

Want to Start a Team? First, read this document to learn more about what the process looks like. Then, if you're ready to get a team started, email info@girlsontheruniowa.org with your name, proposed site location, and practice dates/times. We will then have you meet with our Program Manager to talk through season details.

Site Liaison Responsibilities

- Obtain Principal permission to enact the program and serve as a communication bridge between GOTR Eastern Iowa staff and school staff
- Identify/secure indoor & outdoor practice spaces for GOTR
- Assist with the recruitment of coaches & participants for the site
- Arrange distribution and collection of paper registrations as needed and review for accuracy before sending to GOTREI staff

Season Dates and Practice Schedule

Our Girls on the Run (3rd-5th) spring season is 16 lessons over 8-weeks starting the week of September 15th until the week of November 3rd. The season culminates in a celebratory 5K which will take place during the last week of practice. Girls on the Run practices are held on two non-consecutive days each week for 75-90 minutes. As a site, you agree to offer a safe, accessible outdoor place with a restroom, and a designated indoor space for inclement weather. Practices are led by trained, volunteer coaches.

Coaches

Each team has a minimum of 3 coaches. Coaches must be 18+ and be able to commit to the full season. Coaches can be parents/guardians, community members, or teachers. Coaches must submit an application at www.girlsontheruniowa.org/coach and complete our two-part training. We provide all the necessary training, materials, and ongoing support for the season to run smoothly. Find our coach application [HERE](#).

Participants

Each team must have a minimum of 8 participants. If there are not 8 participants registered by Wednesday, September 10th, the site will be canceled. Generally, teams consist of 12-15 participants, but can reach up to 20 if enough coaches are assigned to the site. Our Girls on the Run program is developed specifically for 3rd-5th graders, and we will be rolling out a new curriculum this spring to better meet the needs of today's youth.

Registration

Participant registration will be open from August 1st - September 10th on our website. Upon request, we can send Site Liaisons PDF versions of registration that can be scanned and sent back to us to be imputed into our system. We also have registration forms available in Spanish, French, Swahili, and Arabic.

Financial Assistance

The program costs \$185 for each participant. We are committed to ensuring access for all participants, regardless of their financial situation. We offer various financial assistance packages.

