



New Site Information

What is Girls on the Run?

What do we need to get started?

What is the cost?

Who can answer our questions?

What is Girls on the Run?

Girls on the Run of Central Ohio is a registered 501(c)(3) 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.**

What does Girls on the Run do?

One girl put it this way, "I learned that I am the boss of my brain." Girls on the Run inspires girls to take charge of their lives and define the future on their terms. It's a place where girls learn that they can with no limits and no constraints—only opportunities to be remarkable.

How do we do it?

Lots of ways, but we start with helping the girls get a better understanding of who they are and what's important to them. Then we look at the role of teams and healthy relationships. And, finally, we explore how girls can positively connect with and shape the world. And remember, we believe that life-changing experiences can be fun too—for everyone—the girls, coaches, families and other volunteers. So don't be surprised when you hear laughter along with self-reflection and see beaming smiles across the beautiful, confident faces of our girls.

Me + Relationships + Community

Meeting twice a week in small teams of 8-20 girls, we teach life skills through fun, engaging lessons that celebrate the joy of movement. The 20-lesson curriculum is taught by certified Girls on the Run® coaches and includes three parts: understanding ourselves, valuing relationships and teamwork and understanding how we connect with and shape the world at large. Over the course of the program, girls will develop and improve competence, feel confidence in who they are, develop strength of character, respond to others and oneself with care and compassion, create positive connections with peers and adults, and make a meaningful contribution to community and society.

Power through Service

Acknowledging that accomplishment has many flavors, each team creates and executes a local community service project. This experience demonstrates to girls the unimaginable strength that comes from helping others.

Up and Running

At each season's conclusion, the girls and their running buddies complete a 5k running event. In Columbus, this is a large, community wide event that's an inspiring gathering of friends and family. Completing a 5k gives the girls a tangible sense of achievement as well as a framework for setting and achieving life goals. The results are the same—making the seemingly impossible, possible.

Simple, engaging and extraordinary. **The result?** Healthy, confident girls who can.

What is the Curriculum for Girls on the Run?

Girls on the Run of Central Ohio offers two curriculums.

- Girls on the Run is for girls that are in 3rd through 5th grades
- Heart & Sole is for girls in 6th through 8th grades

The principle philosophies and psychological research for both programs are the same, yet the processing varies by developmental level with the two different curricula. The Heart & Sole curriculum allows for deeper discussion at this critical stage of development. At the end of the season, they girls culminate in a non-competitive 5K run/walk event to help them practice setting a goal and working towards goal attainment. Mid-season, the girls practice the 3.1 mile run.

For both programs, the curriculum is divided into three parts:

- 1.) 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.
- 2.) 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.
- 3.) 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.

How many girls are in each group?

We limit each team of girls to a maximum of 12 for new sites and 15 for established sites 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.

How many teams are at each 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.

What is the timing and length of session?

Girls on the Run is offered during two seasons per year, once from September to November and once in spring from March to May. The girls meet with their coaches twice a week and each session is approximately 75-90 minutes. Each site self-selects the meeting days and times that work best for them.

What are the costs of Girls on the Run?

Our program fees are \$150 per girl. **NO girl will be prevented from participating due to inability to pay.** We offer a sliding fee scale during online registration and on registration forms, which include a section for girls' parents to indicate a need for financial assistance. If girls are unable to pay the minimum fee please contact Jess Sparks, Council Director, at jessica.sparks@girlsontherun.org

<u>Family (total household)</u>	<u>Income Fee Schedule</u>
Less than \$25,000	\$10
\$25,001 --- \$34,999	\$20
\$35,000 --- \$44,999	\$30
\$45,000 --- \$54,999	\$50
\$55,000 --- \$69,999	\$100
over \$70,000	\$150

Included for the girls in the \$150 program fee

- Twenty 1 hour and 15 minute lessons conducted by certified GOTR coaches
- A GOTR program t-shirt during the season
- The registration fee for the culminating 5K event
- 5K finisher medal and end of season celebration
- 5K T-shirt
- Samples from national sponsors
- Grown-up Guide for parents to continue discussion of lesson topics at home
- A Healthy snack at each meeting
- A lifetime of confidence and the power to walk tall

Program fees cover expenses such as:

- GOTR coaches training
- CPR/first aid training
- GOTR/GOT 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 of Central Ohio 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.



How can we sign up to be a site?

In order to be considered as a GOTR of Central Ohio 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. 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 by recruiting girls for participation and copy/distribute flyers to girls and their families
- 📋 Complete the site application for each programming season a site wishes to host programming

☀️ **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 Head Coaches** and as many assistant coaches and running buddies as you would like at each site. Head coaches must be female adults; however, assistant coaches and running buddies can be male. Two additional coaches must be provided if your site plans to have two teams. All volunteers are required to:

- 📋 Complete an application and a background check through Unique Background Solutions and any other paperwork required by GOTR of Central Ohio. Our number one goal is to keep the girls safe!
- Attend a 4-hour coaches training (at no cost)
- 📋 Understand and believe in the mission of the organization, act as a spokesperson for the program, and serve as a role model and mentor 1 head coach per site needs to complete CPR/first aid training (paid for by GOTR of Central Ohio)

The HEAD COACHES will be responsible for:

- Coordinating and communicating with your site's team of coaches, including planning a pre-season meeting
- Preparing for and supervising twice-weekly lessons and leading participants in a manner consistent with the GOTR International philosophy and curriculum. GOTR of Central Ohio provides the curriculum and all lesson materials.
- 📋 Interact with parents of program participants and plan and coordinate the end of season celebration
- 📋 Attend the end of season 5K
- 📋 Communicate with parents and the Girls on the Run office

We want to help!

We will send email updates and newsletters to keep you up-to-date during the season and provide on-going GOTR of Central Ohio 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.

For questions or concerns, e-mail our Council Director Jess Sparks at Jessica.Sparks@girlsontherun.org