



# Girls on the Run is for **EVERY** girl.



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Girls on the Run of Northeast Florida  
GOTRNEFL  
904.619.6763  
info@gotrnefl.org  
www.gotrnefl.org

**BRING GIRLS ON THE RUN TO YOUR SCHOOL OR SITE TODAY!**

# WHO WE ARE



Girls on the Run, a 501c3 nonprofit organization, is dedicated to creating a world where every girl knows and activates her limitless potential and is free to boldly pursue her dreams.

The 10-week program is designed to enhance girls' social, psychological and physical skills and behaviors to successfully navigate life experiences.

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*“When you look at the core group of girls participating in the program you see them standing a little taller among their peers and how they solve problems, speak up, and then aren't afraid to express how something made them feel.” -Sharon, School Administrator*

# Our Curriculum

The intentional curriculum shows an evidence-based impact on developing competence, confidence, connection, character, caring, and contribution in young girls. Twice per week, trained coaches lead small teams of elementary and middle school girls through life skills lessons that incorporate running and other physical activities.

## Physical Activity

- Physical activity - including running and strength & conditioning - is woven into Girls on the Run and Heart & Sole lessons
- At the end of the program all girls complete a noncompetitive, celebratory 5K event that offers girls a tangible sense of goal-setting and achievement
- The program is accessible to all girls regardless of fitness level or physical ability.

## Community Service

- Girls on the Run inspires girls to build lives of purpose and to make meaningful contributions to community and society.
- Girls on the Run participants complete a group Community Impact Project that they plan and execute as a team.
- Heart & Sole participants complete an individual project called Extending the Girl Wheel, where they reach out in small, meaningful ways to an individual or group in their community.



## GIRLS ON THE RUN

Elementary Program for 3<sup>rd</sup> – 5<sup>th</sup> grade girls

- o Supports girls in gaining a better understanding of who they are, understanding the importance of team work and healthy relationships, and recognizing how they can positively connect with and shape their communities and the world.
- o Curriculum themes include: turning negative self-talk into positive self-talk, understanding emotions, standing up for self and others, making and maintaining healthy relationships, and making an impact on the community.

### Team Sizes:

- 8-15 girls led by two or more coaches
- 16-20 girls led by three or more coaches
- Multiple teams are allowed at a site, with no more than 20 girls on each a team



## HEART & SOLE

Middle School Program for 6<sup>th</sup> – 8<sup>th</sup> grade girls

- o Addresses the whole girl – body, brain, heart, spirit, and social connection – and supports girls in building critical life skills such as team building, developing a support system, boundary setting, decision making, positively impacting others, and asking for and providing help.
- o Curriculum themes include: getting to know and understand your “Girl Wheel”, goal-setting, overcoming obstacles, asking for and giving help, and positively impacting others.

### Team Sizes:

- Recommended team size is 8-12 girls led by two or more coaches
- Up to 15 girls allowed with two or more coaches
- Multiple teams are allowed at a site, with no more than 15 girls on each team



# GIRLS ON THE RUN: COACHES

Girls on the Run and Heart & Sole teams are led by volunteer coaches. We train coaches through our National Coach Training to build relationships, create positive inclusive environments and to focus on girls' efforts and growth.



## Coaches:

- Believe in the inherent power within every girl.
- Have a desire to help girls learn, grow and have fun
- Want to leave a lasting impact on the lives of girls in their community
- Can be from within or beyond your site community
- Receive training and ongoing support from Girls on the Run
- Do not have to be runners or athletes

## Coach Responsibilities:

- Serves as a role model to girls
- Attends National Coach Training
- Works with co-coaches to lead girls through the curriculum as intended
- Is present and prepared for each practice
- Participates in the Girls on the Run celebratory 5K event

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*"The character development piece has been a really surprisingly powerful outcome of the Girls on the Run program. My daughter has learned that she can do hard things. She has become more aware of others and how they feel, and she has gained self-confidence."*

**-Tiffany, Parent**

# WHAT SETS GIRLS ON THE RUN APART

IT'S FUN. IT'S EFFECTIVE.

Girls on the Run is the only national physical activity-based positive youth development program for girls with compelling evidence of program impact.

An independent, national longitudinal study conducted in 2016 provided the following evidence-based outcomes:

- 97% of Girls on the Run participants said they learned critical skills to manage emotions, resolve conflict, help others or make intentional decisions
- Girls who were the least active at the start of the program increased their physical activity by more than 40%
- Girls on the Run made a stronger impact on teaching life skills to participants than did organized sports or physical education

## INNOVATIVE AND DISTINCT EVIDENCE-BASED APPROACH

Girls on the Run was recognized in Harvard University's 2017 report **Navigating SEL from the Inside Out** for its innovative and distinct approach to social emotional learning. Girls on the Run was **one of only three afterschool programs** recognized as a top research-based social emotional learning program, acknowledging that there are few examples of evidence-based programs like Girls on the Run that have been specifically designed for out-of-school time contexts.



