

SITE INFORMATION PACKET

Fall 2022



Girls on the Run Greater Charlotte

Serving Mecklenburg, Gaston, Lincoln, Cleveland
Catawba, and Cabarrus Counties

704-837-0088
www.GOTRgreaterCLT.org

Bring Girls on the Run to your school, neighborhood or community!

ABOUT GIRLS ON THE RUN

Girls on the Run is dedicated to creating a world where every girl knows and activates her limitless potential and is free to boldly pursue her dreams. Our intentional and inclusive program shows an evidence-based impact on developing positive social-emotional skills in young girls. Two times per week for ten weeks trained coaches lead small teams of elementary and middle school girls of all abilities through an interactive curriculum that incorporates running and other physical activities. We have Spanish speaking staff available for support, as well as program materials available in Spanish.

HOST SITE REQUIRMENTS AND GOTR SUPPORT

Girls on the Run Greater Charlotte 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 robust support before and throughout the season. The requirements for a successful site are also outlined below.

GIRLS ON THE RUN PROVIDES:

- Digital and print marketing materials to drive girl recruitment and registration (available in multiple languages)
- National Coach Training (led by trained facilitators) for all coaches
- All materials, guidelines, and support for coaches to deliver the curriculum safely and as intended
- Ongoing connection to site liaisons, coaches and families through regular communication and responsiveness to individual concerns
- Financial assistance for families that demonstrate need for a program scholarship
- Modifications for girls that may need assistance to fully participate (i.e. Braille worksheets)
- Coach recruitment support*

*Girls on the Run cannot guarantee the recruitment of coaches for your site, but we will actively share your site's need for a volunteer(s). Girl registration will **not** open for your team until full coach coverage is secured.

SITE/TEAM PROVIDES:

- A designated site liaison/primary contact (this person may also serve as a coach)
- Completed site application each season
- Complete coach coverage
 - Each team must have two adults present at each practice. This may be achieved in the following ways:
 - Two full time coaches
 - One full time coach + two part time coaches
 - Four part time coaches
- Safe outdoor place for running (such as a track, grassy area, or any other accessible open space)*
- Designated accessible indoor space for team to meet in case of inclement weather (such as a gym, classroom, or space in a residential home**) and bathrooms*
- A consistent practice schedule according to the Girls on the Run program calendar (program options on next page)

PROGRAM OPTIONS

GIRLS ON THE RUN: 3RD – 5TH GRADE

The 3rd-5th grade program, Girls on the Run, encourages girls of all abilities to recognize their individual strengths and celebrate connections with others. Our tested curriculum blends physical activity with skill development that enables girls to adapt to whatever comes their way. In today's unpredictable world, the strategies learned at Girls on the Run are more important than ever.

The Girls on the Run curriculum:

- Supports girls in gaining a better understanding of who they are, recognizing the importance of teamwork and healthy relationships, and learning how they can positively connect with and shape their communities and the world.
- Includes social-emotional themes such as: turning negative self-talk into positive self-talk, understanding emotions, standing up for self and others, forming and maintaining healthy relationships, and making an impact on the community.

Additional Details:

- Minimum of 6 girls, maximum of 15 girls led by two or more coaches
- Sites may host more than one team
- Lessons delivered 2x per week for ten weeks (20 lessons total; 75min. each)
- Program concludes with end of season 5K celebration

HEART & SOLE: 6TH – 8TH GRADE

Heart & Sole is Girls on the Run's middle school program that meets the unique needs of girls in 6th-8th grade. The program considers the whole girl – body, brain, heart, spirit and social connection. Girls need an inclusive place where they feel supported and inspired to explore their emotions, cultivate empathy and strengthen their physical and emotional health.

The Heart & Sole curriculum:

- 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.
- Includes social-emotional themes such as: getting to know and understand your "Girl Wheel," goal-setting, overcoming obstacles, asking for and giving help, and positively impacting others.

Additional Details:

- Minimum of 6 girls, maximum of 15 girls led by two or more coaches
- Sites may host more than one team
- Lessons delivered 2x per week for ten weeks (20 lessons total; 90min. each)
- Modified Program available; lessons 1x per week for 10 weeks
- Program concludes with end of season 5K celebration

PROGRAM FEES & FINANCIAL ASSISTANCE

The fee for all programs offered this season is \$170 per girl and includes:

- A minimum of 16 hours of instruction delivered in-person, virtually, or both by trained coaches
- All program materials including a personal GOTR or Heart & Sole journal
- A program t-shirt and cinch bag to store all program materials
- End of season finisher's medal and 5K celebration
- Friendships, fun, and lessons to last a lifetime!

