

# We all belong at the finish line



Site Recruitment  
Spring 2023

# The Mission

Girls on the Run is an international **nonprofit** that offers programs to strengthen third- to eighth-grade girls' **social, emotional, physical, and behavioral skills**. Girls on the Run is one of the only **youth development** programs with compelling evidence that proves participants learn life skills and then use them in other aspects of their lives.

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.

- Builds confidence
- Prompts independent thought and intentional decision-making
- Strengthens self-respect
- Establishes a life-long appreciation for health and wellness
- Enhances girls' ability to stand-up for self & others
- Fosters healthy relationships



At the heart of our programs are:

- Intentional evaluation
- IDEA-focused approach
- Evidence-based curriculum
- Nationally trained coaches
- Social-emotional skill development
- Physical activity accessible for all ability levels
- Community service involvement

"The lessons reinforced through GOTR really helped strengthen my daughter Elyana's character. I am very proud to have watched Elyana flourish and learn to love and accept herself and even more importantly, become proud of what makes her unique."

-Diane, parent\**Pre-pandemic statistics. We look forward to building back stronger.*

# The Programs

Two programs, one life-long impact.

Girls on the Run and Heart & Sole have Fall and Spring seasons aligned with the school year. The programs culminate with a joint celebratory 5K at Eisenhower Park with friends, family, and community.

## Girls on the Run: Grades 3-5

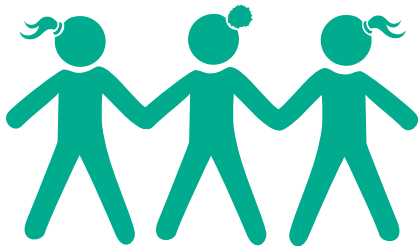
The research-based curriculum:

- Understanding ourselves
- Valuing relationships and teamwork
- Recognizing how we can shape the world at large
- 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 of 8-20 girls

## Heart & Sole: Grades 6-8

The research-based curriculum:

- Focuses on five key parts: body, brain, heart, spirit, and connection with others
- Incorporates movement-based activities and lessons that instill critical life skills
- How to: develop a strong support system, foster healthy relationships, offer help to those in need
- Teams of 8-20 girls



# The IDEA (Inclusion, Diversity, Equity and Access)

Advancing IDEA is foundational to our mission.

A recent external program review study found participants, families and coaches felt that Girls on the Run was inclusive, promoted diversity, and was accessible and equitable.

**97 % of girls** felt like they belonged at Girls on the Run.

**Nearly 100 % of girls** agreed they felt safe at Girls on the Run and that their coaches cared about them.

**97 % of girls** agreed they could be themselves at Girls on the Run and felt included in all GOTR activities they wished to participate in.

**100 % of caregivers** who reported that their child required accommodations to fully participate agreed that their child could participate equally to their peers.

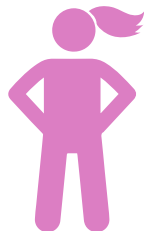
**98 % of caregivers** agreed that their child felt physically, emotionally and socially safe at Girls on the Run and included in all GOTR activities they wished to participate in.

We encourage community members to share feedback and suggestions for improving the reach of our program.



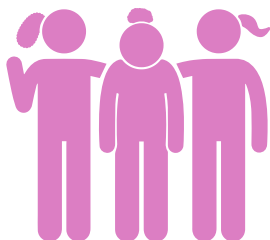


# The Stats



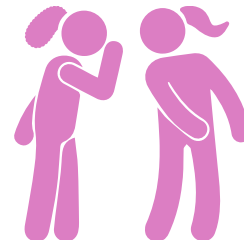
Girls' self-confidence begins to drop by age nine.

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."

- Each year, more than **200,000 girls** ages 8 to 13 participate across the United States and Canada.\*
- Since 1996, **over 2 million girls** have been transformed, inspired and empowered by the program.
- With more than 330 5K events taking place annually, **GOTR is the largest 5K series (by number of events) in the world.\***
- Over **600,000 participants and spectators** attend GOTR 5Ks every year.\*

**97 % of girls** learned critical life skills they can use at home, school and with friends.

**85 % of girls** improved their confidence, caring, competence, character and connection to others.

**98 % of girls** would tell other girls to participate in Girls on the Run.

**94 % of parents** reported Girls on the Run was a valuable experience for their girl.

**97 % of girls** felt like they belonged at Girls on the Run.

GOTR participants scored higher in **managing emotions, resolving conflict, helping others and making intentional decisions** than participants in organized sports or physical education.



# The Coaches

## Coaches. Leaders. Mentors.

Coaches **determine the practice schedule**, lead teams through curriculum with their co-coaches, are committed to seeing girls in their community grow, create inclusive environments, and **DO NOT HAVE TO BE RUNNERS OR ATHLETES.**

Coaches Receive:

- National Coach Training + background
- check Curriculum materials and coach
- supplies Season-long support, resources
- and tools from GOTR Marketing and
- registration materials
- Parent/guardian communication
- Program t-shirt and 5K participation



- Spring 2023 Coach Training:
- New coaches **MUST** be able to commit to
- one date Held in-office at Eisenhower Park
- February 28 - 4-8pm
- March 4 - 9 - 9-1pm



**There must be at least 2 coaches per 8-15 girls at every practice. If a team has 3+ coaches, they can choose to accept 20 girls. Teams are encouraged but not required to have substitute coaches**

- **At least ONE (head) coach must be at every practice for program quality and consistency.**
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*\*If you cannot secure coaches, have no fear! Girls on the Run will work with you to identify coaches from our volunteer pool.*

“From the girls I coach, I have learned a little bit more about myself and a whole lot about the power we have as adults to encourage and motivate the next generation.”

