



Girls on  
the Run

## NEW PROGRAM SITE



### Girls on the Run Quad Cities

- A nonprofit organization
- A positive youth development program
- Girls on the Run for 3rd-5th Grade Girls

Quad Cities Council  
309-644-1015  
girlsontherunqc@gmail.com  
www.gotrquadcities.org



# ABOUT GIRLS ON THE RUN



Girls on the Run® is a 501(c)3 non-profit organization dedicated to creating a world where every girl knows and activates her limitless potential and is free to boldly pursue her dreams.

Meeting twice a week in small teams of 8-20 girls, we teach life skills through dynamic, interactive lessons and running games. The curriculum is taught by certified Girls on the Run coaches and includes three parts: understanding ourselves, valuing relationships and teamwork and understanding how we connect with and shape the world at large.

Running is used to inspire and motivate girls, encourage lifelong health and fitness and build confidence through accomplishment. Important social, psychological, and physical skills and abilities are developed and reinforced throughout the program. At each season's conclusion, the girls and their running buddies complete a 5k running event which gives them a tangible sense of achievement as well as a framework for setting and achieving life goals. The result—making the seemingly impossible, possible and teaching girls that they can.

## MISSION, VISION & CORE VALUES

### **Our Mission:**

We inspire girls to be joyful, healthy and confident using a fun, experience-based curriculum which creatively integrates running.

### **Our Vision:**

We envision a world where every girl knows and activates her limitless potential and is free to boldly pursue her dreams.

### **Girls on the Run Honors Its Core Values:**

- Recognize our power and responsibility to be intentional in our decision making

- Embrace our differences and find strength in our connectedness
- Express joy, optimism and gratitude through our words, thoughts and actions
- Nurture our physical, emotional and spiritual health
- Lead with an open heart and assume positive intent
- Stand up for ourselves and others

### Key Words That Align With Our Core Values:

- *Empowerment*
- *Responsibility*
- *Intentionality*
- *Diversity*
- *Connectedness*
- *Joy*
- *Optimism*
- *Gratitude*
- *Nurturing*
- *Healthy*
- *Open-hearted*
- *Compassion*



## GIRLS ON THE RUN PROGRAMMING

Girls on the Run is a physical activity-based positive youth development program (PA-PYD) that is designed to develop and enhance girls' social, psychological, and physical competencies to successfully navigate life experiences. Over the course of the program girls will:

- Develop and improve competence
- Feel confidence in who they are
- Develop strength of character
- Respond to others and oneself with care and compassion
- Create positive connections with peers and adults
- Make a meaningful contribution to community and society

Such life skills will prevent unhealthy and risky behaviors, such as physical inactivity and negative body image, and promote positive health outcomes (e.g., physical, mental, social, and spiritual health).

# WHY OFFER GIRLS ON THE RUN?

- Our 10-week program provides interactive activities such as running, playing games, and discussing important self-empowering issues.
- The program concludes with all participants walking, running, or skipping in a community 5k event. This involves family, friends, teachers, and the community at large.
- The program utilizes a whole-person approach to elevate emotional, social, mental, and physical health.
- We offer our program to *all* girls regardless of their ability to pay. We provide financial aid for families depending on their household income and household size.

## GIRLS ON THE RUN CURRICULA



Girls on the Run for 3rd-5<sup>th</sup>  
grade girls



The curriculum is divided into three parts:

**Part One:** Understanding themselves and setting personal goals

**Part Two:** Learning skills to foster leadership, team building, and cooperation

**Part Three:** Examining their relationship to the community, including development and implementation of a community service project

Each lesson focuses on a specific topic and follows a format that provides consistency and structure for the girls' experience:

**Introduction/Getting on Board:** As the girls arrive and settle into a circle, the coaches "check in" with them, seeing how each is feeling, getting a feel for the group's dynamic for the day, and introducing the topic of the lesson.

