

# APPLICATION FOR BECOMING A SITE FOR GIRLS ON THE RUN®



## Life...run with it!

### Basic Site Information

SITE: \_\_\_\_\_ (if school, affiliated with what school district? \_\_\_\_\_ )

ADDRESS: \_\_\_\_\_ CITY: \_\_\_\_\_

STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_ PHONE: \_\_\_\_\_ FAX: \_\_\_\_\_

### Site Liaison Information

The Site Liaison's role includes assuring the smooth implementation of the program by securing appropriate training space and serving as a link between coaches, participants and parents (see attached Liaison Role Description for additional details).

LIAISON NAME: \_\_\_\_\_ TITLE/ROLE: \_\_\_\_\_

LIAISON PHONE #: \_\_\_\_\_ EMAIL (REQUIRED): \_\_\_\_\_

### Readiness to Participate Criteria

While Girls on the Run® provides almost everything needed to run the program, the site is required to provide the following:

- Provide a safe, dedicated space for running. **THIS IS ESSENTIAL.** This does not have to be a track. A field is fine. However, there is a need to measure off part of the area for occasions when lessons require running a certain distance, e.g. 1 mile, 5K, etc.

Briefly describe the available running area: \_\_\_\_\_  
\_\_\_\_\_

- Provide a rain site. Indoor, private, preferably a gym reserved for GOTR® and **NOT** in conflict with other programs.

Briefly describe the available indoor space: \_\_\_\_\_  
\_\_\_\_\_

- Determine plan for identifying participants.
- Identify participants. Distribute registration forms to 3<sup>rd</sup> through 5<sup>th</sup> grade girls.

Briefly describe your recruiting and selection criteria (1<sup>st</sup>-come/1<sup>st</sup>-served, lottery, etc.) **AND how many copies** of the GOTR participant registration forms you would like to receive:

\_\_\_\_\_  
\_\_\_\_\_

- If multiple teams are formed, assign coaches and participants to teams. Teams should include blend of **ALL THREE** grades as much as possible.

## Readiness to Participate Criteria, continued

- Provide two coaching candidates per team for your site. Please list below two coaching candidates - list additional coaches on the back of this sheet, if applicable. Each coach will be required to attend one day of Girls on the Run® training, and one coach per team must complete 1<sup>st</sup> Aid and CPR certification. Coaches must be available two afternoons per week for the 12 week season

COACH CANDIDATE NAME: \_\_\_\_\_

CONTACT INFORMATION: Phone # \_\_\_\_\_ Email: \_\_\_\_\_

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CONTACT INFORMATION: Phone # \_\_\_\_\_ Email: \_\_\_\_\_

- Please have school principal or site director sign below indicating his/her acknowledgement and awareness that GOTR will be delivered at your site: \_\_\_\_\_
- Secure storage area for shoes, snacks, etc.  
If storage space is available, please describe area and how it will be accessed: \_\_\_\_\_

## Team/Practice Information

Would your site like to be considered for more than one team (up to 15 girls)? \_\_\_\_\_

If yes, how many teams of 15 girls can your site accommodate (considering practice facilities)? \_\_\_\_\_

Please choose two days per week and the time the participants will meet for 1 ½ hours per day.

Team 1 - Days: \_\_\_\_\_ Time (i.e., 3-4:30 p.m.): \_\_\_\_\_

Team 2 - Days: \_\_\_\_\_ Time (i.e., 3-4:30 p.m.): \_\_\_\_\_

Team 3 - Days: \_\_\_\_\_ Time (i.e., 3-4:30 p.m.): \_\_\_\_\_

## Program Fees

\$100.00 per girl. 2 scholarships per team allowed each season. Scholarships are given based on individual circumstances.

Included in the fee price are:

- ✓ lessons conducted by two certified GOTR® Coaches
- ✓ a water bottle
- ✓ participation in the 5K Celebration Event
- ✓ healthy snacks
- ✓ official GOTR T-shirt

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