



Starting a Program

New Site Information

Present Locally by:



Girls on the Run Tri County Serving
York, Chester & Lancaster Counties

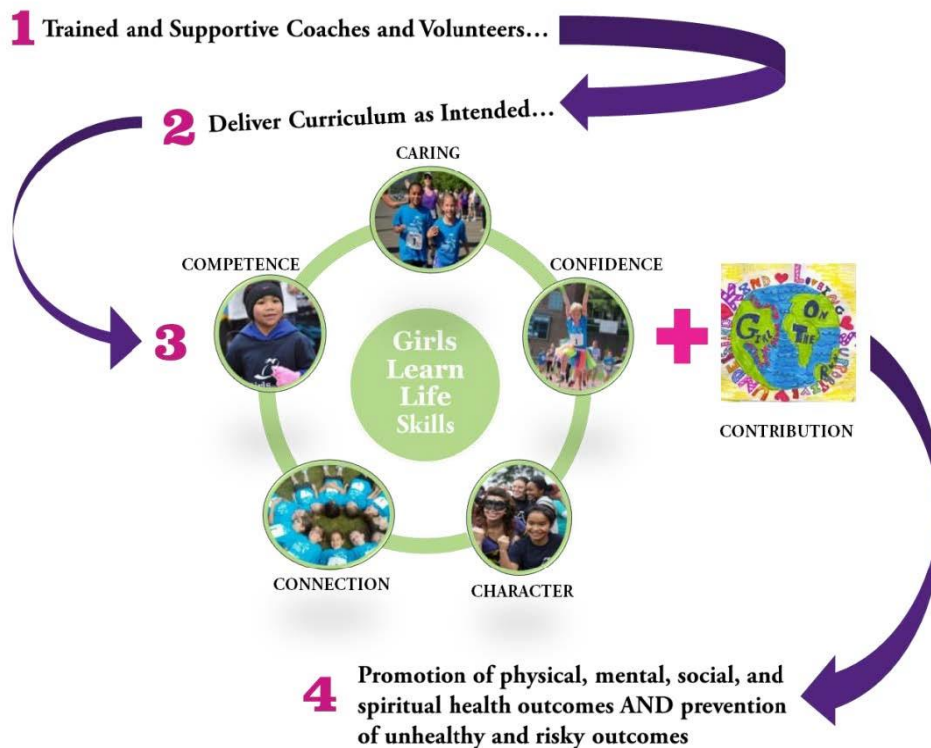
Lindy Morris
Council Director
Lindy.morris@girlsontherun.org

Sarah Heins
Technology/Events Director
Sarah.heins@girlsontherun.org

Theresa Treadway
Program Coordinator
Theresa.treadway@girlsontherun.org

What is Girls on the Run?

Girls on the Run Tri County SC is a registered 501c3 non-profit corporation and a local council of Girls on the Run International. Our mission is to inspire girls to be joyful, healthy and confident using a fun, experience-based curriculum that creatively integrates running. We offer a life-changing learning curriculum for 3rd-8th grade girls. The after school sessions combine self-esteem enhancing lessons and uplifting workouts with training for a non-competitive 5K (3.1 mile) running event. Volunteer coaches lead their groups through a very specific character-building curriculum teaching well-defined social and personal skills.



Girls on the Run Curriculum

Girls on the Run Tri County SC offers two curriculums: Girls on the Run (GOTR) for 3rd-5th grade girls and Heart & Sole a program for 6th-8th grade girls.

The principle philosophies and psychological research for both programs are the same, yet the processing varies with the two different curricula for developmental reasons. Heart & Sole curriculum allows for deeper discussion of topics more relevant to middle school girls, providing a safe outlet for discussion at this crucial stage of development. Each 10-week curriculum covers 20 lessons, and each lesson follows a similar format while focusing on a specific topic and set of learning goals.

Lesson Format

- **Getting On Board.** As the girls arrive and settle into a circle, the coach introduces the topic of the lesson (i.e., bullying, gossip, healthy eating, self-esteem). This portion of the lesson will include an activity and discussion.
- **Warm Up.** Next is a game - perhaps a short relay run or some other brief activity. This will serve to warm-up muscles while incorporating the lesson topic. The girls will “process” this topic while stretching.
- **Workout.** This involves more actual running. The season starts with shorter periods of running and builds up as the coaches assess each girl's ability and pace. Eventually, the workout will build up to a practice 5K to build the girls’ confidence for participating in the actual 5K event.
- **Cool Down.** After the workout, there is a cool down and more processing. The session always ends with a celebration of the girls’ accomplishments in the form of an “energy cheer.”