**The Warm Up:** The warm-up is a brief activity, relay or game that energizes the girls and warms up their muscles. The warm-up activity is usually a short interactive running game that incorporates the lesson topic. For instance, in one lesson, the coaches mark off a short down-and-back running course. The girls stand at one spot and the coaches call out a "like statement," - "I like chocolate chip cookies," or "I like to go to the beach." All of the girls who agree with the statement run (or walk, jog, or skip) the course marked out by the coaches. These statements continue, with contributions by the girls for about 10-15 minutes.

**Processing:** With their muscles warmed up a bit, the coaches lead the girls through a brief stretching session. During that time, the girls and the coaches "process" the topic. In this specific lesson, they might discuss how people can have different likes and dislikes and still be friends! Or they could discuss how our likes and dislikes develop.

**The Workout:** The workout follows the warm up/stretch. This involves more actual running/walking. The amount of running varies based on each girls' ability, pace, and their stage of training. The program starts with shorter periods of running and builds up as the coaches assess each girl's ability and pace. Eventually, the workout will build up to a "practice" 5k on site, to give the girls the confidence in participating in an actual 5k run. The running also involves the "topic of the day." For instance, in the session on positive attitude, each girl may be asked to share a positive statement about herself to the coaches, each time she completes a lap.

**The Wrap-Up:** Following the workout is a cool down and stretching period where the girls do a group processing and discussion. Each session ends with positive reinforcement from the coaches and a group cheer.

The season concludes with the opportunity to participate in the GOTR 5k event with family and friends.

## POTENTIAL SITES

Each season, our GOTR council offers programming at 4-6 locations. This past year (the last two seasons), more than 40 girls in 3<sup>rd</sup>-5<sup>th</sup> grade participated in Girls on the Run programming at various locations throughout Rock Island and Scott counties. In order to offer programming, we partner with local (private and public) schools, community organizations, YMCAs and churches in an effort to reach as many girls as possible.

### Sites Must Provide:

- A contact person (Site Liaison) to coordinate with our office
  - Usually a staff member, parent or member of that particular community
  - See Site Liaison job description for more information
- Two to four volunteer coaches
  - All coaches must attend a GOTR training in order to be a coach
- A safe place for running (for example a track or field that can be measured)
- An inclement weather site (classroom, gym, etc.)
- Two days/week for practice at least 75-90 minutes in length
- Registration information to all girls in age group (we provide marketing materials)
- A space for the end of season celebration (cafeteria, classroom, etc.)

### Girls on the Run Will Provide:

- Volunteer training for all coaches
- Marketing and registration materials
- Materials and curriculum for each season
- Site stipend and ongoing support

### Volunteer Coaches:

Each team must have 2-4 coaches. All coaches must attend a GOTR training session, complete paperwork and a background check before the program begins.

- See Volunteer Coach job descriptions (Head, Assistant and Junior



Coaches) for more information

### **Team Size:**

We must have a minimum of eight girls and a maximum of 15 girls in order to offer programming. The minimum is based upon curriculum considerations because much of our curriculum is related to team building and group dynamics. Fewer than eight girls may make it difficult to provide the experience we want to offer to the girls, and more than 15 girls make it complicated to establish the group rapport and the depth of community we are seeking.

### **Timing and Length of Sessions:**

We have two seasons of Girls on the Run programming each year.

- Fall Season, which usually begins early September
- Spring Season, which usually begins late February

### **Fees and Financial Aid:**

Our current fee is \$130 per 10-week season. Partial needs-based scholarships are available and are based on household income and the number of people living in a household.

## **SITE LIAISON JOB DESCRIPTION**

### **Position Profile**

The Girls on the Run Site Liaison must possess a passion for and commitment to improving the lives and opportunities of girls in third through eighth grades. The Girls on the Run program provides a safe and interactive way to learn about healthy living which includes information on important topics such as goal-setting, cooperation, healthy decision-making, and self-respect, while training for a 5k event. The innovative curriculum teaches girls to listen and open up while also encouraging them to commit to a healthy lifestyle and harness the inner strength that they possess. Our important mission is accomplished by giving girls the tools to make positive choices for a healthy body and mind, while reducing the many risks they face today.

