

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.

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.



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.

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."



Transforming Lives

IT'S WHAT WE DO



Two 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.

ONE OF A KIND 5K CELEBRATION



Each season concludes with a non-competitive 5K Celebration. This is a day where teams throughout the Hudson Valley come together to recognize just how far participants have come and how far they will continue to go.

Everything our teams have been working toward leads to this unforgettable day and, here, they have the chance to show off their hard work.



GET INVOLVED WITH GOTR

HOSTING A SPRING 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 for 10 weeks)



Secure a Site Liaison

- Act as the main site contact for families, participants, and council staff
- Identify 2-3 coaches from your site and/or community
- Distribute GOTR marketing materials to register girls
- Provide families with registration assistance

Important Dates:

Thursday, February 29th: Site Applications Deadline

Sunday, March 3rd: Coach Training

Week of March 18th: Spring Season Begins

June 1st Weekend: Celebratory 5K Events

GIRLS ON THE RUN COACHES

- Girls on the Run coaches are trained volunteers who lead a team of 15-20 girls through a season of powerful and fun lessons.
- You do not need to be a runner; you simply need to have a desire to support and encourage the next generation.
- Coaches receive all the tools and support they need and find that they get as much out of coaching as they give.
- Coaches are parents, teachers, community members at least 18 years old.
- Teams must have at least two trained coaches.



PROGRAM COSTS

Our actual true cost per child is over \$250. **In an effort to make our program as equitable and accessible as possible we offer a subsidized sliding scale registration fee ranging from \$0-\$185, as well as payment plans.**

Financial aid is limited and we ask that families are honest in choosing their fee so that we can continue to assist as many families as possible. Volunteer coaches are offered waived fees for their own child to participate.

Program Participants Receive:

- 20 ninety-minute sessions for GOTR or 10 two hour sessions for H&S
- An official program shirt and water bottle
- An activity journal and program handouts
- Entry into the incredible Girls on the Run 5K event
- A beautiful finisher's medal
- Personalized Commemorative 5K bib
- End of the season celebration & program keepsake

Registration Fees also help cover:

- Dues to Girls on the Run International (for curriculum development, program evaluation, coach training development, etc.)
- Comprehensive liability insurance
- The curricula
- Building and Community Education fees
- Team supplies (bins, markers, cones, index cards, balls, tape, etc)
- Staff to support families and volunteers
- Website and registration system
- Background checks & CPR certification
- Coach training and appreciation
- Culminating Girls on the Run 5K event

NEXT STEPS

Are you ready to join the GOTR community?

- Identify site liaison
- Confirm 2-4 coaches
- Establish practice schedule (2xs/week for 90 mins i.e. Mon & Wed 3:30-5PM)
- Submit Team Application at www.girlsontherunhv.org/start-team

Questions? We are here to help!

Please contact: loretta.djurasevic@girlsontherun.org or jodi.cabrera@girlsontherun.org