

NEW PROGRAM SITE PACKET



Girls on the Run
Central Virginia
and Blue Ridge



Gamma Phi Beta

thirty-one®



ABOUT US

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.

OUR 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

OUR KEY WORDS

Empowerment, Responsibility, Intentionality, Diversity, Connectedness, Joy, Optimism, Gratitude, Nurturing, Healthy, Compassion

WHY GIRLS ON THE RUN?

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:

- Build confidence and resilience
- Develop strength of character
- Respond to others and oneself with care and compassion
- Find strength in connectedness
- 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 social and emotional learning



GOTR offers two programs with age-appropriate curricula for each - Girls on the Run and Heart & Sole. Each group meets twice a week in small teams of 8-15 girls for a 10-week period. The 20-lesson program is delivered by certified Girls on the Run coaches and teaches life skills through dynamic lessons and running games. Our curriculum creatively integrates running to train for a 5K Event with lessons that empower girls to celebrate their bodies, honor their voices, and embrace their gifts.

OUR PROGRAMS



GIRLS ON THE RUN is designed for girls in elementary school (3rd-5th grades). The curriculum is divided into three sections: identity, connectedness and empowerment. Elementary schools that have 6th graders can invite those girls to join program.



HEART & SOLE is designed for girls in middle school (6th-8th grades). This curriculum allows for deeper discussion on topics more relevant to middle school girls. Heart & Sole focuses on the "Girl Wheel" which has five areas of focus: brain, heart, spirit, social, and body.

The principle philosophies and psychological research for both programs are the same, yet some topics and discussion questions vary for developmental reasons. The Heart & Sole curriculum allows for deeper discussion on girl-driven topics.

POWER THROUGH SERVICE

Each Girls on the Run team creates and executes a local community service project with their coaches. This experience demonstrates to the girls the unimaginable strength that comes from serving others. Past examples include: writing letters to the sick in hospitals, collecting supplies for animal shelters, or creating "thank you's" for school staff.

UP AND RUNNING AT THE 5K

At the end of each season, the girls complete a non-competitive 5K event. The 5K is a celebration that includes friends, family, teachers, coaches, sponsors, volunteers and community members. Completing the 5K gives girls a tangible sense of achievement and provides them with a framework for setting and achieving life goals.

RESOURCES AND GROWN-UP GUIDE

Girls on the Run provides a Grown-Up Guide for all curricula. This guide contains questions and conversation starters that can be used at home to reinforce the learning goals of the program. By stimulating conversation at home, we hope to further integrate the Girls on the Run mission into the daily lives of the girls and the adults who care for and love them.

OUR CURRICULUM

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

PRACTICE OUTLINE

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.

Warm Up: The warm-up is a brief activity, relay or game that energizes the girls and warms up their muscles, while incorporating the lesson topic.

Processing: With their muscles warmed up a bit, the coaches lead the girls through a brief stretching session while the girls and the coaches “process” the topic.

Workout: This involves more movement. 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.

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.

POTENTIAL SITES

Each season, our GOTR council offers programming at over 60 locations. This past year (the last two seasons), more than 1000 girls in 3rd-8th grade participated in Girls on the Run programming at various locations throughout 12 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 Site Liaison to coordinate with our office.
- At least 2 volunteer coaches. All coaches must attend a GOTR training in order to be a coach.
- One Coach or the Site Liaison must be a school staff member.
- 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 90 minutes in length
- Registration information to all girls in age group
- A space for the end of season celebration (cafeteria, classroom, etc.)

GIRLS ON THE RUN WILL PROVIDE:

- Volunteer training for all coaches
- Marketing Materials
- Registration Information
- Materials and curriculum for each season
- Site stipend
- Ongoing support

TIMING & LENGTH OF SEASON

There are two 10 week seasons of Girls on the Run Each Year

1. Fall- August to November/December
2. Spring- February to April/May

TEAM SIZE:

A minimum of 8 girls is required in order to offer programming. The minimum is based on curriculum considerations as much of our curriculum is related to team building and group dynamics. Each team has a maximum of 15 girls. More than 15 girls makes it complicated to establish the group rapport and the depth of community we are seeking.

FEES AND FINANCIAL AID:

Girls on the Run uses an income-based sliding scale registration fee so that every girl who wants to participate can.

While the actual cost of the program is \$185 per girl, the sliding scale allows more girls to have access to the program. Further Scholarship assistance is available for qualifying families with extenuating circumstances. Only those not able to meet the sliding scale should use the Scholarship Application. Use the sliding scale first and apply for Scholarship assistance only if a further reduction is needed.

Family Income & Fee	
Less than \$10,000	\$25
\$10,001- \$25,000	\$50
\$25,001-\$50,000	\$80
\$50,001-\$75,000	\$115
\$75,001-105,000	\$150
\$105,001 and greater	\$185

SITE LIAISON RESPONSIBILITIES

The Site Liaison communicates and coordinates with the Girls on the Run Program Director for their area. 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. The Site Liaison can ALSO be a coach and each coach must register through our website.
- Attend any necessary informational meetings/conference calls
- Market program information at site and distribute all registration materials
 - Paper Registration Site- Collect registration forms with payments and review for accuracy and confirm completion of information on registration forms
 - Online Registration 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 Director regarding any change of site information, registration problems, need for additional publicity, site changes, etc.
- Provide occasional feedback to Girls on the Run organization
- Champion the Girls on the Run program at your site and have fun!

COACH RESPONSIBILITIES

HEAD COACH 4 HOURS/ WEEK

- 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
- Understanding and believing in the organization's mission.
- Must be CPR/ First Aid Certified

JUNIOR COACH 3 HOURS/ WEEK

- 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 new site application on our website
- 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 National 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
- National Coach Training (in-person) and online training through GOTR Learning Academy
- 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 January 9, 2023
- Sites must have a minimum of 8 girls and a maximum of 15 girls for the program unless otherwise authorized with your GOTR program director.

JOIN US IN CREATING A WORLD WHERE
EVERY GIRL KNOWS AND ACTIVATES
HER LIMITLESS POTENTIAL AND IS FREE
TO BOLDLY PURSUE HER DREAMS.



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