Curriculum Format

The curriculum is divided into three parts:

- **Self-Care, Self-Awareness, Knowing Self.** The first set of lessons is centered on the girls getting to know themselves, examining their own values, likes and dislikes, and learning how to best care for themselves.
- **Selecting Healthy Relationships and Keeping Them Healthy.** The next set of lessons concentrates on how girls relate to others, how to work as part of a team, & how to listen, cooperate and be supportive of each other.
- **Celebrating and Sharing our Strengths.** The last set of lessons concentrates on teaching girls how they fit into and contribute to their larger community and their world.

The 10-week program culminates in a non-competitive 5K run/walk event. Mid-season, the girls practice the 3.1-mile run. Girls will either choose their own or be assigned a running buddy who will participate in the practice 5K and the culminating 5K event. A running buddy is a GOTR volunteer partnered with a girl to pace, encourage, and serve as her cheerleader during the practice 5K and the season-ending 5K.

Group Size

We limit each team of girls to a maximum of 15 and require a minimum of 8 girls to run the program at each site. Because much of our curriculum is related to team building and group dynamics, fewer than 8 girls may make it difficult to provide the experience we want to offer to the girls. More than 15 girls makes it difficult to establish the group rapport and the depth of communication we are seeking.

Number of Teams at a Site

Most sites have only one team of girls; however, it is possible to have two teams if the following conditions are met:

- There is enough interest at the site to support two teams.
- Each team has its own, separate area for indoor and outdoor lessons/running.
- A site is able to provide a minimum of two additional coaches to support a second team.

Timing and Length of Session

Girls on the Run is offered twice per year.

- **Fall Season**, which begins in early September, meets twice a week for 10 weeks and ends in early December with the Reindeer Romp 5k in Downtown Rock Hill.
- **Spring Season**, which usually begins in Mid-February, meets twice a week for 10 weeks and ends in late April with our spring Girls on the Run 5k.

Site Liaison

The site liaison serves as the link among the site, GOTR staff and the coaches, participants and parents.

The site liaison can also serve as a coach. Site liaisons assist with the following:

- Assemble the girls, help them prepare for GOTR and escort them, if necessary, to the practice area/coaches
- Complete facility usage/approval forms, if necessary
- Promote GOTR at the site
- Recruit girls for participation
- Copy/distribute flyers to girls and their families
- Facilitate program registration

Coaches

Head and assistant coaches deliver the Girls on the Run curriculum to program participants. These are volunteer positions that entail approximately 4-5 hours per week of time. Additional time is required for a 4-hour coaches training, the end-of-season 5k event and CPR/first aid training.

Each **Coach** is required to:

- Complete a background check and any other paperwork required by GOTR Tri County SC
- Attend a 4-hour coaches training (at no cost to volunteer)
- Complete CPR/first aid training (optional training provided by GOTR)
- Coordinate and communicate with your site's team of coaches, including planning a pre-season meeting
- Understand and believe in the mission of the organization, act as a spokesperson for the program, and serve as a role model and mentor
- Prepare for and supervise twice-weekly lessons and lead participants in a manner consistent with the GOTR International philosophy and curriculum. The curriculum and all lesson materials are provided by GOTR Tri County SC.
- Interact with parents of program participants and plan and coordinate the end-of-season celebration
- Attend the end-of-season 5K

One coach on the coaching team will need to serve as the point person to communicate with participants' parents and with the GOTR office. We will send email updates and newsletters to keep you up-to-date during the season and provide on-going GOTR staff support. Coaches will be given materials during GOTR training that will include important information and instructions on how to handle situations that may arise.

Fees/Scholarship Program

Our program fees are \$135 per girl. NO girl will be prevented from participating due to inability to pay. We offer scholarships, either partial or full, based on family income level and presented as a sliding scale fee.

