

# 2018/2019

## New Program Site Information



### Girls on the Run Southern Utah

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**Thank you** for your interest in becoming a new program site of Girls on the Run Southern Utah (GOTRSU)! The purpose of this document is to provide an overview of GOTRSU and the responsibilities of each program site.

### **About Girls on the Run Southern Utah**

GOTRSU is a physical activity-based positive youth development program designed to develop and enhance girls' social, psychological, and physical competencies to successfully navigate life experiences. Girls in the 3<sup>rd</sup>-5<sup>th</sup> grades combine training for a 5K running event with healthy living education. Our program instills self-esteem through health education, life skills development, mentoring relationships, and physical training – all of which are accomplished through an active collaboration with *girls and their parents, schools, volunteers, staff, and the community*.

The program is taught in elementary schools, parks, and corporations, parks, and community centers around Utah and meets twice a week for 10 weeks. Each hour and a half session is led by specially trained volunteer coaches and includes lessons dealing with issues such as *body image, negative selftalk, resisting peer pressure, gratitude, gossip, nutrition, substance abuse, making healthy decisions and contributing to the community*. Running is woven into our program to inspire an appreciation of fitness and to build habits that lead to a lifetime of health. At the end of the 10 week session, the girls participate with her family and friends in a celebratory, non-competitive Girls on the Run Southern Utah 5K event.

Each team has between 8-15 girls. Because much of our curriculum is related to team building and group dynamics, fewer than 8 girls may make it difficult to provide the experience we want to offer to the girls. Additional girls above the maximum of 15 will either be put on a wait list or additional girls will be added if enough coaching staff can be found.

Girls on the Run is in its 2<sup>nd</sup> year and currently operates in several schools and community centers in the Southern Utah area – Arrowhead Elementary, Fossil Ridge Intermediate, Red Mountain Elementary, Vista Charter School, Washington City Community Center.

### **Program Seasons**

We operate two seasons of Girls on the Run each year:

- **Fall Season** – begins the week of September 10 and ends December 15 with our Girls on the Run Southern Utah 5K. All site applications and meeting times to be finalized no later than **July 15** to begin the program in September.
- **Spring Season** – begins the week of February 25 and ends in May with our Girls on the Run Southern Utah 5K. To host a team at your site in the spring, planning should take place September-December prior to the spring season. All site applications and meeting times to be finalized by **December 15** to begin the program in March.



## **Site Involvement**

GOTRSU provides everything needed to run the program. The site responsibilities include:

- Provide a Site Liaison. Ideally, this is a principal, counselor, PE or other staff. This person assists in promoting Girls on the Run at their site; distributing registration information, program and 5K information, etc.
- Provide a safe place for running; track, field, walking trail or parking lot.
- Provide a rainy day location (classroom, gym, etc.)
- Choose two days a week for the program to meet (90 minutes each session)
- Assist in finding at least two coaches to be trained by GOTRSU

## **Program Fees and Scholarships**

- Program fee is \$150 per participant. This fee helps to underwrite the cost of program supplies, curriculum, liability insurance, snacks, program shirt, end of season 5K registration, 5K finisher medal, coach training, and staff support.
- Scholarship of 25% to 100% of the program fee are available based on individual family need. If a family qualifies for free/reduced lunch, the registration fee is reduced.
- Sites with free/reduced lunch percentages above 75% are eligible for full team funding. Funding for teams is first come first served and is based on GOTRSU partnership funding each year.

*If your team will need full funding, we ask that you help us identify funding support. We want to ensure that every girl has the opportunity to participate regardless of economic ability and will partner with you to make that happen.*

## **Sustainability and Scholarship Support Partnership**

GOTRSU is committed to long-term sustainability. When we launch a new Girls on the Run site, we want that site to remain healthy and strong for the long run!

