

# Girls on the Run<sup>®</sup> of Atlanta, Inc.

## New Site Setup Information



### Contact

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Girls on the Run programming is sponsored by



# Girls on the Run of Atlanta Wants You!

## General Information:

### About Girls on the Run

- Girls on the Run (GOTR) offers a life changing, experiential learning program for third through eighth grade girls that combines training for a 5K running race with character building and self-esteem enhancing activities.
- The program runs for 10 weeks twice a year – fall and spring – and consists of 8-15 girls per group. Participants meet twice a week for 90 minutes after school or on weekends and train in school track facilities, community centers, parks or fields.
- Participants gain a better understanding of how to make healthy decisions, resolve conflict, maintain a positive attitude, build strong and supportive relationships, and cooperate effectively in a group to prepare for a lifetime of self-respect and healthy living.

### About Girls on the Run of Atlanta

- Girls on the Run of Atlanta started in 2000 and has since served more than 6,000 girls to date in metro-Atlanta,
- There are more than 40 programs throughout seven counties in metro-Atlanta including: **Please Note: Due to staff and financial limitations we have temporarily suspended sites in Coweta, Fayette, and Henry for the 2010-2011 academic year.**
- More than 200 women and men of diverse backgrounds and ages are certified as Girls on the Run coaches.
- Last season, 29% of participants received scholarships that paid for their entry fee (approximately \$160).

### History of Girls on the Run International

- GOTR International is the parent organization of more than 160 GOTR councils across the U.S. and Canada.
- Founded in Charlotte, N.C. in 1996 by Molly Barker, GOTR served more than 53,000 girls last year.
- **Girls on the Run** consists of third through fifth grade girls, while **Girls on Track** is geared towards sixth through eighth grade girls. Both are part of GOTR, but the curriculum differs in activities relevant to the age groups.
- Volunteer coaches receive certification training, CPR certification and background checks.
- Sponsors include New Balance, Goody's, Kellogg's Frosted Flakes, Secret, Horizon Fitness, Carolina Pad

### Timing and Length of Season: We currently have two sessions of Girls on the Run each year:

- **Fall Season** begins in early September, runs for 10 weeks (meeting twice each week), and ends in mid November with the **New Balance Girls on the Run 5K** in partnership with the Atlanta Youth Soccer Association's Arizona Soccer complex (Kirkwood).
- **Spring Season** begins the end of February, runs for 10 weeks (meeting twice each week), and ends in early May with the **New Balance Girls on the Run 5K** in partnership with WestStride running store (Buckhead).

## To Get Started

### Sites Must Provide:

- **A Site Coordinator:** A contact person at the site to coordinate with GOTR Atlanta. This person can be a site employee or a parent.
- **A safe place for running:** This does not have to be a track, a field is acceptable. However, it is necessary to measure off part of that area on occasions when lessons require running at certain distances, (e.g. 1 mile, 3k)
- **A rain site:** Designated space indoors for team to meet; a gym, covered outdoor area, hallway, etc.
- **Volunteer Coaches:** Two-three coaches to be trained by GOTR. We provide the training, curriculum materials, background checks and CPR/First Aid certification for all coaches.
- **Confirm Availability:** Our programs are 90 minute sessions, twice a week for 10 weeks. Locations need to confirm that space is available to host the program twice a week. The sites determine the days (two non-consecutive days) and times. We offer a fall and spring program, sites sign up for an academic year but can request to offer the program during only one season. (see calendar)
- **Market the program:** Distribute program and registration materials to all potential girls in the area.

- **Evaluation:** Participate in our program-wide pre/post evaluation

### **During the Program**

Girls on the Run of Atlanta provides General Liability Insurance for all of our program sites. In order to stay in compliance with our insurance, the program sites are required to:

- Deliver the program in a manner consistent with the GOTR International philosophy and curriculum.
- Ensure all volunteers meet GOTR coaching requirements (completed coach training, background check, health waiver)
- Adhere to the Girls on the Run of Atlanta program calendar. (twice a week for 10 weeks)
- Retain a current copy of the roster and signed health consent forms on-site for the duration of the program.

The program culminates with running in a **New Balance GOTR 5K** (3.1 miles). The event is open to the public. All are welcome to come out and walk, run, and join in celebrating the girls' accomplishments. All current participants and coaches are automatically registered for the 5K. Any parents, friends or running buddies need to register and pay to participate in the 5K; proceeds from the event go towards scholarships for the program.

