

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
Agape School of Baton Rouge
Americana YMCA
Bains
BASIS Mid City
Baton Rouge Ochsner Discovery
BRCVPA
BREC Perkins Rd Park
Brusly Upper Elementary
Caneview K-8
Cedarcrest-Southmoor Elementary
Central Intermediate
Central Middle (Gonzales)
Central Private
Claiborne Elementary
Crestworth Elementary
Dalton Elementary
Dorseyville Elementary School
Episcopal School of BR
Galvez Primary
GEO Mid City
GEO Prep
Great Hearts Harveston
Jefferson Terrace Elementary
Kenilworth Science and Technology
La Belle Aire Elementary
LA Key Academy Baton Rouge
Lanier Elementary
LSU Lab School
Lukeville Elementary
McKinley Elementary
Our Lady of Mercy
Progress Elementary
Redemptorist Saint Gerard Catholic School
Southern University Laboratory School
St. James
St. Jude
STEM Magnet Academy of Pointe Coupee
The Brighton School
Villa Del Rey Elementary
Westdale Heights Academic Magnet
Westdale Middle
Zachary Elementary

Acadiana

Acadiana Renaissance Charter Academy
Alice Boucher
Boys & Girls Club - Jackie Unit
Boys & Girls Club - Pershing
Boys & Girls Club - West End
Broadmoor Elementary
Cathedral Carmel School
Charles M. Burke Elementary
Corporal Michael Middlebrook
Dr. Raphael Baranco Elementary
Duson Elementary
Ecole Saint-Landry
Evangeline Elementary
Green T. Lindon Elementary
JW Faulk
L. Leo Judice
Lafayette Renaissance Charter Academy
Live Oak Elementary
Milton Elementary
Prairie Elementary
Ridge Elementary
SJ Montgomery
St. Martin Steam Academy
Westside Elementary
Willow Charter Academy

Northshore

Abita Middle
Abita Springs Elementary
Abney Elementary
Bayou Woods Elementary
Carolyn Park Middle
Chahta-Ima Elementary
Fifth Ward Jr.
Gayle Sloan Middle
Greenville Park Leadership Academy
Honey Island Elementary
LA Key Academy Northshore
Lake Harbor Middle
Lancaster Elementary
Little Oak Middle
Mayfield Elementary
Pine View Middle
Sixth Ward

GIRLS NEED GOTR

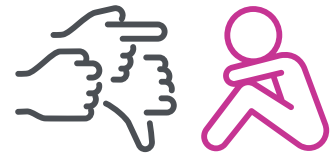
Here's why:



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



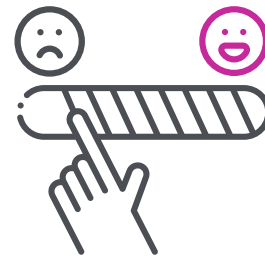
Physical activity starts to decline **at age ten** and continues to decrease as girls age.



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 serves more than 1,200 participants annually.
- Since 2009, 15,000+ teammates have participated in our program.
- More than 250 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

Spring 2026 Timeline

- October 1st: Site + Coach Registrations Open
- January - February 2026: New Coach Training (required for all new coaches) + Team Bag Pick Up
 - Covington - Jan. 31st, 10a-12:30p
 - Lafayette - Jan. 31st, 10a-12:30p
 - Baton Rouge - Feb. 7th, 10a-12:30p
- January 5th: Program Registration Opens
- February 6th: Site + Coach Registrations Close
- February 23rd: Spring Season Begins
- March 6th: Program Registration Closes
(no new registrations after the 3rd practice unless discussed with the GOTR staff)
- May 2nd: Baton Rouge 5K Celebration
(for Baton Rouge & Northshore teams)
- May 3rd: Lafayette 5K Celebration
(for all Acadiana teams)



NEXT STEPS

Are you ready to join the GOTR community?

1. Submit Site Registration.
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: February 6th

Spring Season starts: February 23rd

Celebratory 5K event date: May 2nd-3rd

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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