# Girls on the Run is for EVERY girl.




**GOTR New Jersey North**
973-222-3651
info@gotrnjn.org
www.gotrnjn.org
Serving Bergen, Hudson, Passaic,
Sussex and Warren Counties

**BRING GIRLS ON THE RUN TO YOUR SCHOOL OR SITE TODAY!**

# WHO WE ARE





Girls on the Run, 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.

The 9-week program is designed to enhance girls' social, psychological, and physical skills and behaviors to successfully navigate life experiences.

*"When you look at the core group of girls participating in the program you see them standing a little taller among their peers and how they solve problems, speak up, and then aren't afraid to express how something made them feel."* **-Sharon, School Administrator**

# Our Curriculum

The intentional curriculum shows an evidence-based impact on developing competence, confidence, connection, character, caring, and contribution in young girls. Twice per week, trained coaches lead small teams of elementary and middle school girls through life skills lessons that incorporate running and other physical activities.

### Physical Activity

- Physical activity - including running and strength & conditioning -is woven into Girls on the Run and Heart & Sole lessons
- At the end of the program all girls complete a noncompetitive, celebratory 5K event that offers girls a tangible sense of goal-setting and achievement
- The program is accessible to all girls regardless of fitness level or physical ability.

### Community Service

- Girls on the Run inspires girls to build lives of purpose and to make meaningful contributions to community and society.
- Girls on the Run participants complete a group Community Impact Project that they plan and execute as a team.
- 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

### Elementary Program for 3rd – 5th grade girls

o Supports girls in gaining a better understanding of who they are, understanding the importance of team work and healthy relationships, and recognizing how they can positively connect with and shape their communities and the world.

o Curriculum themes include: turning negative self-talk into positive self-talk, understanding emotions, standing up for self and others, making and maintaining healthy relationships, and making an impact on the community.

**Team Sizes:**

- 8-15 girls led by three or four coaches
- 16-20 girls led by four coaches
- Multiple teams are allowed at a site, with no more than 20 girls on each a team

## HEART & SOLE

### Middle School Program for 6th – 8th grade girls

o 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.

o 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 Sizes:**

- Recommended team size is 8-12 girls led by two or more coaches
- Up to 15 girls allowed with two or more coaches
- Multiple teams are allowed at a site, with no more than 15 girls on each team

# GIRLS ON THE RUN: COACHES

Girls on the Run and Heart & Sole teams are led by volunteer coaches. We train coaches through our National Coach Training to build relationships, create positive inclusive environments and to focus on girls' efforts 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 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 National 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 celebratory 5K event

> *"The character development piece has been a really surprisingly powerful outcome of the Girls on the Run program. My daughter has learned that she can do hard things. She has become more aware of others and how they feel, and she has gained self-confidence."*
> **-Tiffany, Parent**

# WHAT SETS GIRLS ON THE RUN APART

## IT'S FUN. IT'S EFFECTIVE.

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 conducted in 2016 provided the following evidence-based outcomes:

- 97% of Girls on the Run 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 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

### INNOVATIVE AND DISTINCT EVIDENCE-BASED APPROACH

Girls on the Run was recognized in Harvard University's 2017 report **Navigating SEL from the Inside Out** for its innovative and distinct approach to social emotional learning. Girls on the Run was **one of only three afterschool programs** recognized as a top research-based social emotional learning program, acknowledging that there are few examples of evidence-based programs like Girls on the Run that have been specifically designed for out-of-school time contexts.



# A National Movement with a Growing Local Presence

- Girls on the Run has served over 2 million girls since it was founded in 1996.
- Over 200,000 girls in all 50 states experience the power of our transformational program every school year
- Girls on the Run **New Jersey North** started in 2011 with 4 teams and 58 girls.
  - Over 9,500 girls served since our inception
  - Nearly 800 girls served annually
  - 30 sites per season
  - Over 40% of girls receive financial assistance

## Support Provided by Girls on the Run

**Girls on the Run NJ North 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 and registration materials to support girl recruitment and registration
- National Coach Training (led by trained facilitators) for all Girls on the Run coaches
- All materials for coaches to carry-out curriculum as-intended
- Girls on the Run t-shirt + entry into 5K for all girls
- Ongoing support to site liaisons, coaches, and families through regular communication and responsiveness to individual concerns

# HOSTING THE PROGRAM AT YOUR SITE

**To host a team, sites must:**

- Offer a **safe outdoor place** for running (such as a track, soccer field, or any other accessible open space)
- Ideally provide a **designated indoor space** for Girls on the Run to meet in case of inclement weather (such as a gym, cafeteria, multi-purpose room or classroom)
- Accommodate a **regular practice schedule** (twice a week for 90 minutes), according to the Girls on the Run program calendar. 120 minutes, 1 per week for Heart and Sole
- 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 posting marketing materials (provided by Girls on the Run) and spreading the word about Girls on the Run throughout the site community
- Offers support to families who need assistance in registering their girl
- Helps identify 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



*When I started the process as a site liaison, I had no idea what a positive impact Girls on the Run would have on our community! It has been life-changing for our girls!*

# Program Cost and Financial Assistance

Our program fee is $275 per girl. This includes:

- 18 lessons led by trained coaches
- All curriculum materials
- Girls on the Run and Heart & Sole Program t-shirts
- Registration for Girls on the Run 5K event

Financial assistance is available to any girl who cannot pay the full registration fee. If need is anticipated for most participants, funding must be secured prior to opening registration. Girls on the Run NJ North provides financial assistance to 36% of our participants this 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.

## Next Steps:

- New Site Deadline: Spring February 1 with 2 coaches
  Fall June 1 with 2 coaches

Link to Spring 2027 New Site Application

- Girl on the Run NJ North
  P.O. Box 195
  Sparta, NJ 07871
  www.gotrnjn.org




## Dates to Remember:

- Spring Program Start Date: March 15, 2027
  Fall Program Start Date: Early September
- Celebratory 5K Event Date:
  - Spring May 15th 2027 Sparta
  - Fall Mid November Augusta





BRING GIRLS ON THE RUN TO YOUR SCHOOL OR SITE TODAY!