### **GOTR will Provide:**

- General Liability Insurance for all of our program sites
- Program materials and curriculum for each season
- Marketing brochures, posters and registration information
- Volunteer Coach training and CPR/First Aid Certification

### **Site Coordinator**

#### **Site Coordinator is responsible for:**

- Arrange for a safe indoor and outdoor activity location, and gathering space prior to the program and during pick-up.
- Locate and secure access to a restroom for both the participants and the volunteers to use prior to and during the program.
- Complete and send in a signed Site Agreement annually. The contract is good for one academic year and must be signed by a principal or program director.
- Maintain and complete all paperwork in a timely manner.
- Maintain regular communication with the GOTR Atlanta staff throughout the season.
- Promote the program within the site's community
- Distribute program materials during the season, t-shirts, water bottles, parent flyers, etc.
- Maintain and return all curriculum materials at the completion of each season

### **Coaches**

All of our coaches take part in a 6 hour training session before the program begins. The training seminar is based upon a well-developed and researched curriculum used successfully by local and national GOTR® programs. We require a minimum of 2 coaches to be on site at all times.

#### **Coach Responsibilities and Time Commitment:**

- Register as a volunteer online, (electronic signature constitutes health/consent waiver for participation in program and GOTR5K). Link to register at [www.girlsontherunatlanta.org/volunteer](http://www.girlsontherunatlanta.org/volunteer)
- Attend a 6-hour Coaches' Training. GOTR completes a background check for all Coaches.
- Provide proof of current CPR/First Aid certification (GOTR provides CPR/First Aid certification classes).
- Meet organizational and reporting deadlines throughout the season.
- Attend two mandatory coaches meetings during the season (3 hours total)
- Prepare for and supervise (20) ninety-minute lessons in a manner consistent with the GOTR® of Greater Atlanta philosophy and curricula; this includes attending practice one or two afternoons per week for the duration of the program (approximately 30 hours total including being present 15 minutes before and after practice)
- Serve as a role model for the girls and encourage the girls at all times. Understand and believe in the mission of the organization and exhibit characteristics that keep with the mission
- Distribute the program pre-and post-evaluation as directed
- Lead the girls in the coordination of a community service project

- Participate with the girls in the end of season 5k run/walk
- You will be responsible to maintain and return all curriculum materials at the completion of the season

### **Volunteer Benefits:**

- Free CPR and 1st Aid certification
- Free training by certified Girls on the Run® trainers
- Free entry in the 5k Celebration Run
- Girls on the Run® T-shirt
- Discounts at our local running store partners, Phidippides and WestStride

**\*NOTE:** GOTR recruits community volunteers who become trained coaches and can be assigned to a site when that site is unable to provide the required three coaches. GOTR requires that anyone assuming coach responsibilities and attending practices must be a certified coach.

## **Registration and Payment Collection**

**Group Size:** We require a minimum of 8 girls and limit each group to a maximum of 15 girls. An important part of the curriculum is the group dynamics and team building. Fewer than 8 girls can make it difficult to implement the curriculum lessons and more than 15 girls make it difficult to establish group rapport. If a site would like to host additional teams of 15 girls they will need to establish another group of coaches and meeting times so the teams meet independently. Please complete a separate site application for each team.

**Registration:** We offer registration two ways to accommodate site needs. We will assume a site is using the online format unless otherwise indicated on the site application.

- **Online Registration** – This is our preference as it is the easiest and fastest way to do registration.
  - GOTR of Atlanta maintains the online registration with a link from our website.
  - Online registration sets a maximum team size and automatically closes when full.
  - We manage the wait list
  - Partial scholarships are automatically applied to the fee online (full scholarships must contact our offices).
- **Paper registration** – The Site Coordinator is responsible for managing:
  - Communicating registration procedures effectively with all potential participants.
  - Collecting the registration/scholarship forms, health consent forms and fees on a first come basis.
  - Once the registrations, waivers and fees are collected they need to be mailed to the GOTR office **prior** to the start of the program.

**Fees:** Cost of the program: \$160 (\$4.67 per hour of instruction, per girl, plus \$20 race registration fee)  
Total instruction hours: 30 (1.5 hour session twice a week for ten weeks).