Financial assistance* is available to any family who cannot pay the full registration fee. We are committed to ensuring that the program fee is never a barrier to participation. If families fall between the levels listed below or need assistance beyond what is listed, they are encouraged to contact the Girls on the Run Greater Charlotte office.

Full Program Registration Fee	\$170
Financial Aid Option #1: Eligible for reduced lunch or annual household income between \$25,000-\$50,000	\$60
Financial Aid Option #2: (Eligible for free lunch or annual household income below \$25,000)	\$20

*Further financial assistance options are available, please contact Jamie Krusch, Council Director, at jkrusch@girlsontherun.org

READY TO GET STARTED?

Please follow the steps below to bring Girls on the Run programming to your site:

1. Ensure that you can meet the site/team requirements outlined on page 2 of this packet.
2. If so, determine your **program** and **practice schedule**.
3. Complete the Fall 2022 Site Application no later than June 10th.
(www.gotrgreaterclt.org/start-a-site)
4. A Girls on the Run Program Manager will contact you with additional information to help you prepare for a great GOTR season!

IMPORTANT DATES

- June 1st - early site registration deadline
- June 10th - site registration deadline
- September 7th - Season begins (on-time start)
- December 4th (Charlotte) and December 10th (Belmont) - 5K Celebration

If you have questions or would like to discuss program options please contact Daisy Gonzalez, dgonzalez@girlsontherun.org (704)444-0629

COVID PREPARATIONS

Conducted primarily outside, Girls on the Run is one of the safest activities available at a time when needed most and our trained coaches and dedicated staff are ready to adapt as the landscape of our community changes. Following CDC, local and site guidelines, the following preparations have been made to ensure girls can safely return to GOTR:

Safety Precautions

- Each team is supplied with hand sanitizer
- Coaches are trained on safety protocols

Feedback about GOTR during COVID

- **93%** of parents/guardians agreed that Girls on the Run strove to create a safe place for their girl last season.
- **91%** of coaches said they were satisfied with COVID-19 safety precautions. Additionally, **94%** of coaches felt they had the support needed to coach during COVID times, and **91%** of coaches felt they had the supplies they needed to safely deliver the program.
- **42%** of parents/guardians said that BEFORE participating in GOTR, their girl felt lonely, but only **15%** of parents/guardians said their girl felt lonely AFTER participating in GOTR. This is a statistically meaningful difference.



To Participate

- For more details see the Site Information Packet_Fall 2022
- Complete the site registration at www.gotrgreaterclt.org/start-a-site

If you have questions or would like to discuss program options with a GOTR team member, please contact Daisy Gonzalez, Program and Site Coordinator, at dgonzalez@girlsontherun.org.

COACH WITH US

FALL 2022 SEASON

Coaches are parents, teachers, school staff, college students, and community members who are committed to empowering young girls!

For the Fall 2022 season, we are allowing coaches the flexibility to choose between coaching full time and part time:

- Full time (twice per week)
- Part time (once per week)

Requirements

- Must be at least 18 years old (high school students, ages 16 –18, may serve as a junior coach*)
- Complete a background check
- Complete virtual coach training modules
- Complete in-person National Coach Training (approx.. 4 hrs)
- Commit to the entire season with your team
- Attend end of season 5K Celebration

**sites maintain discretion to use coaches under the age of 18*

Responsibilities

- Serve as a role model for participants
- Organize and supervise weekly lessons (curriculum provided)
- Collaborate with other coaches for successful lesson delivery
- Communicate with parents/guardians

Next Steps

- Visit www.gotrgreaterclt.org/coach for more information and to register as a coach!
- Coach Application Opens – July 1st- August 22nd
- Questions? Email tlanghorne@girlsontherun.org.

Fall 2022 Coach Training Dates:

- Saturday, August 6th : Location & Time TBD
- Saturday, August 20th: Location & Time TBD
- Saturday, August 27th: Location & Tim TBD

