



NEW SITE START-UP PACKET

GIRLS ON THE RUN OF THE GREATER CHESAPEAKE

About Girls on the Run of the Greater Chesapeake

Girls on the Run is a life-changing, non-profit prevention program for girls in 3rd through 8th grade. Our mission is to inspire girls to be joyful, healthy and confident using a fun, experience-based curriculum which creatively integrates running.

Girls on the Run combines training for a 5K (3.1 miles) running event with healthy living education. Our programs instill self-esteem and strong values through health education, life skills development, mentoring relationships, and physical training – all of which are accomplished through an active collaboration with girls and their parents, schools, volunteers, staff, and the community.

Girls on the Run of the Greater Chesapeake is an Independent Council of Girls on the Run International, founded in 1996, by Molly Barker, a visionary Ironman triathlete. Today there are more than 190 locations across the United States and Canada, with new locations added every year.

Potential Sites

Girls on the Run of the Greater Chesapeake has programs throughout Anne Arundel and Calvert County. We typically partner with local (public and private) schools, but can also partner with YMCA's, YWCA's, community centers, churches or other neighborhood groups to offer our program in a variety of locations in an effort to reach as many girls as possible.

Site Responsibilities

Girls on the Run of the Greater Chesapeake provides almost everything needed to run the program. Your site would need to:

- Provide a site liaison to coordinate with Girls on the Run of the Greater Chesapeake. This can be a staff member, teacher, principal, PTA/PTO president, or parent.
- Provide a safe place for running, for example a track or open field. If using an open field it must be able to be measured for lessons that require running a specific distance. Girls on the Run of the Greater Chesapeake will obtain all required permits for the location you identify.
- Provide a safe indoor meeting location such as a classroom or gym to use in cases of inclement weather.
- Choose two non-consecutive meeting days. Each session must be ninety minutes in length.

- Distribute registration materials to all girls in the target population. Girls on the Run of the Greater Chesapeake will provide electronic templates for these materials but each site is responsible for copying and distribution.
- Provide at least one head coach and one assistant coach, both of whom must attend volunteer training provided by Girls on the Run of the Greater Chesapeake prior to the start of the season.

Roles and Responsibilities

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 of the Greater Chesapeake and the host site. Girls on the Run of the Greater Chesapeake communicates primarily via email, so it is necessary for the Site Liaison to have an open email account that they check regularly. The Site Liaison may also be a Coach.

The Site Liaison has the following responsibilities:

- Arrange for a safe indoor and outdoor activity location to run the program
- Locate and secure access to a restroom for both the participants and volunteers to use prior to and during Girls on the Run.
- Distribute registration and marketing materials to all girls in the target audience
- 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 Girls on the Run of the Greater Chesapeake Staff throughout the season.

Coaches

Each site will provide a head coach and at least one assistant coach per team. All coaches must attend a training session prior to the start of the season. At least one coach at each site must also attend First Aid/CPR Training, which is also provided by the council.

Coaches are provided with a well-developed, well-researched curriculum which has been used successfully by Girls on the Run organizations throughout the country. The specific responsibilities of the head and assistant coaches are outlined below, but please visit the volunteer page of our website www.gotrchesapeake.org for complete volunteer coach job descriptions.

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
- Become CPR and First Aid certified
- Attend New Coach Training
- Attend Coach Meetings 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 and end of season banquet
- 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 New Coach 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 Meetings in absence of the 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.

Group Size

We must have a minimum of 8 girls in order to conduct the program. 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 aim to offer and more than fifteen girls make it difficult to establish the group rapport and the depth of community we are seeking. **New sites are limited to 12 girls per team during the first season only unless coached by a classroom teacher in which case the team may have 15 girls.**

Timing and Length of Sessions

We have two sessions of Girls on the Run each year. The **Fall Session** begins in early September and runs for 10 weeks, meeting twice a week, ending in 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 a New Site Application must be filed no later than the first Friday in May.

The **Spring Session** begins in early March and runs for 10 weeks, meeting twice a week, ending in late May with the New Balance Girls on the Run 5K. To begin a session at your site in the spring, planning should begin in September and a New Site Application must be filed no later than the Friday before Thanksgiving.

Registration

Girls on the Run of the Greater Chesapeake utilizes Active.com for online registration unless other arrangements are made to accommodate the needs of a particular site. The host site is responsible for communicating registration procedures effectively with all potential participants using materials provided by Girls on the Run of the Greater Chesapeake.

Early Bird Registration is offered to the children of volunteer coaches and to any girls that are wait listed from the previous season. Standard Registration is offered on a first come basis until a site reaches capacity.

Once a site has reached capacity, interested participants may register for the Wait List. In the event that spaces become available or additional teams are opened, these participants will also be seated in the order of their registration. If these participants are not accommodated during the season, they will receive Early Bird privileges for the next season.

Fees and Scholarships

The cost of the program is \$150 per participant per season. This fee provides participants with a well developed curriculum based on the research of adolescent psychologists, lessons conducted by a GOTR certified coach, race registration and race goody bag for the New Balance GOTR 5K, a GOTR t-shirt and other season incentives and end of season certificates and awards. The fee also covers the cost of the formal coach training program, liability insurance, fees to our national program (required by the national office) and all administrative assistance to coaches, sites, girls and parents.

Girls on the Run of the Greater Chesapeake offers full and partial scholarships based on a sliding scale according to annual household income. Scholarship assistance may be requested on the registration form and is provided based on an honor system.

Curriculum

The Girls on the Run and Girls on Track curricula are 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:** The session begins with a getting-on-board and a warm-up activity that bring the girls' focus onto the day's topic.
- **The Warm-up:** is followed by a stretching routine that allows for a topic-related question and answer time.
- **The Workout:** Then, during the workout period, the girls participate in a variety of running activities that utilize a game or a team goal.
- **Processing:** Afterwards, cool-down stretching is combined with a review and discussion of the day's lesson that encourages participant questions.
- **The Wrap-up:** Each session closes with positive words from the girls' coach regarding individual and group behaviors.

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.

Ready to Get Started?

Complete the New Site Application and return to Girls on the Run of the Greater Chesapeake by the deadline for full consideration. Once your application has been received you will be contacted to schedule a site visit and/or phone interview.

Spring 2012 Application Deadline: November 18, 2011

Fall 2012 Application Deadline: May 4, 2011

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 the Greater Chesapeake 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. Spring 2012 sites will be announced on December 16, 2011. Fall 2012 sites will be announced on June 5, 2012. Specific instructions will be provided to all applicants with this announcement.

