



# New Site Information



We believe that every girl  
CAN embrace who she is,  
CAN define who she wants to be,  
CAN rise to any challenge,  
CAN change the world.  
**CAN.**

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# About Girls on the Run

Girls on the Run San Diego is an independent council of Girls on the Run® International, a 501(c)3 non-profit organization dedicated to creating a world where every girl knows and activates her limitless potential and is free to boldly pursue her dreams.



Meeting twice a week in small teams of 8-20 girls, we teach life skills through dynamic, interactive lessons and running games. The 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.

Running is used to inspire and motivate girls, encourage lifelong health and fitness and build confidence through accomplishment. Important social, psychological, and physical skills and abilities are developed and reinforced throughout the program. At each season's conclusion, the girls and their running buddies complete a 5k running

event which gives them a tangible sense of achievement as well as a framework for setting and achieving life goals. The result—making the seemingly impossible, possible and teaching girls that they can.

## Mission, Vision & Core Values

### Our Mission:

We inspire girls to be joyful, healthy and confident using a fun, experience-based curriculum which creatively integrates running.

### Our Vision:

We envision a world where every girl knows and activates her limitless potential and is free to boldly pursue her dreams.

### Girls on the Run Honors Its Core Values:

- Recognize our power and responsibility to be intentional in our decision making
- Embrace our differences and find strength in our connectedness
- Express joy, optimism and gratitude through our words, thoughts and actions
- Nurture our physical, emotional and spiritual health
- Lead with an open heart and assume positive intent
- Stand up for ourselves and others

# Girls on the Run Programming

Girls on the Run is a physical activity-based positive youth development program (PA-PYD) that is designed to develop and enhance girls' social, psychological, and physical competencies to successfully navigate life experiences. 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
- Make a meaningful contribution to community and society



Such life skills will prevent unhealthy and risky behaviors, such as physical inactivity and negative body image, and promote positive health outcomes (e.g., physical, mental, social, and spiritual health).

## Why Offer Girls on the Run?

- Our 10-week program provides interactive activities such as running, playing games, and discussing important self-empowering issues.
- The program concludes with all participants walking, running, or skipping in a community 5k event. This involves family, friends, teachers, and the community at large.
- The program utilizes a whole-person approach to elevate emotional, social, mental, and physical health.
- We offer our program to *all* girls regardless of their ability to pay. We provide financial aid for families depending on their household income and household size.

# Girls on the Run Curricula



We offer two programs:

- Girls on the Run for 3rd-6th grade girls
- Heart & Sole for 6th-8th grade girls

The principle philosophies and psychological research for both programs are the same, yet some topics and discussion questions vary for developmental reasons. The Heart & Sole curriculum allows for deeper discussion on girl-driven topics.

Each curriculum is divided into three parts:

**Part One:** Understanding themselves and setting personal goals

**Part Two:** Learning skills to foster leadership, team building, and cooperation

**Part Three:** Examining their relationship to the community, including development and implementation of a community service project

Each lesson focuses on a specific topic and follows a format that provides consistency and structure for the girls' experience:

**Introduction/Getting on Board:** As the girls arrive and settle into a circle, the coaches "check in" with them, seeing how each is feeling, getting a feel for the group's dynamic for the day, and introducing the topic of the lesson.

**The Warm Up:** The warm-up is a brief activity, relay or game that energizes the girls and warms up their muscles. The warm-up activity is usually a short interactive running game that incorporates the lesson topic.

**Processing:** With their muscles warmed up a bit, the coaches lead the girls through a brief stretching session. During that time, the girls and the coaches "process" the topic.

**The Workout:** The workout follows the warm up/stretch. This involves more actual running/walking. The amount of running varies based on each girls' ability, pace, and their stage of training.

**The Wrap-Up:** Following the workout is a cool down and stretching period where the girls do a group processing and discussion. Each session ends with positive reinforcement from the coaches and a group cheer.

# Potential Sites

Each season, our GOTR council offers programming at 30-40 locations. This past year (the last two seasons), more than 1,000 girls in 3<sup>rd</sup>-8<sup>th</sup> grade participated in Girls on the Run programming at various locations throughout San Diego county. Sites include schools, churches, community centers, and parks.

## Sites Must Provide:

- A contact person (Site Liaison) to coordinate with our office
  - Usually a staff member, parent or member of that particular community
- Four volunteer coaches
  - All coaches must attend a GOTR training in order to be a coach
- A safe place for running (for example a track or field that can be measured)
- An inclement weather site (i.e. classroom)
- Two days/week for 75 minute practices
- Registration information to all girls in age group (we provide marketing materials)

## Girls on the Run Will Provide:

- Volunteer training for all coaches
- Marketing and registration materials
- Materials and curriculum for each season
- Site stipend and ongoing support

## Volunteer Coaches:

Each team must have 4 coaches. All coaches must attend a GOTR training session, completed an online training module, complete paperwork and a background check before the program begins.

