

Bring Girls on the Run to your school or community!

NEW PROGRAM SITE INFORMATION



Inspiring girls in 3rd-8th grade to be

joyful, healthy, & confident

across 7 Southeastern Wisconsin counties.

2 LIFE-CHANGING PROGRAMS IN 7 COUNTIES!



Grades
3rd-5th

Participants learn how to:

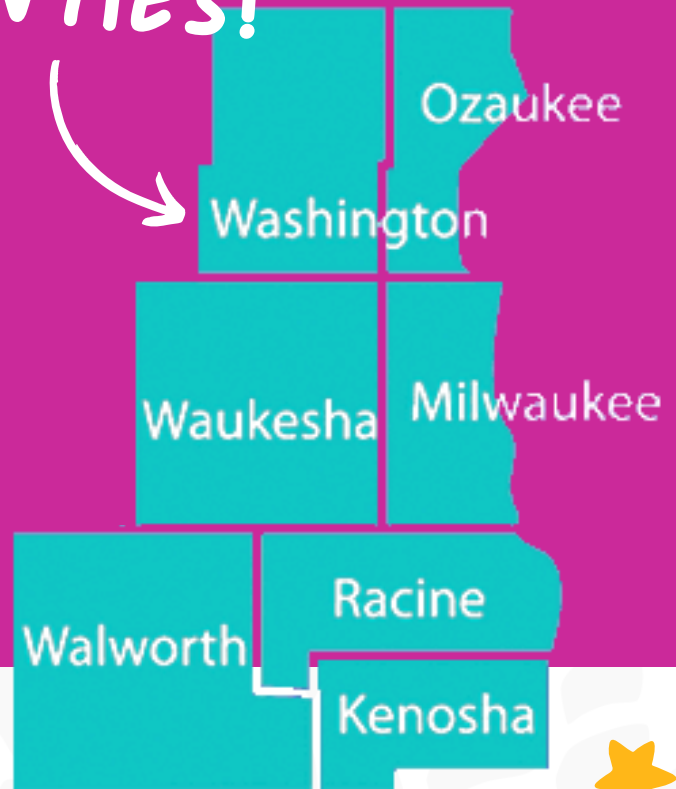
- Manage emotions
- Help others
- Make intentional decisions
- Resolve conflict



Grades
6th-8th

Participants learn how to:

- Cultivate self-care
- Build teams
- Set healthy boundaries
- Overcome obstacles



★ Unlocking POWER & POTENTIAL!

Girls on the Run has fun, evidence-based programs that inspire all girls to build their confidence, kindness and decision making skills. Dynamic lessons instill valuable life skills including the important connection between physical and emotional health.

Girls on the Run of Southeastern Wisconsin is a non-profit 501(c)(3) organization that inspires girls to be joyful, healthy, and confident using a fun, experience-based curriculum that creatively integrates running. Our after-school program combines physical activity with lesson plans designed to promote positive choices and an active lifestyle. We offer programs at private, public, and parochial schools, as well as community-based locations.



about

SO MUCH MORE

than
just

RUNNING

Girls on the Run is the only national physically activity-based positive youth development program for girls with compelling evidence of impact. At the season's end, each participant completes a celebratory 5K with a 5K buddy, reinforcing goal-setting and achieving lifelong goals.

★ WHY IT MATTERS

Girls' self-confidence begins to drop at age 9



50% of girls age 10-13 experience **bullying**, such as exclusion and name-calling

★ UNLOCKING POWER & POTENTIAL

97% of participants learned critical **life skills** for conflict-resolution & decision-making.

95% of girls reported feeling **more confident**.

Named one of the **Most Influential in Health and Wellness** by the National Afterschool Association

The U.S. **Surgeon General** recently highlighted the urgent need to address the nation's youth mental health crisis **and specifically recommends Girls on the Run!**





PROGRAM STRUCTURE & VOLUNTEERS



Program Structure

- Girls on the Run offers two 8-week seasons, spring and fall.
- Programming is delivered by trained coaches in small teams of 8-20 girls.
- Teams meet twice a week for 75-90 minutes.
- The season ends with teams completing a service project and a celebratory 5K!

We welcome coaches from all backgrounds, ages, abilities, and gender identities. Coaches do not have to be runners or have previous coaching experience—they just need the passion to change girls' lives!

Site Liaison

All sites must have one (1) Site Liaison that works closely with GOTR staff and serves as a link between their site's administration, coaches, parents/guardians, and participants. The Site Liaison is responsible for determining practice dates and times, securing practice space, and recruiting coaches and girls. During the season, the Site Liaison makes sure that all aspects of the program are running smoothly by checking-in, attending practices frequently, and attending the end-of-season event. The site liaison can also be a coach.

Site Liaison Requirements

- 21 years or older and associated with the site as a staff member, parent/guardian, etc.
- Complete a site application on the GOTR SEWI website
- Complete an online volunteer application and background check
- Complete the Girls on the Run National Coach Training
- Communicate with the GOTR SEWI office throughout the season as needed

Coach

All sites must have a minimum of two coaches per team at each practice. Coaches facilitate the Girls on the Run curriculum and work closely with the program participants and site liaison. Coaches are responsible for preparing and delivering the weekly lessons, in addition to communicating with parents/guardians. Coaches can coach one or two days per week. The expected time commitment is 2-4 hours per week, in addition to attending the end-of-season event. A coach can also be a site liaison.

Coach Requirements

- 18 years or older
- Complete an online volunteer application and background check
- Complete the Girls on the Run National Coach Training
- One coach per practice is required to be CPR and First Aid certified



FEES & FINANCIAL ASSISTANCE

Annual Household Income	Registration Fee
\$125,000+	\$195
\$100,000-\$124,999	\$175
\$80,000-\$99,999	\$140
\$65,000-79,999	\$100
\$50,000-64,999	\$70
\$30,000-49,999	\$40
Less than \$29,999	\$20

We truly believe that every girl can be empowered to do amazing things through our program. 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. We offer payment plans and a sliding scale based on family income. The registration form will provide guidance to find the fee that is right for families.

SUPPORT PROVIDED BY GIRLS ON THE RUN:

- Marketing and registration materials to support girl recruitment
- National Coach Training for all new coaches
- Ongoing support and training for veteran coaches
- All materials and curriculum supplies

PROGRAM FEE PER GIRL INCLUDES:

- 8 weeks/16 lessons led by trained volunteer coaches
- Program T-Shirt
- All curriculum supplies
- Girl's entry into the end-of-season event and finisher's medal
- Social-emotional skills to help them thrive
- A lifetime love of physical activity
- New friendships and FUN!

Program fees also help us to ensure participant safety by providing background checks for every volunteer and liability insurance for all sites.

End-of-Season 5K!

Every season ends with a celebratory 5K. This celebratory, non-competitive event is the culminating experience of the program. The girls are encouraged to do their best and HAVE FUN!



NEXT STEPS:

New Site Checklist:

- ☐ Identify a **Site Liaison** to serve as the primary contact at the site
- ☐ Recruit at least two **volunteer coaches**
- ☐ Obtain **principal/director approval** for school-based sites
- ☐ Fill out the **online site application form**
- ☐ Identify **two days a week** to host practice, 75-90 minutes each
- ☐ **SUBMIT YOUR APPLICATION!**

Thank you!

Thank you for your interest in becoming a new site! We look forward to supporting you in empowering your girls. Please let us know if you have any questions—we're here to help!

