



Girls need Girls on the Run now more than ever



GOTR Columbia

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

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.

Our programs – which include physical distancing and safety modifications and can seamlessly transition to completely virtual – 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.

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“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

The intentional, inclusive and flexible curriculum shows an evidence-based impact on developing positive social-emotional skills in young girls. Two times per week, in-person or virtually, trained coaches lead small teams of elementary and middle school girls of all abilities through an interactive curriculum that incorporates running and other physical activities.

Physical Activity

- Physical activity – including running, strength and conditioning and a variety of other movement-based activities like dancing – is woven into Girls on the Run and Heart & Sole lessons
- At the end of the program, all girls complete a noncompetitive, celebratory, in-person or virtual, event that offers girls a tangible sense of goal-setting and achievement
- The program is accessible to girls of ALL abilities and includes movement adaptations

Community Service

- Girls on the Run inspires girls to build lives of purpose and make meaningful contributions to their 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

- 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. **Now offered 100% virtually!**
- 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 Sizes:

- 6-12 girls led by two 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. **Now offered 100% virtually!**
- 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 Sizes:

- 6-12 girls led by two or more coaches

Camp GOTR – condensed program for 3rd – 5th grade girls

- A one-of-a-kind camp led by caring and qualified coaches where girls build friendships, unleash their creativity and play fun games that keep them moving in a safe and inclusive environment
- Social-emotional curriculum themes include: friendships and exploring emotions
- 15-20 girls led by two or more coaches

GIRLS ON THE RUN: 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, whether in person or virtually.



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 National Coach Training
- Works with co-coaches to lead girls through the curriculum as intended, either safely in person or virtually
- Is present and prepared for each in-person or virtual practice
- Has access to the internet, preferably through a computer, if needed
- Participates in the Girls on the Run celebratory in-person or virtual event



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"These coaches were a great asset to me as a young girl transitioning into adulthood. As strong female role models, they helped me gain self-confidence and healthy habits that I continue to use on a daily basis." - **Phoebe, Former Participant**

WHAT SETS GIRLS ON THE RUN APART

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 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 social-emotional life skills to participants than 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 contexts.



A National Movement with a Lasting Local Presence

- 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 Columbia started in 2004.
 - The council has served more than 9,600 girls in Kershaw, Lexington, Richland, and Sumter counties.
 - Before COVID, GOTR Columbia served ~500 girls a year
 - Financial assistance given to 30-40% of girls each season

Support Provided by Girls on the Run

Girls on the Run of Columbia 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 coaches
- Materials, guidelines and support for coaches to deliver the curriculum as intended, virtually or safely in person through physical distancing and safety modifications
- GOTR 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
- Virtual practice instructions and tips to ensure program quality and impact is achieved while keeping girls and volunteers safe

HOSTING THE PROGRAM AT YOUR SITE

To host a team, sites must:

- Offer a **safe outdoor place** for running (such as a track, field, backyard 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 or space in a residential home) and **accessible bathrooms**
- Accommodate a **regular practice schedule** (2 times a week for 75-90 minutes), according to the Girls on the Run program calendar
- Assist in identifying a **site liaison**

Please note: In the case of virtual programming, Google Meet or other recommended digital tools will be used in lieu of the in-person meeting spaces noted above. Coaches will work with girls to determine technology access

All residential sites must be homes of approved coaches (trained, background check in place, etc.)

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

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Program Cost and Financial Assistance

Our current program fee is \$150 per girl. This includes:

- 8 weeks/16 lessons led by trained coaches
- All curriculum materials
- Girls on the Run and Heart & Sole program t-shirts
- Registration for Girls on the Run in-person or virtual end of the season celebratory event

Financial assistance is available to any girl who cannot pay the full registration fee. Girls on the Run Columbia provides between 30-40% 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.

- Financial assistance is available to girls due to the generous support of local and national funders, donors, and businesses.
- We use a sliding scale for individual girls to apply for assistance and a free/reduced lunch rate to determine the discounted rate for a specific site.
- Families are also able to set up payment plans if needed.
- For fully sponsored teams, we do ask for a site administrative fee of \$500 to offset the program costs to ensure GOTR can provide as many scholarships to as many girls around the Midlands as possible.

The pandemic has greatly impacted national and local funding opportunities. Due to these changes, we have limitations on the number of scholarship teams and an individual scholarships we can offer. If we reach capacity for sponsored teams, we will work with a site to ensure girls can participate regardless of finances.

Next Steps:

- Deadline for Sites: August 20
- [Link to New Site Application](https://www.raceplanner.com/siteapplication/signup/newsiteapp)
(<https://www.raceplanner.com/siteapplication/signup/newsiteapp>)
- Shannon Fountain, Executive Director
Email: shannon.fountain@girlsontherun.org
Phone: 803-381-0482

Dates to Remember:

- Fall program start date: ~September 20
- Celebratory 5K - Event Date: November 20, 2021



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OUR SAFETY PLAN

We will continue to follow CDC guidelines and make changes if needed.

Each team set their own standards for following safety measures. We'll continue to encourage proper social distancing protocols for our teams. These include providing individual journals and other materials to girls, and maintaining 6 ft. of space between them during training. We no longer use the perforated group tablet and no papers or materials will be handed out to the girls. Each girl is given her own cinch sack with a journal, hand sanitizer, pens and supplies. Each facility can determine when to require girls to wear masks depending on what activities the girls are doing.

We will meet outside as much as possible. In an effort to allow teams to meet fully outside in the fresh air, and meet inside if there is inclement weather or switch to a virtual practice if needed.

Our 5K will be decided in the fall. We hope to have an in-person 5K event whether that means each team will complete their own 5K at their site or have a small, central option for participants to join. There will always be the option for people to participate virtually.

We have temporarily reduced the program length from 10 weeks to 8 weeks.

Additionally, we have the ability to pivot seamlessly to virtual programming should the need arise. Our curriculum has been fully adapted to work in an online space. The virtual lessons are shortened to 60 minutes, with the girls completing up to 25 minutes of exercise on their own once the session ends. New online learning modules have been created to train coaches how to deliver the online lessons in a safe and secure space.