



Girls on
the Run

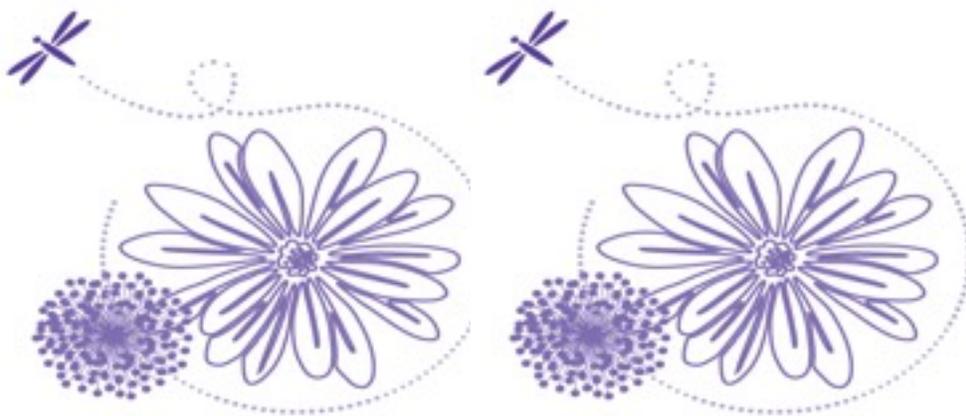
SPRING 2018



GIRLS ON THE RUN OF DAYTON

- A nonprofit organization
- A positive youth development program
- Girls on the Run for 3rd-5th Grade Girls
- Heart & Sole for 6th-8th Grade Girls
- Inspiring girls to be JOYFUL, HEALTHY and CONFIDENT.

Girls on the Run of Dayton
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ABOUT GIRLS ON THE RUN



Girls on the Run® is a 501(c)3 non-profit organization dedicated to creating a world where every girl knows and activates her limitless potential and is free to boldly pursue her dreams.

Meeting twice a week for 10 weeks in small teams of 8-20 girls, we teach life skills through dynamic, interactive lessons and running games. The curriculum is taught by certified Girls on the Run coaches and includes three parts: understanding ourselves, valuing relationships and teamwork and understanding how we connect with and shape the world at large.

Running is used to inspire and motivate girls, encourage lifelong health and fitness and build confidence through accomplishment. Important social, psychological, and physical skills and abilities are developed and reinforced throughout the program. At each season's conclusion, the girls and their running buddies complete a 5k running event which gives them a tangible sense of achievement as well as a framework for setting and achieving life goals. The result – making the seemingly impossible, possible and teaching girls they can.

MISSION, VISION & CORE VALUES

Our Mission:

We inspire girls to be joyful, healthy and confident using a fun, experience-based curriculum which creatively integrates running.

Our Vision:

We envision a world where every girl knows and activates her limitless potential and is free to boldly pursue her dreams.

Girls on the Run Honors Its Core Values:

- Recognize our power and responsibility to be intentional in our decision making
- Embrace our differences and find strength in our connectedness
- Express joy, optimism and gratitude through our words, thoughts and actions
- Nurture our physical, emotional and spiritual health
- Lead with an open heart and assume positive intent
- Stand up for ourselves and others

Key Words That Align With Our Core Values:

- *Empowerment*
- *Responsibility*
- *Intentionality*
- *Diversity*
- *Connectedness*
- *Joy*
- *Optimism*
- *Gratitude*
- *Nurturing*
- *Healthy*
- *Open-hearted*
- *Compassion*



GIRLS ON THE RUN PROGRAMMING

Girls on the Run is a physical activity-based positive youth development program (PA-PYD) that is designed to develop and enhance girls' social, psychological, and physical competencies to successfully navigate life experiences. Over the course of the program girls will:

- Develop and improve competence
- Feel confidence in who they are
- Develop strength of character
- Respond to others and oneself with care and compassion
- Create positive connections with peers and adults
- Make a meaningful contribution to community and society

Such life skills will prevent unhealthy and risky behaviors, such as physical inactivity and negative body image, and promote positive health outcomes (e.g., physical, mental, social, and spiritual health).

WHY OFFER GIRLS ON THE RUN?

- Our 10-week program provides interactive activities such as running, playing games, and discussing important self-empowering issues.

