



# GIRLS ON THE RUN

## 3 PROGRAM OFFERINGS



### GIRLS ON THE RUN (GRADES 3-5)

10-week elementary school program offered before or after school

- Girls build confidence, learn the value of relationships and teamwork, and develop skills to understand themselves, recognize their feelings, and communicate with others.
- Provides an inclusive space where girls set and achieve goals, make new friendships, and engage in community service work.
- Program ends with a celebratory, non-competitive 5K.



### HEART & SOLE (GRADES 6-8)

10-week middle school program offered before or after school

- Girls learn about themselves, explore new ideas, cultivate empathy, and develop life skills that will help them through middle school and beyond.
- Addresses the whole girl — body, brain, heart, spirit and social connection while fostering healthy relationships with others.
- Program ends with a celebratory, non-competitive 5K.



### CAMP GOTR (GRADES 3-5)

Week-long program offered during school breaks (summer, intersessions)

- Addresses the physical, social and emotional development of girls in a fun and inclusive setting.
- Centers on building friendships, expressing creativity through arts, crafts and storytelling, and playing fun games that keep girls happy, healthy, and moving.

## WHY IT MATTERS

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

- Participating in Girls on the Run transforms girls' lives by helping them increase their **self-confidence**, develop **healthy relationships**, and **feel good about themselves**, inside and out.
- Girls who were the least active at the start of the program increased their physical activity by more than 40%.\*
- 97% of participants said they learned critical skills to **manage emotions**, **resolve conflict**, **help others**, **make intentional decisions**, and felt like they **belonged**.\*
- Girls on the Run was 1 of 3 after school programs recognized by Harvard University as a **leader in social emotional learning**.

*\*Results based on a 2016 independent study conducted by Positive Youth Development expert Maureen R. Weiss, Ph.D.*



ABOUT SO

MUCH MORE

THAN

RUNNING

# ON YOUR MARK... GET SET... JOIN US!

Ready to get started? Here are your initial next steps:

- ✓ **Connect with GOTR staff to confirm your interest and cover season-specific timelines and details**
- ✓ **Determine site-specific logistics for your school**
  - Identify a Site Liaison and at least 2 Coaches to lead practices
  - Choose 2 days/week to host 90-minute sessions after school for the 10-week season
  - Determine a safe space for running, walking and other physical activities (outdoor and indoor, in case of inclement weather) for your team(s) of 8-20 participants
- ✓ **Determine the payment structure for your site**
  - Girls on the Run offers a sliding scale fee structure to help ensure that program cost is never a barrier to participation.
  - Full program registration fee is \$185/participant and GOTR offers a reduced rate of \$40/participant if at a Title I School
  - Schools may leverage Title I funds, PTA support, or other funding sources to help lower the program fees for families
- ✓ **Complete a Site Application at [www.gotrrichmond.org](http://www.gotrrichmond.org)**
- ✓ **Spread the word to your coaches, students and families!**

The registration fee includes a Girls on the Run T-shirt, journal, and water bottle for each participant; their celebratory 5K registration, race bib and medal; as well as all supplies for the 10-week/20 session season (chart paper, markers, cones, lap counters, curriculum guides, etc.).



“ We have LOVED our first season of GOTR. My daughter is finally \*excited\* about an extracurricular and I've already seen an uptick in her confidence. I truly hope there's a spring season team for her to join! ”

- Girls on the Run of Greater Richmond Parent

## ★ OVER 2,000 GIRLS, 70+ SCHOOLS, & 13 COMMUNITY SITES SERVED ACROSS RICHMOND SINCE 2013

A. M. Davis Elementary  
 Alberta Smith Elementary  
 An Achievable Dream Certified Academy at  
 Highland Springs Elementary  
 Arthur Ashe Jr. Elementary  
 Bellwood Elementary  
 Bensley Elementary  
 Beulah Elementary  
 Bon Air Elementary  
 Carver Middle  
 Cary Elementary  
 CE Curtis Elementary  
 Chalkley Elementary  
 Clover Hill Elementary  
 Collegiate School  
 Dumbarton Elementary  
 East End GOTR Girls \*\*  
 Ecoff Elementary  
 Elizabeth Davis Middle  
 Elmont Elementary  
 Enon Elementary