## Team Size:

We must have a minimum of eight girls and a maximum of 20 girls in order to offer programming. The minimum is based upon curriculum considerations because much of our curriculum is related to team building and group dynamics. Fewer than eight girls may make it difficult to provide the experience we want to offer to the girls, and more than 20 girls make it complicated to establish the group rapport and the depth of community we are seeking.

## Timing and Length of Sessions:

We have two seasons of Girls on the Run programming each year:

- Fall, which begins in mid-September and ends in early December.
- Spring, which begins in mid-February and ends in May.

## Fees and Financial Aid:

Our current fee is **\$225** per 10-week season. Partial needs-based scholarships are available and are based on household income and the number of people living in a household.



# Site Liaison Job Description

## Position Profile

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 Site Liaison reports to the Girls on the Run staff. The Site Liaison is responsible for managing their specific Girls on the Run site. Some of the key responsibilities falling within these areas include:

- Complete site application; gain approval of principal/authority in support of hosting the program and confirm programming with principal each season following
- Assist in the recruitment of coaches for the site and inform GOTR of these coaches
- Attend any necessary informational meetings/conference calls
- Market program information at site and distribute all registration materials
- If paper site, collect registration forms with payments. Review for accuracy and confirm completion of information on registration forms; follow-up with families if necessary and submit to GOTR office by registration deadline
- If online site, direct all families to online registration page on the GOTR website
- Meet with coaches prior to the start of the season, and communicate with them throughout the season
- Communicate with Program Manager regarding any change of site information
- Keep in contact with Program Manager regarding registration problems, need for additional publicity, site changes, etc.
- Serve as sub-coach at site if needed (must attend training)
- Provide occasional feedback to Girls on the Run organization
- Champion the Girls on the Run program at your site and have fun!



# Volunteer Coach Job Descriptions

## *(Head, Assistant and Junior Coaches)*

### Head Coach

The Head Coach is a volunteer position that works with a team of coaches to facilitate the Girls on the Run® curriculum to program participants. This position entails approximately four hours per week for a 10-week commitment. \*The Head Coach must be CPR/first aid certified.

#### Major responsibilities include:

- Preparing, organizing, and supervising the weekly lessons;
- Leading the program participants through each lesson;
- Facilitating communication with parents/guardians of program participants;
- Attending the Girls on the Run® 5k with program participants and their family;
- Planning and coordinating the team's end of season party, and
- Understanding and believing in the organization's mission.

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### The Assistant Coach

The Assistant Coach assists the Head Coach at a Girls on the Run program site while serving as a role model and mentor for program participants. The position entails approximately 1.5-3 hours per week for a 10-week commitment.

#### Major responsibilities include:

- Attending program sessions on a consistent basis;
- Setting-up/breaking down of games and lessons; encouraging and cheering for all participants;
- Participating in games and workouts as needed;
- Attending the Girls on the Run® 5k with program participants and their family, and
- Understanding and believing in the mission of the organization.



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### The Junior Coach

The Junior Coach is a volunteer position for individuals between 16-17 years of age to assist the Head and Assistant Coaches at a Girls on the Run program site. The position entails approximately 1.5-3 hours per week for a 10-week commitment.

#### Major responsibilities include:

- Attending program sessions on a consistent basis;
- Assisting with setting-up/breaking down of games and lessons;
- Providing one-on-one attention to program participants;
- Leading an activity with assistance and supervision of the Head Coach if desired
- Understanding and believing in the mission of the organization.

# Next Steps...

## Spring 2017 Program Planning:

- Review New Site Information packet
- Gain approval from principal/site director to host GOTR program
- Reach out and confirm 4-7 volunteer coaches to lead the team
- Decide on program days/times
- Complete New Site Application by December 12, 2016**

## Getting Coaches On Board:

- Online Coach Application
- Background check authorization (sent following Coach Application)
- Coach Training (one 4-hour in-person session and online modules)
- CPR/First-Aid Training (if Head Coach)

## Starting the Season:

- Coaches receive 10-week curriculum and supplies
- Site Liaisons will receive marketing materials, flyers, and email templates for recruiting
- Registration opens January 1 and closes after the team's fourth practice
- Sites must have a minimum of 8 girls and a maximum of 20 girls for the program

## Important Spring 2017 Dates:\*

- **December 12** – All Spring 2017 Site Applications due
- **December 16** – Site applications approved
- **January 1** – Online program registration opens!
- **January 21 & 26** – Coach training
- **February 1** – Coach registration deadline
- **February 7** – Coach training
- **February 6-27** – (Rolling) Spring season starts!
- **March 1** – Online registration for GOTR 5k opens
- **May 7** – Girls on the Run 5K
- **May 9-12** – Final team practices

\*Dates subject to change.