- The program concludes with all participants walking, running, or skipping in a community 5k event. This involves family, friends, teachers, and the community at large.
- The program utilizes a whole-person approach to elevate emotional, social, mental, and physical health.
- We offer our program to *all* girls regardless of their ability to pay. We provide financial aid for families depending on their household income and household

GIRLS ON THE RUN CURRICULA



We offer two programs:

- Girls on the Run for 3rd-5th grade girls
- Heart & Sole for 6th-8th grade girls

The principle philosophies and psychological research for both programs are the same, yet some topics and discussion questions vary for developmental reasons. The Heart & Sole curriculum allows for deeper discussion on girl-driven topics.

Each 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 topic and follows a format that provides consistency and structure for the girls' experience:

Introduction/Getting on Board: As the girls arrive and settle into a circle, the coaches “check in” with them, seeing how each is feeling, getting a feel for the group’s dynamic for the day, and introducing the topic of the lesson.

The Warm Up: The warm-up is a brief activity, relay or game that energizes the girls and warms up their muscles. The warm-up activity is usually a short interactive running game that incorporates the lesson topic. For instance, in one lesson, the coaches mark off a short down-and-back running course. The girls stand at one spot and the coaches call out a “like statement,” - “I like chocolate chip cookies,” or “I like to go to the beach.” All of the girls who agree with the statement run (or walk, jog, or skip) the course marked out by the coaches. These statements continue, with contributions by the girls for about 10-15 minutes.

Processing: With their muscles warmed up a bit, the coaches lead the girls through a brief stretching session. During that time, the girls and the coaches “process” the topic. In this specific lesson, they might discuss how people can have different likes and dislikes and still be friends! Or they could discuss how our likes and dislikes develop.

The Workout: The workout follows the warm up/stretch. This involves more actual running/walking. The amount of running varies based on each girls’ ability, pace, and their stage of training. The program 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 on site, to give the girls the confidence in participating in an actual 5k run. The running also involves the “topic of the day.” For instance, in the session on positive attitude, each girl may be asked to share a positive statement about herself to the coaches, each time she completes a lap.

The Wrap-Up: Following the workout is a cool down and stretching period where the girls do a group processing and discussion. Each session ends with positive reinforcement from the coaches and a group cheer.

The season concludes with the opportunity to participate in the GOTR 5k event with family and friends.

POTENTIAL SITES

Every fall and spring, Girls on the Run of Dayton offers programming at throughout Clark, Green, Miami and Montgomery counties. In order to offer programming, we partner with local (private and public) schools. But, other community organizations, recreation centers and churches that can meet our site criteria (next page) are eligible to offer our programs as well, and we’d love to work with them.

Sites Must Provide:

- A contact person (Site Liaison) to coordinate with us
 - Usually a staff member, parent or member of that particular community
 - See Site Liaison job description in this document for more information
- Two to four volunteer coaches
 - All coaches must attend GOTR training in order to be a coach
- A safe place outdoors for running (e.g., a track or field that can be measured)
- An indoor location for meeting and running, to be used when weather does not permit the team to meet outside (e.g., classroom, gym, etc.)
- Identify two days/week for the team to meet for 90 minutes
- Distribute registration information to all girls/families in age group (we provide marketing materials)
- A space for the end of season celebration (cafeteria, classroom, etc.)



Girls on the Run Will Provide:

- Training for all coaches
- Marketing and registration materials
- Materials and curriculum for each season
- Support throughout the season

Volunteer Coaches:

Each team must have 2 - 4 coaches (2 coaches for 15 girls, 3 coaches for 20 girls). All coaches must attend GOTR training, submit a coach application and complete a background check before the program begins. If coaches have completed a background check for their site (e.g., school), that meets our requirement. Volunteer Coach job descriptions (Head, Assistant and Junior Coaches) are included in this document.

Team Size:

We must have a minimum of eight girls and a maximum of 15 - 20 girls (depending on number of coaches committed to the season) in order to offer programming. The minimum is based upon curriculum considerations because much of our curriculum is related to team building and group dynamics. Fewer than eight girls may make it difficult to provide the experience we want to offer to the girls, and more than 15 - 20 girls can make it difficult to establish the group rapport and the depth of community we are seeking.

Timing and Length of Sessions:

We offer two seasons of Girls on the Run programming each year.

