Girls on the Run practice.



98%

OF PARTICIPANTS

said they would tell their friends to participate in Girls on the Run.



97%

OF PARTICIPANTS

said they learned things at Girls on the Run that are important to them.

IMPORTANT PROGRAM DATES

Fall 2024 Timeline

- April 29th: Site & Coach Registrations open
- In-person New Coach Training (required for all new coaches)
 - Baton Rouge - July 18th, 10:00a-12:30p
 - Lafayette - Aug. 15th, 4:00p-6:30p
 - Covington - Aug. 22nd, 4:00p-6:30p
 - Baton Rouge - Aug. 29th, 4:00p-6:30p
- August 1st: Program Registration opens
- August 23rd: Site & Coach Registrations close
- September 3rd: Fall season begins
- September 13th: Program Registration closes
(no new registrations after the 3rd practice unless discussed with the GOTR staff)
- November 16th: Baton Rouge 5K Celebration
(for Baton Rouge & Northshore teams)
- November 17th: Lafayette 5K Celebration
(for all Acadiana teams)



NEXT STEPS

Are you ready to join the GOTR community?

1. Submit site application.
2. Identify site liaison & help recruit 2-4 coach mentors
3. Confirm site practice schedule
4. Share GOTR marketing materials to help register girls



Site Registration due date: August 23rd

Fall Season starts: September 3rd

Celebratory 5K event date: November 16th - 17th



We are excited for you to join us and need your help!

Your involvement plays a vital role in building self-confidence in girls. As a result, your community and the world beyond it will become a better, more welcoming place.

With your involvement, that better tomorrow can be filled with girls who nurture their emotional and physical health, boldly follow their dreams, and become adults who lead with integrity, empathy, and kindness.

Questions?

We are here to help!

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