



Girls need Girls on the Run now more than ever



GOTR Lehigh Valley

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

WHO ARE WE



Girls on the Run is a 501c3 nonprofit organization, is dedicated to creating a world where every girl knows and activates her limitless potential and is free to boldly pursue her dreams.

Our programs – are designed to enhance girls' social, mental, and physical health and behaviors to successfully navigate life experiences.

Girls on the Run supplies volunteer coaches with the training and materials required to provide girls a safe, trauma-sensitive space to learn valuable life lessons. These include coping when things get difficult, demonstrating care for self and others, and identifying what she values.

- Girls on the Run has served nearly 2 million girls since it was founded in 1996.
- More than 200,000 girls experience the power of our transformational programs every school year
- Girls on the Run Lehigh Valley started in 2007.
 - GOTR Lehigh Valley has served over 7000 girls since 2007
 - We currently serve 1000 girls annually at over 60 Lehigh Valley schools
 - Over 50% of participants receive Financial assistance each year

OUR CURRICULUM

Volunteer trained coaches lead practices. **They follow an intentional, inclusive and flexible curriculum.** The curriculum shows an evidence-based impact on developing positive social-emotional skills in young girls.

Our Spring Season is 8 weeks long. Coaches lead small teams of girls through an interactive and detailed curriculum that incorporates running and various physical and nonphysical activities. Teams will meet 2 times per week for 90 minutes.



We offer 2 Curriculums:

Girls on the Run – Elementary program for 3rd – 5th grade girls

- Supports girls in gaining a better understanding of who they are, recognizing the importance of teamwork and healthy relationships, and learning how they can positively connect with and shape their communities and the world
- Social-emotional curriculum themes include: turning negative self-talk into positive self-talk, understanding emotions, standing up for self and others, forming and maintaining healthy relationships, and making an impact on the community.
- Team Size: 6-15 girls led by 2 or more coaches.

Heart & Sole – Middle school program for 6th – 8th grade girls

- Addresses the whole girl – body, brain, heart, spirit and social connection – and supports girls in building critical life skills such as team building, developing a support system, boundary setting, decision making, positively impacting others, and asking for and providing help.
- Social-emotional curriculum themes include: getting to know and understand your “Girl Wheel,” goal-setting, overcoming obstacles, asking for and giving help, and positively impacting others.
- Team size: 6-12 girls led by 2 or more coaches.

OUR COACHES

Girls on the Run and Heart & Sole teams are led by volunteer coaches. We train coaches through our on-demand National Coach Training to build relationships, create positive, trauma-sensitive and inclusive environments and focus on girls' effort and growth.



Coaches:

- Believe in the inherent power within every girl
- Have a desire to help girls learn, grow and have fun
- Want to leave a lasting impact on the lives of girls in their community
- Can be from within or beyond your site community
- Receive inclusive training and ongoing support from Girls on the Run
- Do not have to be runners or athletes

Coach Responsibilities:

- Serves as a role model to girls
- Attends Local Coach Training
- Works with co-coaches to lead girls through the curriculum as intended
- Is present and prepared for each practice
- Participates in the Girls on the Run end of season 5k celebratory event

IT'S FUN. IT'S EFFECTIVE. IT'S EMPOWERING.

Girls on the Run is the only national physical activity-based positive youth development program for girls with compelling evidence of program impact.

An independent, national longitudinal study provided the following evidence-based outcomes:

- 97% of participants said they learned critical skills to manage emotions, resolve conflict, help others or make intentional decisions
- Girls who were the least active at the beginning of the program increased their physical activity by more than 40%
- Girls on the run made a stronger impact on teaching social-emotional life skills to participants than organized sports or physical education.

HOW TO HOST THE PROGRAM

To host a team, sites must:

- Offer a **safe outdoor place** for running (such as a track, soccer field, park or any other accessible open space)
- Provide a **designated accessible indoor space** for Girls on the Run to meet in case of inclement weather (such as a gym, cafeteria, multi-purpose room/classroom) and **accessible bathrooms**
- Accommodate a **regular practice schedule** (2 times a week for 90 minutes), according to the Girls on the Run program calendar
- Assist in identifying a **site liaison**

Site Liaison Responsibilities

- Acts as the main contact at the site for Girls on the Run families/participants and Girls on the Run council staff before and throughout the program
- Aids in girl recruitment efforts by distributing marketing materials (provided by Girls on the Run) and spreading the word about Girls on the Run throughout the site community and via email using provided digital templates
- Offers support to families who need assistance in registering their girl
- Helps identify 2-3 coaches from your site and/or community*

*If you cannot secure coaches, we will work with you to identify coaches from our volunteer pool

****All covid-19 protocols and safety guidelines will follow school policy**

Support Provided by Girls on the Run

Girls on the Run Lehigh Valley is committed to the success of each site. We are invested in building a long-term relationship to ensure that your girls have an opportunity to benefit from our transformational program. With this in mind, we provide the following robust support:

- Marketing materials to drive girl recruitment and registration, including email templates that can be used for outreach to parents and guardians.
- National Coach Training (led by trained facilitators) for all Girls on the Run coaches, as well as CPR/First Aid training if needed.
- Materials, guidelines and support for coaches to deliver the curriculum as intended, in person through physical distancing and safety modifications.
- Girls on the Run t-shirt and journal to enhance interactive participation and reflection.
- Ongoing connection to site liaisons, coaches and families through regular communication and responsiveness to individual concerns.

Program Cost and Financial Assistance

Typically, our program fee is \$160 per girl. This includes:

- 8 weeks/16 lessons led by trained coaches
 - All curriculum materials including journal
 - Girls on the Run and Heart & Sole program t-shirts, water bottle, goodie bag, and an end of season gift
 - Registration for Girls on the Run end of season 5k Lehigh Parkway on Saturday 5/21/2022
- ❖ *Some sites do not see program fees because they are supported through a specific grant given to GOTRLV. Your site will be notified if this is the case.*
- ❖ *Financial assistance is available to any girl who cannot pay the full registration fee. Girls on the Run Lehigh Valley provides over 50% in financial assistance 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.*
- ❖ *We never turn a girl away because of financial hardship! Through our generous sponsors and grants, we have the ability to scholarship any girl.*
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Next Steps:

- Complete the site application, by clicking on this link:
<https://www.pinwheel.us/siteapplication/index/spring-2022-siteapplication>

Tentative Dates to Remember: *subject to change slightly

- Fall program registration opens: 1/3/2022
- Fall Season starts: week of 3/21/2022
- Lehigh Parkway 5k: 5/21/2022