The Site Liaison reports to the Girls on the Run Program Manager. The Site Liaison is responsible for managing their specific Girls on the Run site. Some of the key responsibilities falling within these areas include:



- Complete site application; gain approval of principal/authority in support of hosting the program and confirm programming with principal each season following
- Assist in the recruitment of coaches for the site and inform GOTR of these coaches
- Attend any necessary informational meetings/conference calls
- Market program information at site and distribute all registration materials
- If paper site, collect registration forms with payments. Review for accuracy and confirm completion of information on registration forms; follow-up with families if necessary and submit to GOTR office by registration deadline
- If online site, direct all families to online registration page on the GOTR website
- Meet with coaches prior to the start of the season, and communicate with them throughout the season
- Communicate with Program Manager regarding any change of site information
- Keep in contact with Program Manager regarding registration problems, need for additional publicity, site changes, etc.
- Serve as sub-coach at site if needed (must attend training)
- Provide occasional feedback to Girls on the Run organization
- Champion the Girls on the Run program at your site and have fun!

## VOLUNTEER COACH JOB DESCRIPTIONS

*(Head, Assistant and Junior Coaches)*

### Head Coach

The Head Coach is a volunteer position that works with a team of coaches to facilitate the Girls on the Run® curriculum to program participants. This position entails approximately four hours per week for a 10-week commitment.

\*The Head Coach must be CPR/first aid certified.

### Major responsibilities include:

- Preparing, organizing, and supervising the weekly lessons;
- Leading the program participants through each lesson;
- Facilitating communication with parents/guardians of program participants;



- Attending the Girls on the Run® 5k with program participants and their family;
- Planning and coordinating the team's end of season party, and
- Understanding and believing in the organization's mission.

---

### The Assistant Coach

The Assistant Coach assists the Head Coach at a Girls on the Run program site while serving as a role model and mentor for program participants. The position entails approximately 1.5-3 hours per week for a 10-week commitment.

#### *Major responsibilities include:*

- Attending program sessions on a consistent basis;
- Setting-up/breaking down of games and lessons; encouraging and cheering for all participants;
- Participating in games and workouts as needed;
- Attending the Girls on the Run® 5k with program participants and their family, and
- Understanding and believing in the mission of the organization.



---

### The Junior Coach

The Junior Coach is a volunteer position for individuals between 16-17 years of age to assist the Head and Assistant Coaches at a Girls on the Run program site. The position entails approximately 1.5-3 hours per week for a 10-week commitment.

#### *Major responsibilities include:*

- Attending program sessions on a consistent basis;
- Assisting with setting-up/breaking down of games and lessons;
- Providing one-on-one attention to program participants;
- Leading an activity with assistance and supervision of the Head Coach if desired
- Understanding and believing in the mission of the organization.

**NEXT STEPS**

### **Program Planning:**

- Review New Site Information Packet
- Gain approval from principal/site director to host programming
- Decide on program days/times
- Complete online new site application (will be emailed directly to you)
- Follow up with our staff with questions/concerns

### **Getting Coaches On Board:**

- Reach out to parents, guardians and staff members at the site to see if they are interested in coaching
- New coaches will attend a coach training
- GOTR provides the 10 week curriculum and coach materials for the lessons

### **All coaches will need to complete:**

- Online Coach Application
- Background Check Authorization
- Coach Training
- CPR/First Aid Training if Head Coach

### **Getting Girls on Board:**

- GOTR will provide each site with marketing materials including posters, flyers, morning announcement templates, email templates, etc.
- Paper and online registration begins
- Sites must have a minimum of 8 girls and a maximum of 15 girls for the program.

