

Starting a Girls on the Run Location

Girls on the Run of Margaret Mary Health



Thank you for helping us believe in ourselves!

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Mission, Vision and 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.

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 Aligning With Our Core Values

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

Girls on the Run History



Molly Barker established Girls on the Run in Charlotte, North Carolina in 1996. A four-time Hawaii Ironman tri-athlete, Molly holds a Masters in Social Work from the University of North Carolina, Chapel Hill. A former high school teacher and track coach, Molly has also worked as a counselor addressing the needs of women with eating disorders, alcohol and substance addictions and depression.

The Girls on the Run curricula, the heart of the program, provides pre-adolescent girls with the necessary tools to embrace their individual strengths as they enter middle and high school. The curriculum is based upon research in the field of adolescent issues. The earliest version of the 24-lesson curriculum was piloted in 1996 to 13 brave girls. Twenty-six girls came the next season, then 75. In 2000, Girls on the Run International, a 501c3 organization was born.

Today, there are more than 225 Girls on the Run councils in 49 states and Ontario, Canada. In Spring 2015, the program served its one millionth girl with the help of more than 94,000 volunteers. Girls on the Run of Margaret Mary Health has served more than 3,600 girls to date.

Girls on the Run has been featured in several media publications including People, Runner's World, Redbook, Women's Day, Southern Living, O magazine, Fitness, Self, Glamour and Running Times and also on television networks such as CNN, MSNBC, ESPN and many more.

The true success of the program is told in the words of its participants and alumni:

"I used to be shy but now I'm not anymore."
"I know that whatever I set my mind to I can do."
"Girls on the Run helps me feel awesome about myself."

To see a listing of Girls on the Run councils across the country, visit: www.girlsontherun.org and click 'Locations.'

Girls on the Run of MMH History

Girls on the Run of Margaret Mary Health began with three teams and six coaches in the Spring of 2004. We now reach all school districts in Ripley, Decatur and Franklin counties with programs typically being held at local schools and YMCAs.

Girls on the Run serves girls in third through fifth grades and is offered in both spring and fall. Girls on Track is offered to young women in grades six through eight and is only offered in the fall at select locations. We are only able to have teams if we have enough volunteers to coach them! The number of teams and site locations vary from season to season.

Girls on the Run of MMH is affiliated with Girls on the Run International. We utilize the national curriculum and strictly obey the guidelines for its use. We receive no funding from the national office, therefore, all of our funding comes directly from Margaret Mary. We offer financial aid to those who qualify and make decisions based on what is in the best interest of our community.

Girls on the Run of MMH is run by one part-time council director/program coordinator, an advisory council and numerous volunteers. Our advisory council meets three times a year for strategic planning and idea sharing.

We host two 5K events each year, in May and November, in which we typically have close to 700 participants.

Contact Information

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Social Media

Girls on the Run of MMH now has its own website: www.gotrofrommhealth.org! Who we are, what we do, how to get involved, 5K event information, program site and registration information, current news and how to donate can all be found here.

Find us on Facebook at Girls on the Run of Margaret Mary Health for current program information and some fun pictures!

Curriculum Overview - Premise

What is the Girls on the Run Program and Its Theoretical Basis?

