



Girls on the Run of Iredell County

New Site Setup Information

Girls on the Run Mission:

*To Educate and Prepare Girls for a
Lifetime of Self Respect and Healthy Living*

About Girls on the Run

GOTR is a non-profit 501(c)(3) organization dedicated to helping girls stay out of the “girl box.” We use experiential learning programs, which combine training for a 5k race with curricula designed to promote good choices for a lifetime of self-respect and healthy living. GOTR was founded in Charlotte in 1996 by Molly Barker, MSW and 4-time Hawaii Ironman triathlete. Girls on the Run of Iredell County was founded in 2007 and has served over 500 girls since. Girls meet twice a week for twelve weeks to run, to laugh, to learn and to look at the “girl box” issues they face everyday.

Potential Sites

GOTR Iredell has programs running in over 10 locations currently throughout Iredell County. We partner with local (private and public) schools, YMCAs, community centers, churches and homeschool groups to offer Girls on the Run in a variety of locations in an effort to reach as many girls as possible.

Site Must Provide:

- A site liaison to coordinate with GOTR. This can be a staff member, teacher, principal, PTA president, parent and/or interested member of that particular community.
- A safe indoor meeting location for the girls to gather prior to Girls on the Run
- A safe place for running (track or field, empty parking lot)
- Rainy day indoor location (classroom, gym)
- Head coach and assistant coach trained by GOTR and present at each practice
- Two non-consecutive days to host practice a week

GOTR will Provide:

- Volunteer training for all head and assistant coaches
- Brochures and registration information
- Materials and curriculum for each season
- Healthy snacks or stipend for snacks
- Ongoing support

Site Liaison

The Site Liaison’s role is to facilitate the smooth implementation of the program by serving as a contact between Girls on the Run and the site. Girls on the Run primarily communicates via email, so it is necessary for the Site Liaison to have an open email account that they check regularly. A site Liaison may be one of the coaches as well.

The Site Liaison has the following responsibilities:

- Arrange for a safe indoor and outdoor activity location to run the program
- Arrange for a safe meeting location for the girls to gather prior to GOTR
- Locate and secure access to a restroom for both the participants and volunteers to use prior to and during GOTR
- Distribute registration and marketing materials to all girls in 3-5th or 6-8th grades depending on the program

- Assist in marketing the program to participants and potential volunteers, through newsletters, websites, email blasts and other opportunities at your location
- Maintain regular communication with GOTR council director throughout the season

Coaches

Each site will provide a head and assistant coach. All head coaches must be CPR and First Aid certified and attend a day-long training session before the program begins. They are provided with a well-developed, well-researched curriculum which has been used successfully by GOTR for over 10 years.

The Head Coach has the following responsibilities:

- Understand and believe in the mission of Girls on the Run
- Serve as a role model for young girls
- Must be 21 years old
- Become CPR and First Aid certified
- Attend full day Coaches' Training
- Attend coaches' meeting throughout the season
- Prepare, organize and supervise the weekly lessons
- Lead the program participants through each lesson
- Interact with parents of program participants
- Plan and coordinate the community project
- Recruit running buddies for all 5k participants and collect \$10 registration fee from running buddies
- Attend the end of season 5k event with the program participants and other volunteers

The Assistant Coach has the following responsibilities:

- Understand and believe in the mission of Girls on the Run
- Serve as a role model for young girls
- Attend full day Coaches' Training
- Attend program on selected day(s) on a consistent basis;
- Assist with all aspects of the facilitation of the Girls on the Run curriculum
- Attend coach's meeting in absence of head coach
- Encourage and cheer for all participants
- Participate in games and workouts with the girls as needed by the coaches;
- Attend end of the season 5K with coaches, program participants and other volunteers.

At some sites, we have "Co-coaches" who split the head coaching responsibilities between them and work together to facilitate the lessons.

In addition to the wonderful experience of working with these girls, we also offer coaches and participants discounts on New Balance running apparel. New Balance is one of our corporate and local sponsors and provides discounts on shoes and clothing through their website and at their Charlotte locations. Coaches also receive an appreciation gift at the end of the season.

Group Size

We must have a minimum of 8 girls for the program to exist. Each group is limited to a maximum of 15 girls. The minimum is based upon both financial and curriculum considerations. 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 fifteen girls makes it difficult to establish the group rapport and the depth of community we are seeking.

Timing and Length of Sessions

We have two sessions of Girls on the Run each year.

Fall Season begins in early September and runs for 12 weeks, meeting twice a week, ending around early December with the New Balance Girls on the Run 5k.

To begin a session at your site in the fall, planning should begin in early March and your New Site Application is due by June 1.

Spring Season begins in early February and runs for 12 weeks, meeting twice a week, ending around mid-May with the New Balance Girls on the Run 5k.

To begin a session at your site in the spring, planning should begin in August and your New Site Application is due by November 1.

Registration

Girls on the Run of Iredell offers registration on Active.com for your convenience.

Fees and Scholarships

The current program fee is \$100 a season. The actual out of pocket cost to Girls on the Run is estimated at \$200 per girl. Families who have the ability to and are interested in supporting the program beyond the \$100 will have an opportunity to sponsor additional girls on the participant registration form.

The program fee includes:

- 24 one and a half hour lessons conducted by a certified GOTR coach
- Lesson handouts and materials
- Healthy snack at each practice
- Girls on the Run t-shirt
- Water Bottle
- 5K registration

Scholarships:

- Available by contacting the Council Director at 704-280-6203 during registration
- Full and partial scholarships are available and are based on the families' ability to pay.

Curriculum

Each curriculum (one for spring and one for fall) covers 24 lessons. The curriculum is divided into three parts:

Part One: Understanding themselves and setting personal goals (4 weeks)
Part Two: Learning skills to foster leadership, team building, and cooperation (4 weeks)
Part Three: Examining their relationship to the community, including development and implementation of a community service project

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

1. Introduction/Getting on Board: As the girls arrive and settle into a circle, the coach "checks 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.
2. The Warm Up: The warm-up is brief activity 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 for that day. For instance, in one of the first lessons, the coach marks off a short running course. The girls stand at one spot and the coach calls out a "like statement" - "I like chocolate chip cookies," or "I like to go to the beach." All those girls who agree with the statement run (walk, jog - they set their own paces) the course marked out by the coach. These statements continue, with contributions by the girls, until everyone has run a few times at least.
3. Processing: With their muscles warmed up a bit, the coach leads the girls through a brief stretching session. During that time, the girls and the coach "process" the topic. In this example, they might discuss how people can have different likes and dislikes and still be friends or how our likes and dislikes develop, etc.
4. The Workout: The workout follows the warm up/stretch. This involves more actual running. The amount of running varies based on each girls' ability, pace, and their stage of process. The program starts with shorter periods of running and builds up as the coaches assess each girl's ability and pace. Eventually, the Work Out will build up to a "practice" 5k on site, to give the girls the confidence helpful in participating in an actual 5k racing event (see below) The running also involves the "topic of the day." For instance, in the session on positive attitude, each girl may be asked to make a positive statement about herself to the coach, each time she completes a lap.
5. 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 coach, a group cheer and a snack.

The season concludes with the New Balance Girls on the Run 5k.

Evaluation

Girls in the program may be given a pre- and post-test to evaluate attitudinal changes. This data helps us to evaluate our programs currently. In the future, we hope to enhance this process so that we may use the data gathered to offer even more support to the girls and their families. Additionally, the council director will visit each program site to evaluate the effectiveness of the curriculum and safety of the site.

Contact Us: For further information please call 704-280-6203 or email info@gotriredell.org.