



GIRLS ON THE RUN ST. LOUIS SETTING UP A SITE PACKET

About Girls on the Run

Girls on the Run is a physical activity-based positive youth development program (PA-PYD) designed to develop and enhance girls' social, psychological and physical competencies to successfully navigate life experience. The curriculum creatively incorporates training for a 5k with lessons that encourage **third through eighth grade girls** to develop essential life skills. During the 10-week program, girls are empowered with a greater sense of self-awareness, a foundation in team building and a sense of achievement. The lessons inspire them to be strong, connected, and self-confident young women who intentionally choose an authentic and healthy lifestyle. The program culminates with a 5k celebration.

Girls on the Run St. Louis (GOTR-STL) is a non-profit 501(c)(3) organization. GOTR-STL is an independent council of [Girls on the Run International](#), which has a [network of 200+ locations](#) across the United States and Canada. GOTR-STL is the second largest Girls on the Run council in the country. GOTR-STL currently has programs at more than 350 elementary and middle schools and continues to expand throughout the greater St. Louis metropolitan area. Our territory includes 23 counties in Missouri and Illinois. Details about our locations and territory can be found here:

<http://www.girlsontherunstlouis.org/gotr/locations/>.

How to start a site

- Review the "Start a Site" webpage:
<https://girlsontherunstlouis.org/get-involved/start-site>
- Read through this packet of information thoroughly.
- **Fill out a New Site Application**
 - o **Site application deadlines:**
 - Fall season - applications are due by **May 31**
 - Spring season - applications are due by **November 30**
- **Contact us with any questions you have!**

Site Involvement/Readiness to Participate

GOTR-STL provides almost everything needed to run the program. The site has the following responsibilities:

- Approval from school principal or site administration. The school principal or site director must indicate his/her acknowledgement, awareness and support of Girls on the Run being delivered at your site if this site application is approved.
- Provide a Site Liaison and Head Coach (could be the same person), at least one other coach and a back-up.
 - o The site liaison is a volunteer who provides a valuable link between the site, coaches and the Girls on the Run staff and assures smooth implementation of the program (marketing the program, recruiting coaches, securing practice space, etc.). The site liaison must either be an employee of the school or a parent. It is common for the site liaison to also serve in the role as head or assistant coach.

- Each coach is required to complete a 1-hour online training module, attend a 4-hour in-person training provided by Girls on the Run St. Louis, and register online to coach for that season. Each team must have at least two registered adult volunteer coaches at each practice. Volunteers don't need to be runners or have coaching experience. Girls on the Run will provide training, the curriculum and supplies needed to run the program.
- Descriptions of all coaching roles can be found at <http://www.girlsontherunstlouis.org/get-involved/coach/>.
- A safe, dedicated space for running. THIS IS ESSENTIAL. 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 reserved for GOTR and **NOT** in conflict with other programs.
- Marketing the program to all girls in the appropriate grades. The site liaison is responsible for arranging for program marketing materials to be distributed to each girl in the appropriate grades. A well-defined recruitment plan should be outlined and coordinated with the school (back to school night, newsletter, etc.).
- Secure storage area for curriculum supplies, snacks, etc.
- Choose two days per week and the time the girls will meet for at least 75 minutes each practice. Recommended practice length is 90 minutes. Most sites practice right after school is dismissed so transportation issues are eased.

Registration and Group Size

All girls will sign up for the program via the Girls on the Run St. Louis website during the designated registration period. If Internet access is an issue, parents may call the GOTR office to register their daughters via phone during the registration time period. **Teams must have a minimum of 8 girls and a maximum of 17 girls.** If you have more than 17 interested girls, your site may have a second team if there are enough volunteer coaches to support the team. If not, then a random lottery will be performed to determine the 17 girls who will be on your team. Registration is not first-come, first served. The random lottery is handled via GOTR-STL's online registration system. Coaches' daughters will be guaranteed a spot on a team and not eligible for the lottery. Teams should include a blend of ALL applicable grade levels as much as possible.

The team size is 8 – 17 girls because the curriculum is designed to be delivered to this size group. In addition, much of the curriculum is related to team building and group dynamics, so fewer than eight girls makes it difficult to provide the optimal experience. More than 17 girls makes it difficult to establish the group rapport and depth of community.