Ettrick Elementary School  
 Fab Fan GOTR Girls \*\*  
 Faces of Hope \*\*  
 Falling Creek Elementary  
 Fisher Elementary  
 Glen Allen Elementary  
 Glen Allen GOTR Gals \*\*  
 Glen Lea Elementary  
 Goochland Elementary  
 Grange Hall Elementary  
 Hanover Community GOTR \*\*  
 Hening Elementary  
 Henry D. Ward Elementary  
 Hopkins Road Elementary  
 J.L. Francis Elementary  
 Jacobs Road Elementary  
 JB Watkins Elementary  
 JEJ Moore Middle  
 Kaechele Elementary  
 Kersey Creek Elementary  
 Lakeside Elementary

Linwood Holton Elementary  
 Longdale Elementary  
 Manchester Middle  
 Marguerite Christian Elementary  
 Martin Luther King, Jr. Middle  
 Mary Munford Elementary  
 Mary Munford Heart & Sole \*\*  
 Matoaca Middle  
 NextUp Heart & Sole (Virtual Site)  
 Oak Grove-Bellemeade Elementary  
 OB Gates Elementary  
 Old Hundred Elementary  
 Pocahontas Middle  
 Providence Elementary  
 Providence Middle  
 Ridge Elementary  
 River City Middle  
 Rivers Edge Elementary  
 Rockin' Rockwood GOTR \*\*  
 Rockwood Park Heart & Sole  
 Rural Point Elementary

RVA GOTR Girls \*\*  
 Salem Middle  
 Short Pump Elementary  
 Short Pump Superstars \*\*  
 Southampton Elementary  
 Spring Run Elementary  
 St. Andrew's  
 St. Catherine's School  
 St. Michael's School  
 Star Power GOTR Girls \*\*  
 Swift Creek Elementary  
 Swift Creek Middle  
 The Blessed Sacrament  
 The New Community School  
 The Steward School  
 Twin Hickory Toucans Heart & Sole \*\*  
 West End Wonders GOTR \*\*  
 Westover Hills Elementary  
 William Fox  
 Woodville Elementary  
 \*\*Community-based site

# GIRLS ON THE RUN COACHES

Leaders. Volunteers. Mentors.

Inspire and empower girls by volunteering as a coach. You do not need to be a runner, you simply need to be committed to seeing girls in your community grow, have fun and become leaders of tomorrow.

## WHO IS A GOTR COACH?

- GOTR coaches are enthusiastic, dedicated, and positive individuals.
- You do NOT have to be a runner to be a coach! Some are athletes and some are not; many have never coached before.
- All are committed to empowering girls with valuable life lessons.



*"It's exciting to watch the girls grow into healthy and confident young women."  
- Coach Robin*

## COACHING ROLES

Each team typically includes 2-3 coaches with at least 1 coach who is CPR/First Aid certified. Coaches must have availability on weekday afternoons, twice per week during the season for 75-90 minute program sessions.

- **Head Coaches** are the primary point of contact with GOTR staff and families, and are typically able to be present at every (or almost every) practice.
- **Assistant Coaches** are able to attend all (or almost all) practices and are an integral part of the Girls on the Run experience! Assistant coaches who are unable to make both practices per week will still be considered, especially when a coaching team consists of 3+ individuals.
- **Substitute Coaches** fill in a few times over the season or may only be able to commit to one day/week.

## COMMITMENT & EXPECTATIONS

### Prior to season start:

- **Background Check:** All coaches must have a valid background check on file with Girls on the Run within the past two years.
- **Self-paced Online Coach Training Modules** are completed at least one week prior to season launch.
- **In-person Coach Training** to review GOTR Richmond-specific program details.
- **Team Meeting:** Plan to meet with your co-coaches virtually or in person at least one week before the start of the season to make sure you're on the same page about attendance, roles, lesson schedules, etc.
- **CPR and First Aid Certification:** At least 1 coach per team is required to be CPR/First Aid certified. If you are not already certified but would like to be, reach out to GOTR staff and we can help you identify a certification program that works for you!

### During the Season:

- About 30 hours of practice over a 10-week period
- About one hour per week of session prep
- 1/2 hour per week communicating with parents/caregivers about lesson topics and/or program logistics
- About two hours for the Girls on the Run end-of-season celebratory 5K

*"I found myself positively changing right alongside the girls!"  
- Coach Jacqueline*



**WE LOOK FORWARD TO SEEING YOU THIS SEASON!**