

# 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  
Cedarcrest Southmoor Elementary  
Central Intermediate  
Central Middle (Gonzales)  
*Heart & Sole*  
Central Private  
Claiborne Elementary  
Dalton Elementary  
Episcopal School of BR  
Galvez Primary  
GEO Mid City  
GEO Prep  
*GOTR + Heart & Sole*  
Helix Legal Academy  
Jackson Elementary  
La Belle Aire Elementary  
LA Key Academy - Baton Rouge  
Lanier Elementary School  
Our Lady of Mercy  
PARDS North Park  
Park Ridge Magnet  
Perkins Rd. Community  
St. George  
St. James  
The Brighton School  
Upper Pointe Coupee

Villa del Rey  
Wildwood Elementary  
Zachary Elementary

## **Acadiana**

Alice Boucher  
Boys & Girls Clubs of Acadiana  
Charles Burke Elementary  
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  
Fifth Ward Jr. High  
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

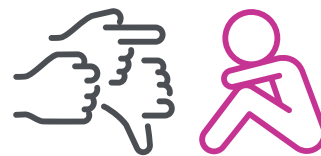
## Here's why:



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



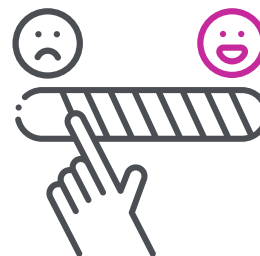
Physical activity starts to decline **at age ten** and continues to decrease as girls age.



**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\*

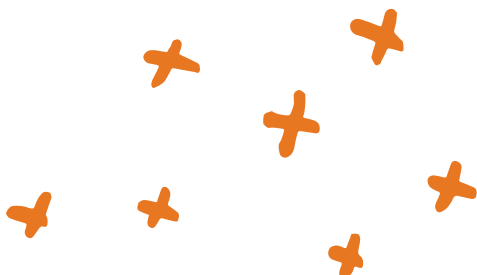


At a time when girls may be struggling to fit in or find their voice, our programs reassure them that they belong.



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.

## NEXT STEPS

### Are you ready to join the GOTR community?

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



Site application due date: February 9th, 2024

Spring season program start date: February 19th, 2024

Celebratory 5K event date: May 4th-5th

### 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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