



# New Site Information

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

## **Girls on the Run of Atlanta**

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# About Girls on the Run

Girls on the Run is a non-profit 501(c)(3) organization that inspires girls to be joyful, healthy and confident using a fun, experience-based curriculum which creatively integrates running. Our program combines training for a 5k (3.1 mile) running event with lesson plans designed to promote positive choices and an active lifestyle.

Meeting twice a week in small teams of 8-15 girls, we teach life skills through dynamic, interactive lessons and running games. The 12-week curriculum is taught by certified Girls on the Run volunteer coaches.



Running is used to inspire and motivate girls, encourage lifelong health and fitness and build confidence through accomplishment. 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).

## AREA & GIRLS SERVED

Girls on the Run of Atlanta is proud to serve 3,000+ girls a year in Cobb, DeKalb, Fulton and Gwinnett Counties. Since 2000, more than 20,000 girls in metro Atlanta have participated in the program.



The **Girls on the Run** (3<sup>rd</sup> – 5<sup>th</sup> grades) curriculum inspires young girls to define their lives on their own terms, make new friends, build confidence and celebrate all that makes them unique. The girls get a better understanding of who they are and what's important to them, the value of teamwork and healthy relationships and how they can positively connect with and shape the world.



The **Heart & Sole** (6<sup>th</sup> – 8<sup>th</sup> grades) curriculum allows for deeper discussion on topics relevant as girls grow into middle school, providing a safe outlet for discussion at this crucial stage of development. The girls learn how to put concepts into action, including decision making, boundary setting and team building.

# Coach a Team

Coach	Junior Coach	Site Liaison
<p>Volunteers who facilitate the Girls on the Run curriculum to program participants. This position is a 12-week commitment for either one or two days a week for 2 – 4 hours per week.</p>	<p>Volunteer position for high school students. This position is a 12-week commitment for either one to two days a week for 1.5 – 3 hours per week.</p>	<p>Supports the coaches at their program site. Serves as the coordinator between the site administration, the coaching team and Girls on the Run throughout the season.</p>
Requirements & Responsibilities	Requirements & Responsibilities	Requirements & Responsibilities
<ul style="list-style-type: none"> <li>• Attend an info meeting</li> <li>• Complete a background check</li> <li>• Participate in a half-day GOTR coach training and a one hour online training</li> <li>• Participate in a CPR and First Aid certification class (valid for two years) or provide proof of current certification</li> <li>• Prepare, organize and supervise weekly lessons and attend at least one practice per week</li> <li>• Meet organization and reporting deadlines</li> <li>• Serve as a role model for program participants and encourage the girls</li> <li>• Understand and believe in the mission of the organization and exhibit characteristics that keep with the mission</li> <li>• Pick up and return all curriculum materials</li> <li>• Facilitate communication with parents/guardians of program participants</li> <li>• Collaborate with coaches for successful lesson delivery</li> <li>• Participate in the end-of-season Girls on the Run 5K</li> <li>• Plan and coordinate your team's end of season party</li> </ul>	<ul style="list-style-type: none"> <li>• Attend an info meeting</li> <li>• Must be 16-18 years old</li> <li>• Complete a background check</li> <li>• Participate in a half-day GOTR coach training and a one hour online training</li> <li>• Attend practice once or twice per week</li> <li>• Serve as a role model for program participants</li> <li>• Provide one-on-one attention to program participants</li> <li>• Participate in games and workouts with the girls</li> <li>• Lead activities with assistance and supervision of the coaches</li> <li>• Participate in the end-of season Girls on the Run 5K</li> </ul>	<ul style="list-style-type: none"> <li>• Attend an info meeting</li> <li>• Complete site application, which includes obtaining indoor and outdoor meeting and running space</li> <li>• Assist with recruiting 2-3 coaches for the site</li> <li>• Assist with recruiting program participants and advertise the program and end-of-season 5k</li> <li>• Act as primary contact with Girls on the Run staff and site administration (e.g. school principal or site director) throughout the season</li> <li>• Meet with coaches at least one time prior to the start of the season</li> <li>• Site liaison can also be a coach</li> </ul>

**We require a minimum of two coaches (one 21 or older) at each site per practice.**



## GROUP SIZE

Girls on the Run requires two to three coaches per team and 8-15 participants. An important part of the curriculum is the group dynamics and team building. Fewer than eight can make it difficult to implement the lessons and more than 15 makes it difficult to establish group rapport. If a site would like to host more than one team, they will need to establish a separate group of coaches and meeting days/times. Please complete a separate site application for each team.

## PROGRAM FEES

\$170 per girl, (\$180 at Fulton County Public School sites. Fulton County charges an extracurricular facility use fee.) Financial assistance is available on a sliding scale based on household income starting at just \$25 a girl. We are proud to have never turned a girl away from participating because of her family's financial situation.

The Cost of the program includes:

- Nationally recognized curriculum
- 90 minute session twice a week for 12 weeks
- Lesson handouts and materials
- A Girls on the Run t-shirt and water bottle
- Girls on the Run 5K registration, 5k t-shirt and 5k medal
- End of season certificates and awards
- Girls on the Run coach training and certification
- General liability insurance and all administrative assistance to coaches, sites, girls and parents

## FULL SCHOLARSHIPS

We are able to offer a limited number of full scholarships to teams at schools and facilities in economically challenged areas. To qualify, schools or sites must have 70% or more students receiving free or reduced lunch. Full-team scholarships are awarded on a first-come, first-served basis.

To apply:

- Complete the online Site Application – emailed to you after you attend one of the monthly info meetings
- Provide a letter on school or organization letterhead stating the school's free and reduced lunch percentage for the academic year of application, signed by the principal or director
- Pay the \$150 site fee per team, per season. This fee can be paid at the site's discretion by individuals or by the site.



# New Site Application List

- Designate a **SITE LIAISON** to serve as the program site contact
- Recruit two to three **VOLUNTEER COACHES**. Volunteer Coaches must attend a Girls on the Run coach training.
- Site liaisons and new coaches must **ATTEND AN INFO MEETING** after which they will receive the **SITE AND/OR COACH APPLICATION**
- Provide a safe, dedicated **OUTDOOR SPACE** for practice and running activities
- Provide a safe, dedicated **INDOOR OPTION** for inclement weather
- Identify **TWO DAYS A WEEK** for practices (90 minutes)
- Teams must consist of eight - 15 **GIRLS**
- Obtain **ADMINISTRATION APPROVAL**
- Deadlines:** Spring season: December 15; Fall season: July 1

Please note that all applications are subject to prior approval. A submitted application does not guarantee the program will be offered. Girls on the Run of Atlanta is rapidly expanding, and we are doing our best to accommodate as many new site requests as possible. Unfortunately, it may not be feasible to start a site, due to funding and staff limitations.



Contact us with any questions.  
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