- Cassie, coach

# The Cost + Financial Assistance

## Program Cost

Our current program fee is \$190 per participant, which includes:

- 10 weeks/20 lessons led by trained coaches
- Curriculum materials
- Program t-shirt
- 5K event registration & Finisher medal
- End of season goody bag

## Financial Assistance

Every girl deserves to cross the finish line

Financial assistance is available to families who cannot pay the full registration fee. Girls on the Run Long Island provides girls with full and partial scholarships each year. 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.

Financial Assistance is offered during registration based on free/reduced lunch. If someone has special circumstances and they cannot afford the fee, full financial assistance is available. We will never turn a girl away.



# The Steps

Now that you know more about our program, it's time to enroll your girl. If your neighborhood/district already has a team- great! You can register her on our website. If your community doesn't have a team, let us help you get one started in a few simple steps.

## 1.Choosing a Site

- Offers a safe and accessible outdoor place
- Provide a designated accessible indoor space in case of inclement weather.
- Accommodate a regular practice schedule twice a week/10 weeks for 75 minutes.
- Typically at a school field or nearby park

## 2. Finding or Becoming a Site Liaison

- The main site contact for Girls on the Run council staff for program logistics
- Aids in recruitment efforts by distributing marketing materials (provided by GOTR).
- Assists with obtaining required permits
- Helps find coaches

## 3. Submit the Site Application

- Head to our website to complete the quick form
- **Site Application Deadline: January 31, 2023**

## 4. Recruiting Coaches

- New coaches must fill out a New Coach Application, complete National Coach Training, and pass a background check
- Coaches determine practice schedule for 2 practices a week (consecutive days not recommended)
- **New Coach Application Deadline: February 27, 2023**

## 5. Register Your Girl!

- Coaches who have daughters on the team are guaranteed a spot on the team and will receive a pre-registration code.
- Full time (2 days each week for the 10-week season) coaches receive 25% off their daughter's registration fee.
- Registration is first-come-first-serve. Once the team is full, a waitlist will form. We can have more than one team at a site as long as we have coach support.
- Each team needs at least 8 girls for the team to run and 15 is the max.
- Girls within the team's school/district community will have priority, followed by girls who are in outside/neighborhood districts.

# The 5K

The Girls on the Run 5K is the end-of-the-season celebratory event that the girls train for each practice. It's a joyous morning where all of our teams from across Long Island come together at Eisenhower Park to accomplish a common goal and cheer each other on. In Spring 2022 we had over 1,000 attendees supporting our girls including their friends and family, sponsors, community runners, and volunteers. The 5K is a reminder of all that a girl can achieve with her limitless potential and to keep moving forward with the encouragement of the people surrounding her.

## Pre-Run Fun

Before the run, girls get to enjoy activities with their team to motivate and excite them

- Happy Hair: Hairspray and hair decoration
- Face Painting: Colorful rainbow face paint
- Bling Your Bib: Customize race bibs with fun stickers, gem stones and drawings

## Everyone Belongs at the Finish Line

- The race is never timed, the only thing that matters is the completion
- There are water stations at mile 1 and cheer squads all along the course
- Snacks and refreshments are provided for girls and runners
- Girls receive an end-of-the-season goody bag

**The Spring 2023 5K will be held  
in late May or early June at Eisenhower Park**



# The GOTRLI Opportunities

There are many ways to become part of our growing GOTRLI community! We encourage anyone to participate as often and in as many ways as their schedule allows!

## Volunteer Opportunities

- Coach/Assistant Coach
- 5K Volunteer
- Sneaker Soirée Volunteer
- Outreach Ambassador
- Administration Development Ambassador



- Partner with GOTRLI when you run your own race
- Raise money for the girls in our program
- Receive a personal fundraising link and GOTRLI Sole Mate shirt



# The Teams

## Council Staff

Council Director  
Program Manager  
Board Chair

Doreen Dunne  
Michelle Fioretti  
Nancy Feinstein




doreen.dunne@girlsontherun.org  
michelle.fioretti@girlsontherun.org  
nancy.feinstein@girlsontherun.org

## Board of Directors

Nancy Feinstein	Elaine Kanas
Maria Costello	Patricia Rossi
Penelope Madry	Susan Silvestri
Mandy Rofe	Foula Bandini

## Social Media

[www.gotrlongisland.org](http://www.gotrlongisland.org)

   @gotrlongisland

## Current Teams (Fall 2022)

### East Williston

- North Side

### Freeport

- Archer St.
- Bayview
- Leo F. Giblyn
- New Visions

### Harborfields

- TJ Lahey

### Hempstead

- David Paterson

### Herricks

- Center St.
- Denton Ave.
- Searingtown

### Jericho

- Jericho Middle School

### Massapequa

- Birch Lane

### Merrick

- Old Mill Road

### Mineola

- Mineola Memorial Park

### Montauk

- Montauk Elementary

### Oceanside

- Oceanside Middle School

### Patchogue/Medford

- Eagle Elementary

### Plainedge

- Plainedge Middle School

### Syosset

- Baylis Elementary
- Robbins Lane
- South Grove Elementary
- Village Elementary
- Syosset Community

### William Floyd

- John S. Hobart
- Moriches
- Nathaniel Woodhull
- Tangier Smith
- William Floyd Elementary

*\*Don't see your school or community? Get a team started ASAP!*