



Girls on the Run is for
EVERY girl.



WHO WE ARE

Girls on the Run® is dedicated to creating a world where every girl knows and activates her limitless potential and is free to boldly pursue her dreams. At Girls on the Run, we inspire girls to recognize their inner strength and celebrate what makes them one of a kind.



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“I really see students interacting with each other, not conforming to cliques, and moving away from exclusionary behavior.” – Principal Garcia

WHAT WE DO

- Teach **LIFE SKILLS** to girls in 3rd to 8th grades through evidence-based curriculum that celebrates the joy of movement.
- **PHYSICAL ACTIVITY** is woven into lessons but the program is accessible to all girls regardless of fitness level or athletic ability.
- Our program culminates with a non-competitive, celebratory 5K event that offers girls a tangible sense of **ACHIEVEMENT THROUGH GOAL SETTING**.



Girls on the Run: Grades 3-5

Girls explore who they are and what is important to them. They learn how to activate their “star power” as they develop an appreciation for team work & healthy relationships and are empowered to contribute to their community and to the world.



Heart & Sole: Grades 6-8

Girls gain critical life skills such as team building, developing a strong support system, boundary setting, decision making, positively impacting others, and asking for & providing help.

PROGRAM SPECIFICS

- 10 weeks in duration
- After school
- Two practices per week
- Practice is 75-90 minutes in duration
- Team size between 8 - 20 girls
- Teams are led by 2 - 4 trained volunteer coaches

“They are learning tools & strategies, and they are understanding more about where people are coming from. They know what to do in situations with conflict.”

- Principal Edwards



Community Service in Girls on the Run

Girls on the Run participants complete a group **Community Impact Project** that they plan and execute as a team.



Community Service in Heart & Sole

Heart & Sole participants complete an individual project called **Extending the Girl Wheel**, where they reach out in small, meaningful ways to an individual or group in their community.

GIRLS ON THE RUN IMPACT

A recent **national independent longitudinal study** led by Dr. Maureen Weiss, an expert in positive youth development, found that the combination of Girls on the Run's intentional life skills curriculum and highly trained coaches is key to our program's impact.

- **97%** of participants said they **learned critical life skills including managing emotions, resolving conflict, helping others or making intentional decisions** that they can use at home, at school and with their friends
- Girls who were the least active at the start of the program **increased their physical activity by more than 40%**
- Girls on the Run made a **stronger impact** on teaching life skills to participants than did organized sports or physical education



IT'S FUN. IT'S EFFECTIVE.

Overall, the study showed that participating in **Girls on the Run transformed girls' lives** by helping them increase their self-confidence, develop healthy relationships, and feel good about themselves, inside and out.

GIRLS ON THE RUN COACHES



- ~200 volunteer coaches annually bring Girls on the Run to life in southwest Idaho each year
- Want to leave a lasting impact on the lives of girls in their community by helping them learn, grow, and have fun
- Work alongside co-coaches to lead a group of girls through the curriculum
- Can commit to 30-35 hours with their team over the course of the season
- Receive training & support from Girls on the Run
- DO NOT have to be runners or athletes!
- Can be anyone in our community (male or female)

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"I appreciate the positive influence and support of Girls on the Run. My daughter has clearly found safety, acceptance, and 'cheerleading' in her Girls on the Run team."

-Kimberly Andrews, Parent

SITE & SITE LIAISONS

Sites

- Offer a **safe outdoor place** for running
- Provide a **designated indoor space** in case of inclement weather
- Accommodate a **regular practice schedule** (twice a week for 75-90 minutes)
- Assist in identifying a **site liaison**

Site Liaisons

- Act as the **main contact** at the site for Girls on the Run families/ participants and council staff
- Aid in **girl recruitment efforts**
- **Offer support to families** who need assistance in registering their girl
- **Help identify coaches** from your site and/or community



DID YOU KNOW?

Girls on the Run was recognized as **one of only three** afterschool programs identified as a top social emotional learning program by Harvard University & the Wallace Foundation in 2021.

SUPPORT WE PROVIDE

- **Marketing & registration materials**
- **National Coach Training** (led by trained facilitators)
- **All curriculum materials**
- **Daily healthy snack, GOTR T-shirt, 5K entry and 5K medal for all girls**
- **Ongoing support to site liaisons, coaches, and families**
- **Safe, fun, celebratory 5K at end of season**

GOTR OFFICE

- Submits facility usage requests
- Provides certificate of insurance to schools/districts
- Provides volunteer with all training and materials
- Conducts site visits
- Seeks feedbacks from volunteers and families

COACHES

- Implement program with girls
- Follows rules enforced by site
- Communicate with GOTR office
- Communicate with families as needed
- Ensure a safe and inclusive environment

HOW TO START A SITE?

To host a team, sites must:

- Offer a safe, outdoor place for running such as a track, field, or any other accessible open space.
- Provide a designated accessible covered space for inclement weather or poor air quality.
- Ensure access to restrooms for the first 20 minutes of the meeting.
- Accommodate regular practice schedule (twice weekly for 75-90 minutes).
- Help identify Site Liaison. A Site Liaison is the link between the school or community site and the Girls on the Run Staff.
- Fill out a site application so the GOTR office can learn more about your school community.



The Girls on the Run staff is ready to support the site liaison in starting a GOTR program at their school! We will help you every step of the way.

COST & FINANCIAL ASSISTANCE

The program fee is sliding scale based on self-reported family income.

Financial assistance is available to any girl whose family cannot pay the full registration fee. This past year, Girls on the Run awarded \$45,000+ in financial assistance. The scaled fee is \$150/\$110/\$65 with the opportunity for families to claim what they can afford with a floor place of \$25. Families can access financial assistance through the registration process. We do not require proof of income. We rely on the integrity of caregivers to choose the appropriate fee and contribute as much towards the full cost of the program as they are able to. **Full scholarships are also available.**



Registration Includes:

- 10 weeks of lessons led by trained coaches
- Curriculum/Materials/Daily Snack
- Program t-shirt
- 5K event registration/5K Medal



CONTACT INFORMATION



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“It is so perfect to have someone else providing tools for emotional support and how to love yourself. It’s something we talk about at home, but when a coach says it my daughter paid more attention.” – GOTR Parent