

# BRING Girls on the Run® TO YOUR SITE!



## 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.

## 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.



### 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.

# GIRLS NEED GOTR

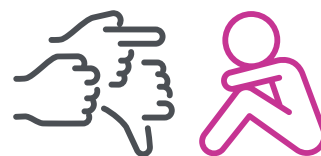
## Here's why:



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



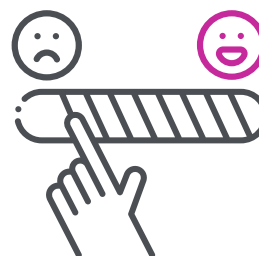
Physical activity starts to decline **at age ten** and continues to decrease as girls age.



**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 Georgia annually serves more than 1,500 participants.
- Since 2000, 42,000+ teammates have participated in our program.
- More than 1,000 volunteers (including caring coaches) support, uplift, and inspire our girls every year.
- Over 3,000 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 two times a week for 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 3-5 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.



REGISTER YOUR SITE!





## PARTICIPANT REGISTRATION

### REGISTRATION FEES


**The Girls on the Run program fee starts at \$0 and is on a sliding scale based on household income.**

**The program fee includes:**

- Twenty (20), 90-minute lessons conducted by certified Girls on the Run coaches
- Lesson materials and journal
- Girls on the Run program T-shirt
- For participants who qualify, a new pair of running shoes, sports bra, and/or sports hijab
- Girls on the Run 5K entry, event experience, finisher's T-shirt and medal
- Coach preparation and on-going team support – volunteer training, background checks and CPR certification



### SLIDING SCALE

Household Income	Cost 
\$0 - \$24,999	\$0
\$25,000 - \$34,999	\$25
\$35,000 - \$49,999	\$50
\$50,000 - \$74,999	\$90
\$75,000 - \$99,999	\$135
\$100,00 +	\$185

# How GOTR SUPPORTS You

## EVERY STEP OF THE WAY

### Program sites can count on GOTR for:

- Marketing and registration materials
- Caregiver communication templates
- National Coach Training, led by trained facilitators
- Evidence-based curriculum and all program materials
- Program and 5K finisher t-shirts for coaches and participants
- Water bottles, and journals for participants
- 5K celebration entry for coaches and participants
- Dedicated support to site liaisons and coaches, teams 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.

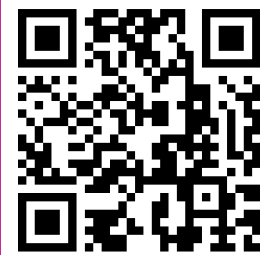


# COACHING WITH GOTR



## STEPS TO BECOMING A COACH:

- Complete the coach application by the season deadline (season timeline coming soon)
- Complete the New Coach Training (hybrid online & in-person) or Returning Coach Training (virtual)
- Complete a GOTR background check (required every two years)
- Complete CPR/First Aid training (a minimum of one coach per practice must be certified)



APPLY TO COACH!



## COACH INFORMATION

Each Girls on the Run team needs a minimum of three and maximum of five coaches to help facilitate our curriculum with small groups of eight to 15 girls over the course of 12 weeks. Amidst the conversation, laughter and Energy Awards, you will witness a transformational change in the girls, and don't be surprised if you realize that you are positively changing as well!

Girls on the Run coaches may be an adult of any age and gender, and coaches represent all levels of fitness and abilities. Coaches do not need to be runners or athletes and may be:

- School staff and administrators
- Parents and caregivers
- Community members



## NEXT STEPS



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

1. Get site approval and identify your team's site liaison.
2. Submit a site registration at [gotrgoldenisesles.org/start-team](http://gotrgoldenisesles.org/start-team)
3. Share GOTR-provided marketing materials to help register coaches and participants

### 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!**

Please contact Stormye Brantley at [gotrgoldenisesles@girlsontherunga.org](mailto:gotrgoldenisesles@girlsontherunga.org)

