



# Girls on the Run is for **EVERY** girl.



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Girls on the Run of the Treasure Coast  
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[www.girlsontheruntc.org](http://www.girlsontheruntc.org)

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

# WHO WE ARE



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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 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

# Our Curriculum

The intentional, inclusive curriculum shows an evidence-based impact on developing positive social-emotional skills in young girls. Twice per week, 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 and strength and conditioning and a variety of other movement-based activity 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 girls of ALL abilities and includes movement adaptations

## 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 3<sup>rd</sup> – 5<sup>th</sup> 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 two or more coaches
- Multiple teams are allowed at a site, with no more than 15 girls on each team



## HEART & SOLE

Middle School Program for 6<sup>th</sup> – 8<sup>th</sup> 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 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 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

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*"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. 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 time contexts.



## A National Movement with a Growing Local Presence

- Girls on the Run has served nearly 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 of the Treasure Coast first season started in Spring 2012:
  - Total number of girls served in council's history: 1710
  - Number of girls served annually: 390 (pre-pandemic) 190 (20-21)
  - Number of schools hosting annual programs: 27(pre-pandemic) 18 (20-21)
  - Financial assistance: 60% awarded each year

### Support Provided by Girls on the Run

**Girls on the Run of the Treasure Coast 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
- Materials, guidelines and support for coaches to deliver the curriculum as intended
- Girls on the Run t-shirt + entry into the celebration 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)
- 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 or classroom) and **accessible bathrooms**.
- Accommodate a **regular practice schedule** (twice a week for 75-90 minutes), according to the Girls on the Run program calendar
- Assist in identifying a **site liaison**
- Follow Girls on the Run of the Treasure Coast **Health & Safety** guidelines

## 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
  - Offers support to families who need assistance in registering their girl
  - Helps identify 2-3 coaches from your site and/or community\*
- \*We will work with you to identify coaches from our volunteer pool

*Our daughter's coach helped her find her confidence to try new activities.*



## Program Cost and Financial Assistance

Our current program fee is \$150.00 per girl. This includes:

- 10 weeks/20 lessons led by trained coaches
- All individual curriculum materials, snacks and water bottle
- Girls on the Run or Heart & Sole Program t-shirts
- Registration for Girls on the Run 5K event and medal

Financial assistance is available to any girl who cannot pay the full registration fee. Girls on the Run of the Treasure Coast provides 60 percent 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 at each site due to the generous support of local and national funders. We use a sliding scale fee for free and reduced lunch participants to determine the discounted rate for each girl. Families are also able to set up payment plans if needed.
- Free lunch participant's fee is \$25.00
- Reduced lunch participant's fee is \$75.00.
- For students enrolled in private schools, fees are based on income.

### Next Steps and for site questions:

- Complete site application on our website
- Complete coach application on our website

Visit our website for more information:

[www.girlsontheruntc.org](http://www.girlsontheruntc.org)

Council Contact: Jeane Bartlett - Council Director

[jeane.bartlett@girlsontherun.org](mailto:jeane.bartlett@girlsontherun.org)

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## Participating Girls on the Run Sites

### 2012 to present:

Rosewood Magnet School

Imagine South Vero

Vero Beach Elementary

Fellsmere Elementary

Dodgertown Elementary

Savanna Ridge Elementary

St. Helen Catholic School

Savanna Ridge Elementary

C. A. Moore Elementary

Somerset Academy St. Lucie

Southport Middle School

Fairlawn Elementary

Somerset College Preparatory

Beachland Elementary

Liberty Magnet School

Bessey Creek Elementary

Boys & Girls Club Vero Beach

Village Green Environmental Studies School

Osceola Magnet School

Indian River Academy

Citrus Elementary

Parkway Elementary

Northport K-8

The Willow School

West Gate K-8

Gifford Middle School

Oslo Middle School

Forest Grove Middle

Lawnwood Elementary

North County Charter School

Vero Beach Academy

Lakewood Park Elementary

River's Edge Elementary

Weatherbee Elementary

Boys & Girls Club Sebastian



**Add your school name here!**  
**Change the life of a girl and bring**  
**Girls on the Run or Heart & Sole**  
**to your site.**



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