It's critical that all of our sites are committed to working with us toward this same goal. Because sites with a free and reduced lunch rate of 60% and above are especially vulnerable, we ask these sites to work actively toward helping us identify and secure the needed scholarship dollars so every girl can participate. We have a strong commitment to never turn a girl away for lack of financial ability to pay the registration fee.

## **How have other Girls on the Run Sites Partnered with us toward this Goal?**

- A contribution from the school's PTO
- A principal/asst. principal or other staff member explores personal community connections to share their enthusiasm about GOTR, the mission, and the need for support. If there is interest, the business/organization is then connected with GOTR staff for follow-up. Community connections to consider may include
  - Businesses/organizations near the school especially those interested in building a stronger community
    - Business that could provide in-kind donations (shoes, coach box materials, snacks, etc.)
    - Local social service organizations (Rotary, community/educational foundations, etc.)
    - Local college or university departments/groups/clubs that may support your team
- Local churches willing to sponsor a girl/team, provide transportation to the 5K, or provide running shoes if needed.



- Parents are invited to share any/all of the above connections
- A group of teachers/parents choose to become SoleMates and raise funds through this adult charity running program.

We choose to never ask our sites to host fundraisers, sell merchandise, or directly ask anyone for money. We will not withdraw Girls on the Run from a site due to lack of fundraising on their part. However when we work together, we have the ability to reach many more resources than if we work alone. That translates to more sites having the ability to offer a program!

### **Volunteer Coaches**

Volunteer coaches facilitate the easy-to-follow, well researched curriculum at each program site. Coaches *do not* have to be runners; they only need to have the desire to serve as a role model for the girls by showing positive behavior, being interactive with them and listening attentively. These volunteer coaches can be faculty, staff, parents or community members. It is mandatory for there to always be 2 volunteer coaches on site with Girls on the Run participants, preferably a head coach and an assistant coach.

One of the biggest challenges in starting a new program site is recruiting volunteer coaches. We have found that program sites are most successful when coaches are a part of the community they serve. Therefore, we ask that potential program sites assist in recruiting coaches. GOTRSU will provide coach job descriptions and a sample newsletter article, etc. to support new sites in recruiting coaches. Girls on the Run also independently recruits coaches, and may assign one or more to your site base on need. Following are descriptions of volunteer lead and assistant coach requirements and responsibilities.



## Lead Coach Job Description

### Qualifications

- A strong commitment to girls' positive development
- Experience working with youth
- The ability to recognize conflict and have the skills to help resolve it
- The capacity to work in a partnership with a co-coach and/or assistant coaches

### Responsibilities

- Understand and support the mission of Girls on the Run
- Attend the Girls on the Run program 2 days a week
- Lead the coaching team in decisions regarding curriculum facilitation, communicating with participants' families, storing and bringing coach box supplies and healthy snacks
- Arrive at the program site at least ten minutes before the lesson begins and wait to leave until all girls have been picked up
- Be the main contact of the team for the GOTR Program Manager and families
- Communicate regularly with the Program Manager
- Attend the end of season 5K event and supervise program participants
- Practice positive behavior management
- Serve as a role model for the girls by being on time, dressing appropriately, having a positive attitude, and leading a healthy lifestyle

### Requirements

- 21 years or older
- Submit a Coach Application to Girls on the Run Southern Utah (online)
- Attend one coach training session (required for new coaches)
- CPR certifications (provided by Girls on the Run)
- Consent to a background check



## Assistant Coach Job Description

### Qualifications

- A strong commitment to girls' positive development
- Experience working with youth a plus, but not necessary
- The capacity to work in a partnership with a Lead Coach

### Responsibilities

- Understand and support the mission of Girls on the Run
- Attend the Girls on the Run program 2 days a week
- Support the Lead Coach by handing out supplies, snacks, setting up for activities, filling water bottles, etc.
- Provide one-on-one attention to girls as needed
- Run or walk with girls and encourage them to put their best effort into activities
- Communicate regularly with the Program Manager
- Attend the end of season 5K event
- Be willing to lead the lesson in the absence of the Lead Coach or alternating w/Lead Coach
- Practice positive behavior management
- Serve as a role model for the girls by being on time, dressing appropriately, having a positive attitude, and leading a healthy lifestyle