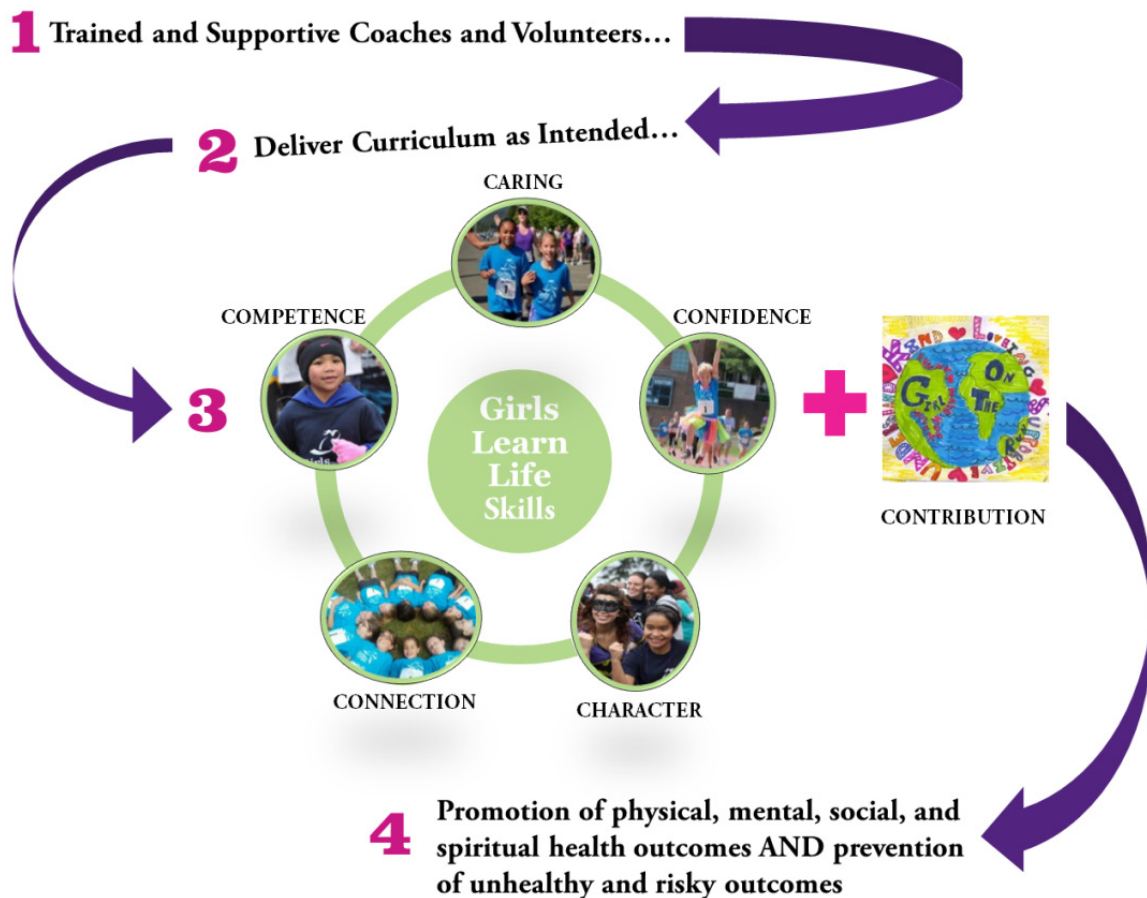
Girls on the Run is a physical activity-based positive youth development program (PA-PYD) designed to develop and enhance girls' social, psychological and physical competencies to successfully navigate life experiences.

Over the course of the program, girls will:

- Develop and improve competence, feel confident in who they are, develop strength of character, respond to others and oneself with care and compassion, create positive connections with peers and adults and 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, for example: physical, mental, social and spiritual health.

The Girls on the Run Process & Impact



Who is the Girls on the Run Program for?

Girls on the Run is designed for girls in the third through eighth grades. It is a time when children are still receptive to what adults have to say, yet are beginning to feel the pull of peer pressure. It is the perfect time to address important issues and develop the skills that can be used to face the challenges that these issues can often present. It is a time when friendships are still very important, yet romantic relationships are beginning to gain attention and interest. The curriculum emphasizes achieving one's best, standing up for one's self, contributing to the good of the whole and learning life skills. It rejects beating others, group competitiveness, submission or exerting power over others.

Curriculum Overview - Lesson Content



The curriculum is divided into three sections encompassing self-care, healthy relationships and community.

Self-Care

Provides an opportunity to understand themselves and identify their strengths and abilities while setting personal goals. Exploring the importance of being physically, mentally and emotionally healthy and examining their own values and what makes them unique is also a part of self-care.

Healthy Relationships

Explores how to get along in a group setting by learning important listening, confrontation and assertiveness skills. Recognizing the importance of positivism in standing up for one's self and examining the components of good decision-making skills are also explored.

Community

Explores their responsibility to their community while defining their collective and individual roles as they create and implement a community project. They are given the chance to examine their own stereotyping and discriminating behavior and are empowered to change their environment in a positive manner. The opportunity to analyze the cultural and social messages girls receive in the media and other institutions is also presented.

Lesson Structure

Before each session with your team, it is important you read and understand the lesson. The primary obstacle that will effect the girls' experience is if you do not clearly understand the lesson you are leading. Be sure to reach out to your council director if you have questions regarding lesson content.

Each lesson is designed to be one hour and 15 minutes to one hour and 30 minutes long. Lessons are divided into activities with specific functions to enhance the learning process.