- Fall Season, which begins in early September and completes with the Fall 5k the weekend prior to Thanksgiving.
- Spring Season, which begins in early February and completes with the Spring 5k in mid-May (extra time is worked into the Spring schedule to allow for holidays, snow days and Spring Break).

Fees and Financial Aid:

Our participant registration fee is \$150.00 per 10-week season. Partial needs-based scholarships are available and are based on household income and the number of people living in a household. Each participant is asked to pay the minimum fee of \$10.

	Registration Fee: \$10 (\$140 scholarship)	Registration Fee: \$30 (\$120 scholarship)	Registration Fee: \$75 (\$75 scholarship)	Registration Fee: \$150
	Free Lunch		Reduced Lunch	
Family Size (Number of Members in Household)	Annual Income	Annual Income	Annual Income	Annual Income
2	\$0 - \$16,240	\$16,241 - \$21,112	\$21,113 - \$30,044	\$30,045+
3	\$0 - \$20,420	\$20,421 - \$26,546	\$26,547 - \$37,777	\$37,778+
4	\$0 - \$24,600	\$24,601 - \$31,980	\$31,981 - \$45,510	\$45,511+
5	\$0 - \$28,780	\$28,781 - \$37,414	\$37,415 - \$53,243	\$53,244+
6	\$0 - \$32,960	\$32,961 - \$42,848	\$42,849 - \$60,976	\$60,977+
7	\$0 - \$37,140	\$37,141 - \$48,282	\$48,283 - \$68,709	\$68,710+
8	\$0 - \$41,320	\$41,321 - \$53,716	\$53,717 - \$76,442	\$76,443+

The salary ranges are those used to determine eligibility for the National School Lunch Program (Free and Reduced Meal Program). These ranges will be adjusted when the School Year 2017 - 2018 Income Eligibility Guidelines are published.

It is our goal to offer the Girls on the Run experience to every girl who wants to participate, regardless of her family's ability to pay the full registration fee. To that end, we ask each family to pay according to their ability, as defined by the scale above. Families identify the fee they can pay, and we accept what families indicate they can pay under the rules of an "honor system." GOTR Dayton relies on everyone's honesty to ensure we can offer our programs to as many girls as possible. Girls participate equally in the program regardless of the registration fee they pay.

Registration fees provide for the following and help to underwrite the costs of delivering the program:

- Bi-weekly 90-minute lessons designed to equip participants for a lifetime of self-respect and healthy living, delivered by trained volunteer coaches.
- Girls on The Run program shirt
- Girls on The Run water bottle
- Healthy snack before each lesson
- Lesson supplies: curriculum, activity sheets, materials for activities
- 5K event participation, including 5K registration and 5K shirt and finisher's medal
- Grown-up Guide for each family
- Coach-related expenses, including background checks and CPR and First Aid training

SITE LIASON JOB DESCRIPTION

Position Profile

A Girls on the Run Site Liaison must possess a passion for and commitment to improving the lives and opportunities of girls in third through eighth grades. The Site Liaison collaborates with the Girls on the Run of Dayton Program Coordinator and is responsible for managing the program at a specific site. Some of the key responsibilities of a Site Liaison include:

- Complete GOTR Dayton site application: Before doing so, gain approval of site principal or appropriate site authority to support hosting the program.

- Assist in the recruitment of coaches for the site and notify GOTR Dayton of committed coaches.
- Attend any necessary informational meetings/conference calls.
- Market program information to girls/families at site and distribute all registration materials.
- If site chooses hard-copy registration, collect registration forms with payments and enter all registrations into GOTR Dayton's online registration system by deadline provided. Review forms for accuracy and completeness. Follow-up with families if necessary.
- If site chooses online registration, direct all families to online registration page on the GOTR Dayton web site.
- Support and communicate with coaches throughout the season.
- Collaborate with GOTR Dayton Program Coordinator to resolve any problems that may arise, need for additional publicity, site changes, etc.
- Serve as substitute coach at site if needed (must attend training).
- Provide feedback to GOTR Dayton.
 - Champion the Girls on the Run program at your site and have fun!

VOLUNTEER COACH JOB DESCRIPTIONS

(Head, Assistant and Junior Coaches)

Head Coach

The Head Coach is a volunteer position. A Head Coach must be 21 years of age or older. This person works with other volunteer coaches to facilitate the Girls on the Run® curriculum to program participants. This position entails approximately 4 hours per week for a 10-week season. The Head Coach must be CPR/first aid certified. If she/he does not already hold these certifications, GOTR Dayton will provide the necessary training.

