



**Girls on the Run ® of
Greenville Health System Children's Hospital**

New Site Setup Information

Girls on the Run Mission:
*We inspire girls to be joyful, healthy and confident
using a fun, experience-based curriculum
which creatively integrates running.*

Start a New Girls on the Run Site

Thank you for your interest in bringing a Girls on the Run program to your local school or facility! We accept potential site requests throughout the year and begin programs at new site locations in the spring or fall seasons each year.

About Girls on the Run

Girls on the Run (GOTR) is a non-profit 501(c)(3) organization that inspires girls to be joyful, healthy and confident using a fun, experience-based curriculum which creatively integrates running. We combine experiential lessons that promote healthy decision making with a training program that prepares girls for a 5K (3.1 mile) race. Girls meet twice a week for ten weeks to run, laugh, learn, and look at the “girl box” issues they face every day. The season culminates with a community 5K race and an end of season banquet.

Girls on the Run began in Charlotte in 1996 by Molly Barker, MSW and 4-time Hawaii Ironman triathlete. Today the program serves 128,449 girls in 208 councils across 47 states and Canada. Girls on the Run of GHS Children’s Hospital began in 2006 with 30 girls. Today we serve approx. 140 girls each season and run two seasons each year (fall and spring).

Potential Sites:

Our GOTR council has programs running across Greenville County and Pickens. We partner with local (public and private) schools, YMCAs, recreation centers, and community centers to offer our program in a variety of locations in an effort to reach as many girls as possible.

To host a Girls on the Run program, your site must provide the following:

- Two-three coaches to attend a volunteer training provided by Girls on the Run
- A contact person at the host site to coordinate with GOTR. This can be a staff member, teacher, teacher, principal, PTA president, parent and/or interested member of that particular community.
- A safe place for running (for example, a track or field that can be measured)
- An indoor rain site (gym, classroom, etc.)
- Two designated days a week to hold the program (90 minutes each lesson)
- Restrooms and water fountains in close proximity to the outdoor running location
- A convenient meeting place for parent drop-off and pick-up
- Avenues to assist in marketing the program to participants
- At least eight girls signed up to participate

GOTR will provide:

- Volunteer “coach” training for all coaches
- CPR and First Aid certification for all coaches
- Marketing and registration materials
- Materials and curricula for the season
- Scholarships for girls who cannot afford the program participation fee
- A Gift card to purchase snacks for the season

Coaches

Each site location must have at least two coaches. Coaches must become Greenville Health System volunteers, receive CPR and First Aid certification (if they are not already certified), and attend a thorough coach training session before the program begins.

Coaches need not be runners. They just have to share the values of GOTR and want to positively impact girls to believe in themselves and boldly pursue their dreams.

Coaches have the following responsibilities throughout the course of the GOTR season:

- Serve as a role model for young girls and understand and believe in the mission of Girls on the Run
- Become CPR and First Aid Certified
- Attend a full-day coach training
- Attend the pre-season coach meeting, the parent orientation meeting, and the final end-of-season banquet
- Prepare for and supervise twenty-one 90 minute lessons in a manner consistent with the GOTR philosophy and curricula
- Run with the girls in the end of season 5K race

Group Size

We require a **minimum of 8 girls** and limit each group to a *maximum of 20 girls*. The minimum is based upon both financial, legal 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 want to offer to the girls and more than 20 girls makes it difficult to establish the group rapport and the depth of community we are seeking.

Timing and Length of Seasons

We have two seasons of GOTR each year. The **fall season** typically begins mid-September and runs for 10 weeks, meeting twice a week, ending in early December. To begin a program at your site location in the fall, planning should begin in April and be finalized no later than July 1.

The **spring season** typically begins mid-February and runs for 10 weeks, meeting twice a week, ending in early May. To begin a program at your site location in the spring, planning should begin in October and be finalized no later than January 1.

Fees and Scholarships

Our current fee is \$199 per 10-week season. Scholarships are available based on household income, number of people in a household, and individual special circumstances. A financial aid application **MUST** be filled out in order to be considered for a scholarship.

We also have 4-part payment plans available for families who would like to pay in increments throughout the GOTR season.

Scholarship Shoe Program: For families whose financial situation makes buying appropriate shoes difficult, GOTR will work to provide free or discounted running shoes to those girls. If a girl participating in the program needs a pair of running shoes, please contact the GOTR-GHS Council Director.

Included in the fee price are:

- The twenty-one 90 minute lessons conducted by GOTR coaches
- Lesson handouts and materials
- Healthy snacks after every lesson
- A Girls on the Run t-shirt and water bottle
- End of season 5K race registration
- End of season banquet and awards

Curriculum

Each GOTR curriculum covers twenty lessons and is divided into three parts:

Part One: Understanding themselves and setting personal goals

Part Two: Learning skills to foster leadership, cooperation, and team building

Part Three: Examining their relationship to the community, including developing and implementing a community service project

Each lesson focuses on a specific topic and follows a five part format that provides consistency and structure for the girls' experience:

Introduction/Getting on Board: As the girls arrive and settle into a circle, the coach "checks in" with them, seeing how each is feeling, getting a feel for the groups' dynamic for the day, and introducing the topic of the day

The Warm Up: The warm-up is a brief activity or game that energizes the girls and warms up their muscles. It is usually a short interactive running game that incorporates the lesson topic for that day.

Processing: With their muscles warmed up a bit, the coach leads girls through a brief stretching session. During this time, the girls and coaches "process" the topic.

The Work Out: The work out involves more actual running; It follows the warm up and processing/stretching, still incorporating the topic of the day. The amount of running varies based on each girls' ability, pace, and their stage of process. The program starts with shorter periods of running and builds up as the season and the girls' ability progresses. Eventually, the work out will build up to a "practice 5K" on site, giving the girls confidence in knowing that they can complete the 5K distance before the actual 5K race.

The Wrap Up: Following the work out is a cool down and stretching period where the girls do more group processing and discussion. Each session concludes with positive reinforcement from the coaches, energy awards, a group cheer, and a snack.

Evaluation

Girls are given a pre- and post- survey to evaluate their attitudinal and behavioral changes throughout the course of the program. The survey determines the effectiveness of Girls on the Run having a significant positive effect on positive youth development outcomes, including physical (activity frequency, intensity, duration), psychological (e.g., body image, self-esteem, intrinsic motivation), and social assets (e.g., positive adult and peer relationships, resistance to peer pressure to engage in risky behaviors) and health promoting behaviors and outcomes.

For further information, please contact Monica Gibson, Program Coordinator, at 864-455-3252