Getting on Board (Generally 5 - 10 minutes)

- Transition from school to Girls on the Run
- Usually just discussion, sometimes a short game

Warm-Up (Generally 15 - 20 minutes)

- Gets the girls' cardiovascular system, muscles and joints ready to go
- A short game focused on the day's topic that integrates sprints or relays

Processing (Generally 5 minutes)

- An opportunity to stretch after the warm-up
- Question and answer session about topic
- Girls in a circle during processing and stretching to ensure focused attention
- Most important piece of the lesson

Workout (Generally 40 minutes)

- Running workouts, games and activities
- A track to run laps is the ideal setting, although not mandatory
- A lap should equal 1/4 of a mile

Processing (Generally 5 Minutes)

- Question and answer session about topic
- Cool-down stretching

Wrap-Up (Generally 5 Minutes)

- Closing positive comments about individual and group behavior
- Energy awards
- Team cheers

The above time estimates are recommendations. Use your own judgment when the team is engaged in an important conversation or experiencing a significant impact with an activity. The ultimate goal is a fun experience for the girls!

Inclement Weather

Each site must have a pre-determined indoor location. Let the girls know the first meeting where they should go if it is raining. Also, be sure to inform parents and guardians of the alternate location.

Girls on the Run will be held rain or shine, outside whenever possible, or inside at the approved locations.

Exceptions to the policy include:

- School closings due to inclement weather
- Power outages
- Dangerous road conditions

Coaches must make every effort to contact parents/guardians of participants at least four hours prior to the Girls on the Run starting time if the session is to be canceled. Please try all phone numbers and e-mail addresses provided.

If you are not able to perform the activities as planned in the space provided, try to adapt the lesson in such a way that the activities might be appropriate for indoors. For example, instead of running, have the girls do walking lunges single file around the room or perform calisthenics in place. After you have exhausted those resources, call upon the girls to share with you some of their favorite indoor games. If you need to fill in time you could also try some of the following activities:

- Playing games like 7-Up, Little Sally Walker, Duck-Duck-Goose, etc.
- Playing the game Change-Up. Put the girls in pairs. They will both look at one another for a minute or so and then have one of the girls shut her eyes. While her partner's eyes are shut, the other girls will change three to five things about her appearance. When she is finished, her partner will open her eyes and try to guess what is different. Allow time for both girls to play each role.



Registration Process

All new sites are limited to one team their first season. Due to national mandates, teams are limited to 15 girls with two coaches present, or 16 to 20 girls with three coaches present. These limits are established by the Girls on the Run board and **there are absolutely no exceptions**. This is to ensure a good experience and positive outcomes for the participants and volunteers. If there is a large interest, we would be happy to increase the number of teams at your site in future seasons.

Registration forms are distributed to schools a few weeks prior to the registration deadline. All registrations must be completed online, or individuals may contact the council director at 812.933.5482 if online registration is a barrier.

All registrations received by the specified date will be entered into a random lottery process performed by our registration software. All registrations are given an equal opportunity to be selected. This method gives all parents a fair chance to enroll their daughters. Coaches' daughters are automatically on the team and are registered ahead of the lottery process, but do count in the maximum number of participants. Vacant spots open after the lottery process is complete will be filled on a first-come, first-serve basis. If a team closes due to space limitations, a waiting list will be used. These girls are then guaranteed a spot the next season, provided there are coaches to host another season and the girls are still age-eligible.

Parents have the option of paying with either a credit card or an e-check. No deductions will be made to their accounts unless their daughter is selected to participate.

Registration Fees

Cost to participate in this 10-week program is \$60 (200+ value). NO REFUNDS. However, fees can be based on the family's total household income (see sliding scale below). We believe Girls on the Run is a valuable experience to EVERY girl. If the cost of the program is an obstacle to families, please have them call the council director to work something out. All Girls on the Run participants receive running shoes, two (2) Girls on the Run T-shirts, water bottle, 5K event registration, 5K goody bag, end-of-season party, finisher's medal and more!

Under \$15,000:	\$20.00
\$15,001 - \$20,000:	\$30.00
\$20,001 - \$30,000:	\$40.00
\$30,001 - \$40,000:	\$50.00
\$40,001 and above:	\$60.00

For additional assistance, contact Lynn Hertel at lynn.hertel@girlsontherun.org.

The Coaching Team

Coaches do NOT need to be runners. We look for coaches who are dependable, enthusiastic and good role models.

All coaches must have a coaching application on file in Raceplanner. There must be a minimum of two to three coaches present at all times. All head coaches should be CPR/First Aid-certified and must be at least 21 years of age. We will offer CPR classes at MMH's expense to those who need certification. All coaches are also required to have a background check performed (at the expense of MMH) before coaching. Background checks are valid for a two-year period. A maximum of six coaches per team is permitted.

Assistant coaches must be a minimum of 18 years of age. Junior coaches are required to be at least 16 years of age. As long as there is a head coach present, assistant and junior coaches are encouraged to volunteer.