<u>Annual Income</u>	<u>Fee</u>	<u>Scholarship Given</u>
\$59,999 - \$40,000	\$105	\$30
\$39,999 - \$30,000	\$80	\$55
\$29,999 - \$20,000	\$60	\$75
\$19,999 - \$10,000	\$40	\$95
\$9,999 and less	\$25	\$110

We do ask that a girl pay the minimum of \$15 for a season to encourage participation in the program and give them a sense of investment.

Included for the girls in the program fee are:

- Twenty- 90-minute lessons conducted by certified GOTR coaches
- A GOTR program t-shirt
- The registration fee for the culminating 5K event
- 5K finisher medal and end-of-season celebration
- 5K t-shirt
- Samples from national sponsors
- A lifetime of confidence and the power to walk tall 😊

Program fees cover expenses such as:

- GOTR coaches training & background checks – every 24 months
- CPR training
- Curriculum and all lesson materials
- Fees for liability insurance
- Membership fees to Girls on the Run International
- Administrative assistance to coaches, sites, girls and parents
- 5K expenses

GOTR Tri County SC relies on individual donations, grants and sponsorships to ensure that we can provide our program to as many girls as possible and to ALL girls regardless of income level.

Registration

- Participant registration for the program is available online and accessible through our website, <http://gotrtricitysc.org>. Through our online registration, payment is able to be made via credit card. In the event an individual prefers to pay by check or cash, a code will be given to enable that option. Registration will be open in early September for the fall program and in early February for the spring program.

- Registration will be based on a lottery system (not first-come, first-served) where participants will be randomly selected for the event. Once registrants have completed the online registration, they will receive a confirmation email. This email does not guarantee them a spot in the event; it confirms that their registration has been received. After the registration period closes they will be notified by email whether they have been awarded a spot on the team. Their credit card will only be charged if they are selected.
- We have several sites where online registration is not seen as a viable option. In this case, we advise that access to computers be scheduled on-site for parents to use to register their child. Paper registration is also an option, however, coaches and Site Liaisons will be asked to then use that information to register the girls online. Ultimately, a roster, t-shirt reports, participants Health History and consent forms are all generated through our registration program.

Getting Signed Up as a GOTR site!

In order to be considered as a GOTR Tri County SC program site, you will need to agree to the following:

- **Provide a Site Liaison** who will serve as a link between the site and coaches, participants, and parents. Must be an employee of the site and can be one of the three coaches. Site Liaison is asked to complete our online volunteer application.
- **Provide a safe place for running.** This does not have to be a track. A field is fine; we will need to be able to measure off part of the area for occasions when lessons require running a certain distance, e.g. 1 mile, 5K, etc.
- **Provide a rainy day/inclement weather site** (classroom, gym, etc.) reserved for GOTR and **NOT** in conflict with other programs
- **Provide two coaches.** We require one head coach and one assistant coach at each site. It is advised to have three coaches in the event one coach cannot be at a session. Head coaches must be female adults; however, assistant coaches can be male. Coaches must agree to complete their background checks, attend CPR/first aid training and attend our 4-hour training session. The training session may include a CPR training as well. Two additional coaches must be provided if your site plans to have two teams. In some cases, GOTR Tri County SC is able to assist in providing coaches. If you'd like to start the program and can meet all of the other requirements except the required number of coaches, please contact us so that we can discuss possible options. Coaches may submit their application to be a coach and receive instructions for an online background check by going to:
<https://www.raceplanner.com/volunteer/signup/F16-Coach-Application>

Are you ready to submit your new site application?

If you've read through this information and would like to submit a new site application, please contact Lindy Morris at lindy.morris@girlsontherun.org or call 803-620-3036 to get instructions on submitting your application online.

What to expect after submitting your site application

Once you've submitted your application, we will review it and contact the site liaison named on the application in order to review important details and gather any additional information needed.

Decisions about which sites will be added for the fall season will be made during the summer prior to that fall season. Decisions about which sites will be added for the spring season will be made during December prior to that spring season. **To be considered for the Fall 2016 season, all applications must be received by no later than Friday September 2nd , 2016.**

Please note that GOTR Tri County SC is committed to making the Girls on the Run program available to an increasing number of girls in York, Chester & Lancaster Counties each year and will do its best to accommodate as many new site requests as possible.

Thank you for your interest in Girls on the Run!