## A National Movement with a Growing Local Presence

- Girls on the Run has served over 2 million girls since it was founded in 1996.
- Over 200,000 girls in all 50 states experience the power of our transformational program every school year
- Girls on the Run of Northeast Florida started in 2004.
  - Over 27,000 girls served throughout Baker, Clay, Duval, Flagler, Nassau, Putnam, St Johns and Volusia counties
  - Over 2,000 girls participate annually
  - 130 schools/sites participate annually
  - 50% of girls who participate receive scholarships

### Support Provided by Girls on the Run

**Girls on the Run of Northeast Florida is committed to the success of each site. We are invested in building a long-term relationship to ensure that your girls have an opportunity to benefit from our transformational program. With this in mind, we provide the following robust support:**

- Marketing and registration materials to support girl recruitment and registration
- National Coach Training (led by trained facilitators) for all Girls on the Run coaches
  - All materials for coaches to carry-out curriculum as-intended
  - Girls on the Run t-shirt + entry into 5K for all girls
- Ongoing support to site liaisons, coaches, and families through regular communication and responsiveness to individual concerns

# HOSTING THE PROGRAM AT YOUR SITE

## To host a team, sites must:

- Offer a **safe outdoor place** for running (such as a track, soccer field, or any other accessible open space)
- Provide a **designated indoor space** for Girls on the Run to meet in case of inclement weather (such as a gym, cafeteria, multi-purpose room or classroom)
- Accommodate a **regular practice schedule** (twice a week for 75-90 minutes), according to the Girls on the Run program calendar
- Assist in identifying a **site liaison**

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## Site Liaison Responsibilities

- Acts as the main contact at the site for Girls on the Run families/participants and Girls on the Run council staff before and throughout the program.
- Aids in girl recruitment efforts by posting marketing materials (provided by Girls on the Run) and spreading the word about Girls on the Run throughout the site community
- Offers support to families who need assistance in registering their girl
- Helps identify 3-4 coaches from your site and/or community\*

\*If you cannot secure coaches we will work with you to identify coaches from our volunteer pool



*"It's rewarding to see girls and coaches grow throughout the season."* –**Renee;**  
**Site Liaison and Coach**



## Program Cost and Financial Assistance

Our current program fee is based on household income and ranges from \$50-\$115 per girl. This includes:

- 10 weeks/20 lessons led by trained coaches
- All curriculum materials
- Girls on the Run and Heart & Sole Program t-shirts
- Registration for Girls on the Run 5K event

Financial assistance is available to any girl who cannot pay the full registration fee. Girls on the Run of Northeast Florida provides approximately 50% of our girls with financial assistance each year. 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.

If you have concerns regarding program fee, please contact our Program Manager, Teri Thrower at [teri.thrower@gotrnefl.org](mailto:teri.thrower@gotrnefl.org).

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### Next Steps:

- Applications are due June 1<sup>st</sup> for fall seasons and December 1<sup>st</sup> for spring seasons.
- Contact Teri Thrower at [teri.thrower@gotrnefl.org](mailto:teri.thrower@gotrnefl.org) for the online new site application.

### Dates to Remember:

- Fall season usually starts mid-September and ends in December. Spring season starts in mid-February and ends the last week of April.
- Celebratory 5K Event: Fall is the 1<sup>st</sup> weekend of December; Spring is the last weekend in April/beginning of May.





## Coach Job Description

*A Girls on the Run Coach, gets to experience the program first-hand, feel a sense of accomplishment about making a difference in the lives of the girls, and have a ton of fun!*

### **Job Summary:**

A Coach is a volunteer position that works with one or more other coaches to facilitate the Girls on the Run curriculum to program participants. The position works closely with the Northeast Florida Program Manager and entails approximately 3-4 hours per week during a 10 or 12 week season with additional time required on two to three weekend days for: a one day eight hour training; a community race event; and for First Aid/CPR training, if necessary.

**Core Duties/Responsibilities** include the following (other duties may be assigned):

- Prepare, organize, and supervise the weekly lessons.
- Lead the program participants through each lesson AND motivate the participants as they play games and run laps.
- Serve as a role model and mentor to the girls by being on time, being organized, listening attentively, having a positive demeanor and outlook, and leading a healthy lifestyle.
- Attend 3-4 coaches meetings with the GOTR Northeast Florida Staff during the season.
- Coordinate the Community Project.
- Mediate disputes among participants in a prompt and respectful manner.
- Coach program participants on proper stretching, running form, hydration and sports nutrition.
- Attend a community 5K with program participants and other volunteers.
- Interact with guardians of participants.
- Coordinate the end of season celebration with your program participants.
- Understand and believe in the mission of the organization, and exhibit characteristics that keep with the mission.
- Act as a spokesperson for the program.

### **Qualifications:**

- A strong desire to work in the field of girl development
- Experience working with youth
- Excellent communication skills
- The ability to be flexible and to improvise when needed
- To inspire and motivate others to believe in the Girls on the Run mission
- High organizational skills
- The ability to recognize conflict and have the skills to help resolve it
- The capacity to work in a partnership with a co-coach
- Attend a full day coaches training with GOTR NEFL Staff
- First Aid/CPR certification

**Experience:**

The ideal candidate would have the following experiences:

- Has worked directly with girls ages 8-11 in a girl positive environment
- Strives to lead a healthy lifestyle
- Has volunteered in direct service organizations
- Has awareness of the common and different needs of girls

**Please Note: If you are not an employee of the school you will be coaching at, you must go do the background screening through the county the school/site is located in. The information on getting this done is on the county's website.**