Even though two coaches is the minimum, the lessons operate better with three or more present. This allows one to two coaches to lead the lesson and the others to provide a supportive role. Responsibility in leading the lessons should rotate among all coaches so the girls can learn from each of them.

Male coaches can be a great addition to your coaching team, but it does take a certain kind of man to feel comfortable with the assignment. The man must recognize Girls on the Run is a non-competitive program and that there is a certain amount of silliness involved. He should also be comfortable discussing certain topics, such as emotions, with the girls. Male coaches can never be alone with the girls.

Substitute Coaches

In the instance a coach is unable to attend a session, the coach has two options. The first is to call a coach from the 'potential' sub list provided at training. The second is to use the parent roster and find a parent to 'assist' the other trained coaches. We understand things happen, however, one trained coach must always be present. Substitute coaches are not allowed to be with the girls unsupervised.

Coach's Job Description

- Attend required coaches training.
- Keep commitments to attend all practices and 5K event, even if other coaches are present.
- Check e-mail from council director regularly and respond when appropriate.
- Prepare in advance for lessons using curriculum and curriculum notes.
- Start and end on time.
- Arrive early and be enthusiastic.
- Be a good role model, which includes proper language and dress, listen attentively and lead a healthy lifestyle.
- Always exhibit GOTR qualities (not gossiping, being positive and encouraging)
- Focus your attention entirely on the girls (wait until the girls are gone before socializing with co-coaches).
- Mediate disputes among the girls in a prompt and respectful manner.
- Explain proper stretching, running form and hydration.
- Coordinate end-of-season celebration with co-coaches.
- Notify co-coaches of any conflicts you may have during the season.
- Notify council director of any conflicts or challenges that arise during the season.
- Communicate with all co-coaches.
- Attend end-of-season wrap-up meeting; return all materials (one coach from each team must be present to return ALL items).
- May not transport girls without permission from guardian.
- Arrest for drug-related activity or DUI are grounds for termination.
- Confidentiality is crucial. If a concern/situation arises that you are not qualified to handle, contact the council director immediately for assistance.

Girls on the Run 5K



Girls on the Run hosts two 5K events each year. The spring 5K takes place in May at Liberty Park, while the fall 5K will be held at the Knights of Columbus, both located in Batesville. Each race is open to the public and is non-competitive. All ages, genders and abilities are welcome!

At the end of each season, we celebrate by participating in a 5K event. It is a joyful and festive occasion where the girls' perseverance throughout the season is honored. Families experience the impact of Girls on the Run firsthand and the program is showcased to our community through a party atmosphere.

Girls on the Run of Margaret Mary Health pays the 5K registration fee for all program participants and coaches.

Running Buddies

For the safety of the girls and to help keep their motivation high, each participant is strongly encouraged to be paired with a running buddy. Ideally, this is someone already in her life - a parent, teacher, neighbor or sibling, so that when she accomplishes this great feat of finishing a 5K, she can do it with someone who has believed in her along the way! Buddies should be a minimum of 14 years old.

During the course of the season, coaches should make an effort to be sure all girls have a buddy. Discuss it with the girls and with parents at pick-up. Buddies are required to register and pay for the 5K on their own.

Running Angels

These individuals do not complete the 5K for themselves. They are on the route until the last participant finishes, running or walking with whomever they see needs a little TLC. There is no cost to be a running angel.

Building A Successful Girls on the Run Location

Girls on the Run of MMH provides:

- 10-week fall and spring programs open to girls in third through fifth grades (GOTR) or sixth through eighth grades (GOT); teams meet twice a week for 75 minutes each time.
- Nationally successful Girls on the Run curriculum
- All necessary program materials and supplies
- Coach certification and training (including CPR)
- An opportunity to make a difference

The site location is REQUIRED to provide:

- Program support and approval from school principal or other administrative personnel
- A safe, dedicated outside space for running twice per week for 10 weeks. This does not need to be a track; a field or blacktop area is fine.
- An indoor location, in the event of inclement weather. This can be a gym, a hallway or any other indoor space that allows for running.
- Distribution of registration forms (provided by GOTR of MMH) to all interested participants. Teams consist of eight to 20 girls the first season. Locations are permitted to host one team their first season and may host more than one team in future seasons.
- Provide a minimum of two to three volunteer coaches PER DAY per team for your site. Coaches must be consistently available one to two times per week during the entire 10-week program. We require a minimum of three to four volunteer coaches per team. Coaches do not need to be runners or have coaching experience but must be dependable, enthusiastic and good role models.
- Provide one site liaison to work with MMH (this may be a coach)
- Secure storage area for supplies (one small tote and a few posters)
- Fill out a new site application on Raceplanner