Major responsibilities include:

- Preparing, organizing, and supervising the weekly lessons;
- Leading the program participants through each lesson;
- Facilitating communication with parents/guardians of program participants;
- Attending the Girls on the Run® 5k with program participants and their families;
- Planning and coordinating the team's end of season party; and
- Understanding and believing in the organization's mission.

Assistant Coach

The Assistant Coach assists the Head Coach while serving as a role model and mentor for program participants. An Assistant Coach must be 18 years of age or older. The position entails approximately 1.5 - 3 hours per week for a 10-week season.



Major responsibilities include:

- Attending weekly lessons on a consistent basis;
- Setting-up/breaking down of games and lessons; encouraging and cheering for all participants;
- Participating in games and workouts as needed;
- Attending the Girls on the Run® 5k with program participants and their families; and
- Understanding and believing in the mission of the organization.

Junior Coach

The Junior Coach is a volunteer position for individuals between 16 - 17 years of age to assist the Head and Assistant Coaches. The position entails approximately 1.5 - 3 hours per week for a 10-week season.

Major responsibilities include:

- Attending weekly lessons on a consistent basis;
- Assisting with setting-up/breaking down of games and lessons;
- Providing one-on-one attention to program participants;
- Leading an activity with assistance and supervision of the Head Coach, if desired;
- Understanding and believing in the mission of the organization.

NEXT STEPS

Program Planning:

- Review New Site Information Packet
- Gain approval from principal/site director to host programming
- Decide on program days/times (consider other extracurricular activities for potential GOTR participants)
- Complete online site application (link provided in this document and will also be emailed to you)
- Follow up with GOTR Dayton Program Coordinator with questions/ concerns



Getting Coaches On Board:

- Reach out to teachers, staff members, parents and guardians to determine if they are interested in coaching
- All new coaches (head, assistant, junior) must attend GOTR training
- GOTR provides the 10-week curriculum and coach materials for all lessons

All coaches will need to complete:

- Online Coach Application (each season)
- Background Check (if not already completed for site)
- GOTR Coach Training
- CPR/First Aid Training (Head Coach), provided by GOTR Dayton

Getting Girls on Board:

- GOTR will provide each site with marketing materials that can be customized.
- Paper and online registration
- Sites must have a minimum of 8 girls and a maximum of 15 - 20 girls to proceed with the program.

SPRING 2018 DEADLINES AND TIMELINE

Date	Event
Oct. 23, 2017	Site and Coach Application Open
Oct. 25 and Nov. 9, 2017	Spring 2018 Information Meeting 5:30 - 6:30 p.m. 804 E. Monument Ave., Dayton
Dec. 5 and 12, 2017	Mandatory Site Liaison Meetings 5:30 - 6:30 p.m. 804 E. Monument Ave., Dayton
Dec. 8, 2017	Spring 2018 Site Applications Due
Dec. 13, 2017	Participant Registration Opens
Dec. 15, 2017	Coach Applications and Background Checks Due

Jan. 13 and 27, Feb. 3, 2018	Mandatory Coach Training for New Coaches and Returning Coaches Who Did Not Attend Training in Spring or Fall 2017 8 a.m. - 1 p.m. 804 E. Monument Ave., Dayton
Jan. 20, 2018	CPR and First Aid Training 10 a.m. - 2 p.m. 804 E. Monument Ave., Dayton
Feb. 1, 2018	Participant Registration Closes
Week of Feb. 12, 2018	Spring 2018 Season Begins
May 12, 2018	Spring 2018 Celebratory 5k Welcome Stadium 10 a.m.

Let's Get Started:

The first important step to offering Girls on the Run at your site is completing your site application. Before you do so, please ensure you have the approval and support of the appropriate person at your site (e.g., Principal) to host the program and that you have identified at least two people to coach. You can then complete a site application at:

<https://www.raceplanner.com/siteapplication/signup/gotr-spring-2018-site-application>

If you would like more information or to talk with us directly, please plan to attend one of our information meetings on Oct. 25 or Nov. 9; or contact Kayleigh Pratt, GOTR Dayton Program Coordinator, at kayleigh.pratt@girlsontherun.org.