

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:

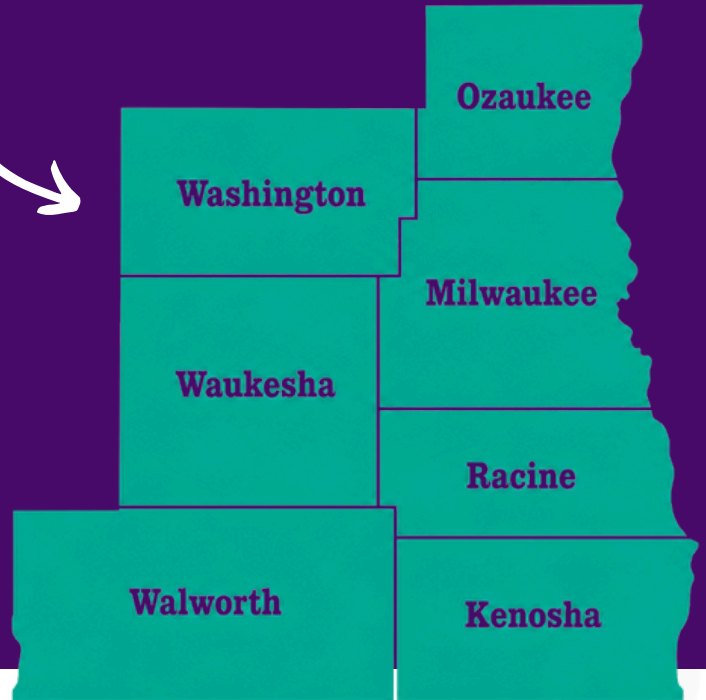
- Manage emotions
- Help others
- Make intentional decisions
- Resolve conflict



Grades
6th-8th

Participants learn how to:

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



Unlocking

POWER & POTENTIAL!

Girls on the Run Southeastern Wisconsin is a nonprofit 501(c)(3) organization that inspires girls in 3rd- to 8th-grade to be joyful, healthy, and confident using a fun, experience-based curriculum.

Girls on the Run is one of the only youth development programs with compelling evidence that proves participants learn life skills and then use them in other aspects of their lives.



Girls on the Run is

SO MUCH MORE

THAN RUNNING



★ WHY IT MATTERS

Girls' self-confidence begins to drop at age 9

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



95% of current sites said that **GOTR** **supports their school climate** by fostering feelings of connectedness among students



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

★ UNLOCKING POWER & POTENTIAL

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

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





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.
- There is no cost to sites to host a team.
- The season ends with a celebratory 5K.

We welcome coaches of all backgrounds, ages, abilities, and genders.

No running or prior coaching experience is required—just a passion for helping girls thrive!

Site Requirements

- Offer a safe and accessible outdoor place (and restroom)
- Provide a designated accessible indoor space in case of inclement weather
- Accommodate a regular practice schedule 2 times a week for 75-90 minutes)
- Assist in identifying a site liaison

Site Liaison Responsibilities

- Act as the main site contact for families/participants and Girls on the Run council staff
- Aid in recruitment efforts by distributing marketing materials (provided by GOTR)
- Offer support to families who need registration assistance
- Identify 2-4 coaches from your site and/or community
- Site liaisons can also serve as a coach

Coach Requirements

Girls on the Run Coaches:

- Complete National Coach Training (blended model of online modules and in person training)
- Receive season-long support, resources and tools from GOTR
- Lead teams through our turn-key curriculum with co-coaches
- Are 18 years or older (Junior Coach positions are available for girls ages 16-17)
- Do not have to be runners or athletes
- Are committed to seeing girls in their community grow, have fun, and become leaders of tomorrow

*If you need additional coaches, Girls on the Run will make every effort to support you by identifying potential coaches from our volunteer pool.

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
- Parent/guardian communication

PROGRAM FEE PER GIRL INCLUDES:

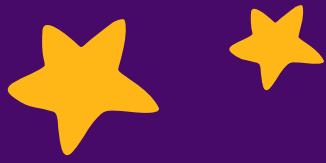
- 8 weeks/16 lessons led by trained volunteer coaches
- Program T-Shirt
- All curriculum supplies
- Girl's entry into the end-of-season event and finisher's medal
- Social-emotional skills to help them thrive
- A lifetime love of physical activity
- New friendships and FUN!

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 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
- Obtain **principal/director approval** for school-based sites
- Identify **two days a week** to host practice, 75-90 minutes each
- Fill out the **online site application form** found on the Starting a Site page of our website
- Start spreading the word to potential **volunteer coaches**



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!

