



Girls on the Run St. Louis (GOTR-STL) – New Site Application:

# Principal/Site Administration Approval

SITE/SCHOOL NAME: \_\_\_\_\_

SITE LIAISON NAME: \_\_\_\_\_

**Girls on the Run St. Louis (GOTR-STL)** is a non-profit 501(c)(3) organization whose mission is to empower girls for a lifetime of healthy living. GOTR-STL currently has sites offering our programs at more than 400 elementary and middle schools across our territory, which includes 23 counties in eastern Missouri and western Illinois. Details about our locations and territory can be found here: <http://www.girlsontherunstlouis.org/gotr/locations/>.

## **About Our Programs**

Girls on the Run (GOTR) and Heart & Sole (H&S) are physical activity-based positive youth development programs (PA-PYD) designed to develop and enhance girls' social, psychological and physical competencies to successfully navigate life experiences. The innovative programs uses interactive, self-esteem enhancing lessons that develop the whole girl while also training for a celebratory 5k event, which occurs at the end of the season.

**GOTR: is for girls in 3<sup>rd</sup> – 5<sup>th</sup> grades.** The 20-lesson curriculum is divided into three parts and explores the following concepts:

- Self-Care, Self-Awareness, Knowing Self
- Selecting Healthy Relationships and Keeping Them Healthy
- Celebrating and Sharing Our Strengths

**H&S: is for girls in 6<sup>th</sup> – 8<sup>th</sup> grades.** It creates a positive, structured space for middle school girls to learn about themselves, explore new ideas, cultivate empathy, strengthen connections and develop life skills that will help them as they move through adolescence and beyond. The 20-lesson curriculum addresses the whole girl—body, brain, heart, spirit and social connection—and building important life skills such as team building, developing a support system, boundary setting, decision making, asking for and providing help, and more.

**Readiness to Participate Criteria: While GOTR-STL provides almost everything needed to carry out the program, the site is required to provide the following:**

- Provide a Site Liaison and Head Coach, at least one other coach and a back-up.
- A safe, dedicated space for running. This does not have to be a track. A field or even a safe parking lot is fine.
- A rain site. Indoor, private, preferably a gym, cafeteria or classroom reserved for GOTR and **NOT** in conflict with other programs.
- Marketing the program to all girls in the appropriate grades.
- Secure storage area for program supplies.
- Two days per week and the time the girls will meet for at least 75 minutes each lesson/practice. Recommended practice length is 1 and a half hours. Most sites practice right after school is dismissed so transportation issues are eased.

**Approval from school principal or site administration.**

**I am aware and support Girls on the Run and/or Heart & Sole being delivered at this site if the site application is approved.**

**Principal Signature:** \_\_\_\_\_ **Printed Name:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Completed Principal/Site Administration Approval should be faxed (314-644-4246) or scanned and emailed to Lisa Mulligan, Program Director, [lisa@girlsontherunstlouis.org](mailto:lisa@girlsontherunstlouis.org).**