

FAQs for Fall 2020 Virtual Teams

When and how can I register for the program?

Online registration is open until September 9th at noon. It is NOT first come, first served. Late registration will open at select sites that still have capacity for girls; available at 5:00 p.m. Sept. 9th on a first come, first served basis until teams are full or 5:00 p.m. on September 18th. Online registration can be found at: www.gotrstl.org.

How does Girls on the Run work virtually?

The GOTR virtual curriculum, taught by trained coaches, will allow girls to come together as a live, virtual team via a safe video conference platform, such as Zoom. Team practices are interactive and allow girls to make connections with peers, express themselves in a safe environment, and develop key social and emotional skills. GOTR virtual lessons allow girls to gain confidence and develop socially and emotionally. [Click here for a sample lesson and page from the Girl Journal.](#)

Won't this just be more screen time for kids?

We have developed the lessons to get the girls up and moving right from the start. Also, girls are at the center of the lesson. Girls have the opportunity to talk, express themselves, and have more interactive conversations and dialogues than in an online classroom setting.

Is training for a 5K still part of the virtual team?

Physical activity is a key component of social and emotional health. Girls will get up and get moving during their virtual team practice and will be challenged with completing other fun, physical activities in their Girl Journal between team practices.

Will there be a final 5K at the end of the season?

All participants will be registered for a Virtual 5K celebration, and there may be options for a site or community-based 5K depending on guidelines at the time. Stay tuned for more information.

My school isn't hosting a virtual team. Can my daughter still be a part of Girls on the Run?

Yes! A silver-lining to our split of in-person and virtual teams is that we have created virtual-only Community teams for ANY girl to join. Through this option, your girl will be on a team with girls from throughout our 23 county territory and make new connections. You can choose a time that works best for you and register for an All Virtual Team at registration.

Are Virtual practices safe?

Yes, each virtual meeting will have at least two trained coaches present. No one outside of registered coaches or participants can be present on GOTR calls, with the exception of parent/guardians helping with the initial set-up.

We don't have a computer at home, can Girls on the Run practices be accessed via a tablet or smartphone?

Yes, most virtual platforms have an app or are accessible via a smartphone or tablet. If there are issues accessing video, there is also an option to just call into the audio of the call. We do, however, suggest that you use WiFi to connect vs. cellular data as it is typically a more reliable connection.

Is there a fee?

The fee for Virtual GOTR/H&S is \$75. However, there are scholarships, payment plans, and sibling discounts available. Girls on the Run is committed to program access, and we will never turn a girl away because of financial reasons. Updated program fee information can be found [here](#).

What is included in registration?

Registration includes 16 lessons led by trained GOTR/H&S coaches, Girls on the Run t-shirt and water bottle, 5K registration, and an activity journal to use during lessons.

When are practices and how long do they last?

Practice times are determined by the volunteer coaches for your team. If you are signed up for an all virtual team that is not site-based, we will contact you 2-3 weeks before the start of the season with options for practice times so you can select which practice works best for you. Practices are about 45-60 minutes and will be 2-4 times/week.