

SITE LIAISON



The Girls on the Run® Site Liaison must possess a passion for and commitment to improving the lives and opportunities of girls in third through eighth grades. The Girls on the Run (GOTR) program provides a safe and interactive way to learn about healthy living which includes an introduction and education on important topics such as goal-setting, cooperation, healthy decision-making, and self-respect, while training for a 5K event. The innovative curriculum teaches girls to listen and open up while also encouraging them to commit to a healthy lifestyle, and harness the inner strength that they possess. Our important mission is accomplished by giving girls the tools to make positive choices for a healthy body and mind, while reducing the many risks they face today. A Girls on the Run Site Liaison serves as a link between coaches, participants, parents, school administration and Girls on the Run of Northern Arizona. The Site Liaison is not required to be at practices, but can also serve as a coach of the team if interested.



RESPONSIBILITIES OF A SITE LIAISON

Site Liaisons are responsible for:



- Communicating with the site administration
- Securing twice weekly practice space for GOTR
- Recruiting 2-3 coaches
- Providing a school calendar
- Encouraging at least 8 girls to participate in GOTR
- Submitting registration forms and fees
- Finding and assigning running buddies for the 5k
- Serving as a Coach or Substitute Coach

If you are ready to apply to be a GOTRNA site, please visit <http://www.gotrna.org/Start-Site> to complete your application.

Contact Marney Babbitt at 928-522-9452 or Marney.babbitt@girlsontherun.org with questions

TIMELINE OF THE SEASON

When	What	How
January- April	Apply to be a Site	<ul style="list-style-type: none"> • Get permission from the administrator at your site • Find a Head Coach and 1-2 Assistant Coaches for your team • Secure twice weekly practice space for GOTR: outdoor and indoor space, a meeting location (front lobby/gym), small storage space, and access to restrooms • Complete the online Site Application Form
April	Get your Site on Board	<ul style="list-style-type: none"> • Meet with GOTR/NA staff at your site for a tour • Recruit girls to join your team
Late June	Meet your Coaching Team	<ul style="list-style-type: none"> • GOTR/NA sends out final coaching rosters. Plan a meeting with your coaching team at your site.
July	Final Details	<ul style="list-style-type: none"> • Provide GOTR/NA with: <ul style="list-style-type: none"> ○ Confirmation of reserved practice rooms ○ Site Calendar practice days, times and who will lead practice. Be sure to include school holidays or conference days when there won't be practice.
August	Training/ Recruit Girls	<ul style="list-style-type: none"> • Attend Coach Training (as a coach for your team, or a substitute) • Girl Registration opens July 31 • Encourage girls to register online • Answer any parent questions at your site • Ensure you have at least 8 girls on your team
The week of August 21	The First Practice	<ul style="list-style-type: none"> • Attend the first practice to meet families, hand out grown-up guides and explain the role of a Running Buddy
September- November	The GOTR Season	<ul style="list-style-type: none"> • Serve as a Coach or Substitute coach as needed • Talk with your school community about being a Running Buddy
November	Running Buddy Assignment	<ul style="list-style-type: none"> • With assistance from GOTR/NA, ensure that every girl on your team has a Running Buddy registered for the 5k
Saturday, November 11	5k	<ul style="list-style-type: none"> • Join us as we celebrate the season!

