

We all belong at the *FINISH LINE*

Girls on the Run®



Bring Girls on the Run to
your school, neighborhood
or community!

gotrlongisland.org | 516-987-7477 | gotrlongisland@gmail.com



TRANSFORMING LIVES

Two programs, one life-long impact.

At the heart of our programs are:

Evidence-based curriculum

Nationally trained coaches

Intentional evaluation

So much more than running

Physical activity accessible for all ability levels

Social-emotional skill development

Community service involvement



Girls on the Run: Grades 3-5

The research-based curriculum includes:

- Understanding ourselves
- Valuing relationships and teamwork
- Recognizing how we can shape the world at large

The program unleashes confidence through:

- Setting and achieving goals (like the 5K)
- Making new friendships
- Participating in community service work
- Empowering girls to appreciate the value of healthy habits

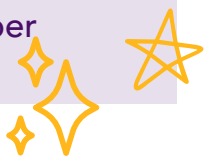
Teams meet twice a week for 75 minutes per lesson



Heart & Sole: Grades 6-8

- Focuses on five key parts: body, brain, heart, spirit, and connection with others
- Incorporates movement-based activities and lessons that instill critical life skills such as:
 - Developing a strong support system
 - Fostering healthy relationships
 - Offering help to those in need

Teams have two options: meet twice a week for 75 minutes per lesson; or meet once per week for 2 hours per lesson



Apply at gotrlongisland.org/start-team



A CRITICAL NEED



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

Since the start of the COVID pandemic, 79% of girls feel lonelier and more depressed.



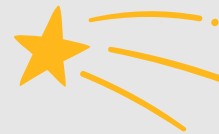
Physical activity declines starting at age ten and continues to decrease as girls age.

50% of girls ages 10 to 13 experience bullying.



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."

The Girls on the Run curriculum empowers girls to build confidence and successfully navigate life experiences. Over the course of the program, physical activity serves as a platform for teaching interpersonal skills and promoting holistic health outcomes.



COST AND FINANCIAL ASSISTANCE

Program Cost

Our program fee is \$225. The per participant fee includes:

- 16 twice-weekly lessons delivered by trained volunteer coaches
- Curriculum materials
- Program t-shirt
- 5K event registration & finisher medal for each participant

Note: each participant is required to run with a buddy and there will be an additional fee of \$30 (early bird) or \$35 during 5K registration.

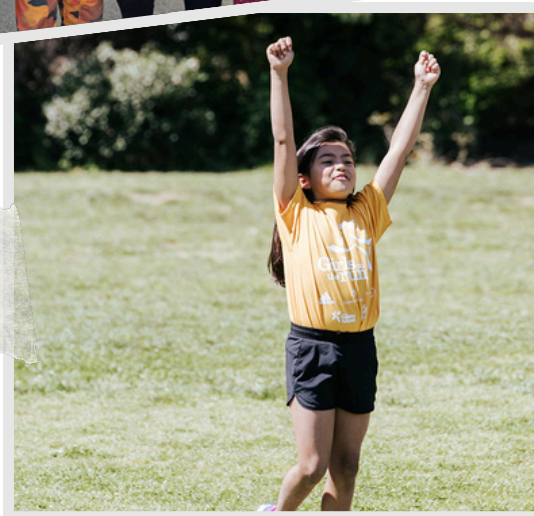
Financial Assistance

EVERY GIRL DESERVES TO CROSS THE FINISH LINE

Financial assistance is available to families who cannot pay the full registration fee. We are committed to being accessible to any girl who wants to participate and are dedicated to ensuring that program cost is never a barrier to participation.

Site-wide Financial Assistance Fee

At Title I Schools with 65% or higher students from low-income families, participants would be charged a reduced fee of \$40 OR the site can pay the fee of \$600/per team to cover the cost to offer the program at \$0 per participant. These teams are also eligible to receive sneakers and additional supportive program material, like sport bras, to be prepared for a season filled with life skills and physical activity.



RESOURCES

PROVIDED BY GIRLS ON THE RUN



From before the first session to all the way the 5K finish line, Girls on the Run is there.



Program sites can count on this support from GOTR LI:

- Marketing and registration materials
- Parent/guardian communication
- 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
- For students who are in need of supportive materials - shoes & sports bras



"Girls on the Run is an excellent program that allows girls to become physically fit while learning to have confidence and learn about character development.


- PENNI, PRINCIPAL



HOW TO GET INVOLVED



Join us in making a difference as a site and/or site liaison.



Providing an environment for girls to learn meaningful skills, form new friendships and become their most authentic selves lays the groundwork for a better, more inclusive world for all.

Site Requirements



- Offer a safe and accessible outdoor place (and restroom).
- Provide a designated accessible indoor space in case of inclement weather.
- Accommodate a regular practice schedule twice a week for 75 minutes; or once a week 2 hour sessions (Heart & Sole only).
- Assist in identifying a site liaison.

Site Liaison Requirements

Site liaison responsibilities include:

- Acting as the main site contact for families/participants and Girls on the Run council staff.
- Aiding in recruitment efforts by distributing marketing materials (provided by GOTR).
- Offering support to families who need registration assistance.
- Identifying 2-3 coaches from your site and/or community. *If you need support in recruiting coaches, GOTR Long Island will help you.

Apply at gotrlongisland.org/start-team