Included in the fee price are:

- Nationally recognized curriculum developed by two adolescent psychologists
- lesson handouts and materials;
- a GOTR t-shirt and water bottle
- participation in certified GOTR5K
- end of season certificates and awards
- GOTR Coach training and certification costs
- Fees for liability insurance;
- Fees to our national program (required by the national office);
- All administrative assistance to coaches, sites, girls and parents.

### **Scholarship Program:**

In the event that a girl is unable to afford the cost of the program, we will do everything we can to offer her a scholarship. Coaches and site coordinators will be given scholarship forms to make available to families. Our intention is to offer the Girls on the Run program to as many girls as possible and we don't want fees to prohibit participation. We offer partial scholarships on a sliding scale ranging from \$25-\$120. We also have full scholarship and reduced fee site opportunities for Title One Schools. Contact our program director for more information.

Girls on the Run of Atlanta, 5696 Peachtree Parkway, Norcross, GA 30092, ph:678-992-2670, fax:678-992-2604  
[www.girlsontherunatlanta.org](http://www.girlsontherunatlanta.org)

## Girls on the Run Curriculum

Girls on the Run is the name of the organization, but we offer two programs: Girls on the Run for 3rd-5th grade girls and Girls on Track for 6th-8th grade girls. The principle philosophies and psychological research for both programs are the same, yet the processing varies with the two different curricula for developmental reasons. The Girls on Track curriculum allows for deeper discussion on topics becoming more and more relevant as girls grow into middle school, providing a safe outlet for discussion at this crucial stage of development.

Each curriculum (one for fall and one for spring) covers 20-24 lessons. The 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 related topic and follows a five part format that provides consistency and structure for the girl's experience:

**Introduction/ Getting On Board:** As the girls arrive and settle into a circle, the coach "checks in" with them, sees how each is feeling, gets a feel for the group's dynamic for the day, and introduces the topic of the lesson.

**The Warm Up:** The warm-up is a brief activity or game that energizes the girls and warms up their muscles. The topic of the lesson is incorporated into the game. 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 math." All those girls who agree with the statement run (walk, jog - they set their own pace) the course marked out by the coach. These statements continue, with contributions by the girls, until everyone has had a chance to run and warm up.

**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.

**The Workout:** This involves more actual running. 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. The season starts with shorter periods of running and builds up as the coaches assess each girl's ability and pace. Eventually, the workout will build up to a practice 5K to build the girls' confidence for participating in the actual 5K event (see below).

**The Wrap-Up:** After the workout, there is cool down and stretching period where the girls do a group processing and discussion. The session always ends with a positive reinforcement from the coach, a group cheer and a healthy snack.

The season concludes with participation in a 5K run. We participate in our very own running event, The Girls on the Run 5K, in both Fall and Spring. These are great events that celebrate the girls' accomplishments and participation in Girls on the Run!

**Evaluation:** Girls in the program are given academically evaluated pre- and post-tests to measure attitudinal changes, which helps us to evaluate our programs. Because Girls on the Run is an international organization and affiliates across the country use the same pre- and post-tests with their girls, we are able to both gather specific local information and also to compare Atlanta data to information gathered across the country. GOTR-Atlanta participates in the program evaluation during the fall season.

## **Next Steps:**

### **Step 2: Complete a Site Application**

- **Contact Us** for a site application
- **Application Deadline:** July 15th for the Fall Season, and December 15th for the Spring Season
- **Please Note: Due to staff and financial limitations we have temporarily suspended sites in Coweta, Fayette, and Henry for the 2010-2011 academic year.**
- **Complete a site application and return to our Program Director by the deadline.** (Girls on the Run provides general liability insurance for all of our program locations).
- **Set up a site visit** for a staff member to come out and visit the program location.

### **Step 3: Start the Coach Application Process**

- Complete the **Volunteer Application** on Active.com (all coaches need to complete the coach application process)
- Once we receive your completed application we will contact you to arrange an interview

### **Step 4: Follow-Up**

- Upon receiving your application, our Program Director will review the application and be in touch to work out the final details.
- **Please note:** that all applications are subject to prior approval. A submitted application does not guarantee the program will be offered. GOTR 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 our Program Director with any questions or for more information.**