Attendance

Due to the importance of group dynamics and the experiential learning process of the Girls on the Run curriculum girls who are absent for more than four (4) practices during one season will no longer be eligible to participate in Girls on the Run. It is critically important to the efficacy of the girls' program experience that they participate in both sessions each week. Guardians should be informed prior to registration that girls are not allowed only one session a week and should not sign up if there are known conflicts.

Volunteer Coaches

Acting as a Girls on the Run coach is a time intensive, yet extremely rewarding, volunteer opportunity. All coaches are trained by Girls on the Run and are provided with a well-

developed, well-researched curriculum, which has been used successfully by GOTR-STL and other GOTR councils across the country. We require a minimum of two trained and registered adult coaches per team to attend each practice, but it's great to have more.

Detailed descriptions of all coaching roles and responsibilities can be found at <http://www.girlsontherunstlouis.org/get-involved/coach/>.

Coaching requirements:

- All coaches and volunteers must complete the coach registration online.
- At least one adult at each practice must be Adult CPR certified and have First Aid knowledge.
- All coaches must attend a GOTR-STL new coaches training (4-hour in-person training and 1-hour online module) with the Girls on the Run staff prior to the beginning of the season. Fall training is typically held in mid August. Spring training is typically held in late January/early February. *If a coach does not attend training, then she/he is automatically a practice partner coach.*
- One coach per team must complete an online pre-5k coach module.
- Coaches adhere to organizational and reporting deadlines throughout the season.
- Periodic visits to the Girls on the Run office in Maplewood, MO throughout the season are to be expected to pick up and drop off various materials.
- Coaches will prepare for, supervise and participate in all lessons in a manner consistent with the GOTR philosophy and curriculum.
- Coaches are expected to participate in the end-of-season 5k event with their team.
- Coaches will plan and coordinate other program events throughout the season such as practice 5k, community service project and end-of-season celebration.

We also recruit community volunteer coaches and assign/connect them to sites to support the coaches already at the site, especially if there is a need. Let GOTR-STL know as soon as possible if your site will need assistance with volunteer coaches.

Timing and Length of Season

We have two seasons of Girls on the Run each year:

- Fall Season** – Registration takes place throughout August. Practices begin in early September, runs for 10 weeks meeting twice a week and ends in early/mid November with our GOTR 5k.
- Spring Season** – Registration takes place in mid-January through mid-February. Practices begin in late February, runs for 10 weeks meeting twice a week and ends in early May with our GOTR 5k.

Girls on the Run Program: is for girls in 3rd – 5th grade. 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

To learn more about the Girls on the Run curriculum content and structure, visit: <https://girlsontherunstlouis.org/program/about-program/girls-run-program>

Heart & Sole Program: is for girls in 6th, 7th and 8th grades. The 20-lesson Heart & Sole curriculum 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.

To learn more about the Heart & Sole curriculum content and structure, visit:

<https://girlsontherunstlouis.org/program/about-program/middle-school-program>

Girls on the Run and Heart & Sole lesson plans are clearly laid out with required materials listed at the beginning.

5k Celebration

Girls on the Run St. Louis hosts its own unique 5k celebration at the end of each season. All Girls on the Run and Heart & Sole participants throughout our council's territory come together for the semi-annual 5k (3.1 mile) run, which is the culminating event of the season. It is a unique celebration with activities, music and dancing, "happy hair," food, vendors and more. The event is family friendly and open to the general public. We highly recommend that each girl has an adult accompany and walk/run with her at the 5k. This person can be a parent, family member, family friend or GOTR coach, and will need to register to participate in the GOTR 5k.

Program Fees & Scholarships

Our council serves a large territory with a diverse population. Financial access to the program is of the utmost importance to our council. The actual out-of-pocket cost for Girls on the Run as an organization is approximately \$175 per girl per season. We offer fees on a sliding scale (ranging from \$25 to \$150). A school's fee is determined by inputting several demographic and economic data points through a regression analysis developed by Washington University. We understand that within a single school there are differences in families' economic situations, which is why we offer scholarships, regardless of the program fee at a girl's school. Scholarship requests are managed through the online registration process. **In addition, payment plans and sibling discounts are available.**

The program fee includes:

- 20 lessons conducted by certified Girls on the Run coaches
- Lesson supplies used throughout the program
- Coach training and background check
- A healthy snack at each practice
- An official Girls on the Run program T-shirt and water bottle
- Girl's entry fee into the Girls on the Run 5k
- 5k finisher's medal

More information about program fees and scholarships can be found at:

<https://girlsontherunstlouis.org/program/fees-explained>.

Contact Us

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