### Requirements

- 18 years or older
- Submit a Coach Application to Girls on the Run Southern Utah (online)
- Attend one coach training session (required for new coaches)
- Consent to a background check



## New Site Timeline for 2018/2019 School Year

### Fall 2018 Season:

**July 15** – New Site Application Deadline

**August 10** – Coach Application Deadline

Registration:

- **July 15** – Opens to General Public
- **September 3** – Registration Closed

Season starts: Week of September 10

Fall 5K: December 15 at Sullivan Virgin River Soccer Park and Trail

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### Spring 2019 Season:

**December 15** - New Site Application Deadline

**December 15** – Coach Application Opens

**January 21** – Coach Application Deadline Registration:

- **December 15** – Opens to General Public
- **February 15** – Registration Closed

Season Starts: Week of February 25

Spring 5K: TBD

### Getting Signed Up!

If your facility is interested in beginning the process of starting a new site, contact Girls on the Run Southern Utah Executive Director, Melissa Miller ([melissa.miller@girlsontherun.org](mailto:melissa.miller@girlsontherun.org)).

## HOW IS THE GIRLS ON THE RUN CURRICULUM STRUCTURED?

Lessons are divided into activities designed to enhance the learning process.

- A lesson begins with a **“Getting on Board”** activity, which brings the girls’ focus to the topic of the day.
- A **“Warm-Up”** activity follows, which again focuses on the day’s topic, but does so in a manner which serves to warm-up their muscles, joints, and cardiovascular system.
- A **“Processing”** question and answer time follows the warm-up. The girls stretch while specific questions are asked to bring out the relevance of the **“Warm-Up”** activity to the topic. The goal of processing is to help the girls make connections and see how the lessons apply to their lives.



Processing is the most important piece of each lesson. Processing relates the activities to the “real world” and requires good listening skills.

- A “**Workout**” activity follows where the girls do a variety of running workouts that incorporate a game or a team goal that keep it fun.
- The lesson concludes with the girls answering final “**Processing**” questions related to the “**Workout**” activity while they complete cool-down stretching.
- Each session will “**Wrap-Up**” with the coach expressing positive comments about individual and group behaviors. Each session also finishes with energy awards that recognize positive individual and group behaviors (awards are invented and decided upon by the girls).

Lesson plans are clearly laid out with required materials listed at the beginning. The 20 lesson curriculum is divided into three sets and explores the following concepts:

### **Identity: Self-Care, Self-Awareness, Knowing Self**

- Gain an understanding of themselves
- Learn about their strengths and weaknesses while setting personal goals
- Explore the importance of being physically, mentally, and emotionally healthy
- Examine their own core values and what makes them unique

### **Connectedness: Selecting Healthy Relationships and Keeping Them Healthy**

- Explore getting along within a group
- Learn active listening and confrontation/assertiveness skills
- Recognize the importance of “positivism” in dealing with others
- Examine the components of good decision-making skills

### **Empowerment: Celebrating and Sharing our Strengths**

- Explore their responsibility to the community
- Analyze the cultural and social messages girls receive in the media and other institutions
- Examine their own stereotyping and discriminatory behavior
- Define community and their collective and individual roles in it
- Create and implement a community project
- Be empowered to change their environment around them in a positive manner

There are no comparable programs to Girls on the Run. It is a unique curriculum in the genre of youth development programs. It incorporates physical activity to teach very specific and well-defined social and personal skills. Research validates that the development of these skills prevents the future display of at risk behaviors including early onset of sexual activity, disordered eating, depression and anxiety, substance and alcohol abuse and confrontations with the juvenile justice system.

***Thank you again for your interest in starting a Girls on the Run program at  
your facility. We look forward to working with you to have a  
successful program!***