

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:

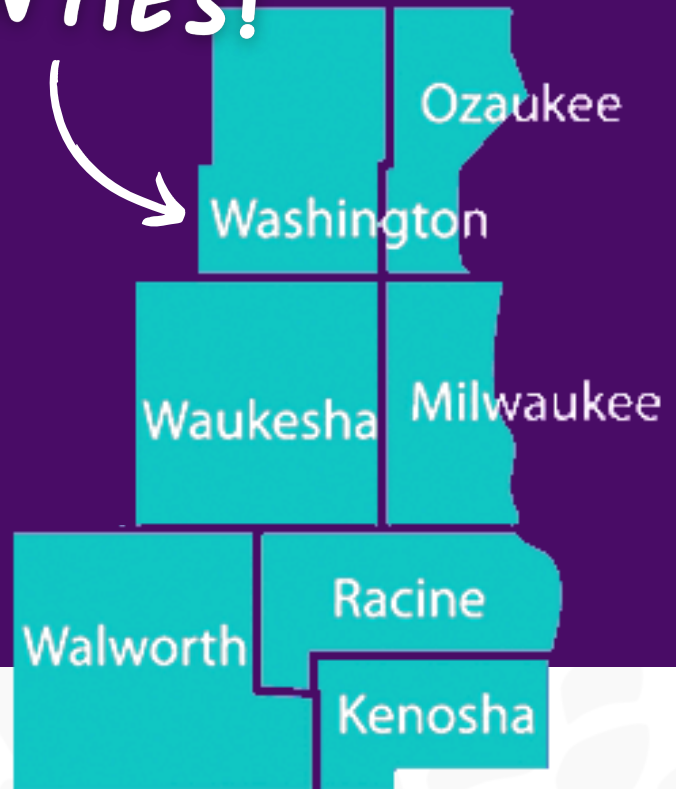
- Manage emotions
- Help others
- Make intentional decisions
- Resolve conflict



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 are proud to serve girls across seven counties in Southeastern Wisconsin (Milwaukee, Kenosha, Ozaukee, Racine, Walworth, Washington, and Waukesha). We host programs at private, public, and parochial schools, as well as neighborhood parks, community centers, and other community-based locations.





# about

## SO MUCH MORE

than  
just

## RUNNING

Girls on the Run focuses on the connection between mind and body through a combination of targeted lessons and physical activity that instills confidence and nurtures care and compassion in every Girls on the Run participant

### WHY IT MATTERS

Girls on the Run reaches girls at a critical age, 3rd-8th grade, where self-confidence begins to decrease and bullying begins to increase.

## 94%

of parents reported it was a valuable experience for their girl.

## 96%

of schools would offer the program again.

### LIFE LONG IMPACT

Results show our program inspires and empowers girls to build healthy physical and mental habits that last long beyond the program.



# 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 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

## PROGRAM FEE:

FREE & REDUCED LUNCH RATE	MAXIMUM PROGRAM FEE
<50%	\$175
50-85%	\$75
>85%	\$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 to participation. The maximum program fee is \$175, which means no one will be asked to pay more than that amount. If your site's free and reduced lunch rate is greater than 50%, your location will have a lower maximum fee (\$75 for partial scholarship sites and \$20 for full scholarship sites). Anyone unable to pay the full fee can simply enter the amount they are able to pay and receive financial assistance automatically and confidentially.

## 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!

## 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
- Background checks for every volunteer
- CPR/First aid training for coaches
- Liability insurance for all sites

### *End-of-Season 5K!*

Every season ends with a family focused 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:

★ The application deadline is **July 31st for Fall season** teams and **January 7th for Spring season** teams.

## 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!

