



Girls on the Run of the Northwoods

**How to Start a Girls on the Run Site at
Your School or Organization**

www.gotrnorthwoods.com

What is Girls on the Run?

Girls on the Run is an experiential after-school (before school works too!) program that uses the power of running to prepare girls for a lifetime of self-respect and healthy living. The curriculum creatively incorporates training for a 5K with lessons that encourage third through fifth grade girls to develop essential life skills. During our 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 girls to be strong, joyful, self-confident young women who intentionally choose an authentic and healthy lifestyle. The program culminates with a 5K celebration.

Girls on the Run of the Northwoods (GOTRNW)

GOTRNW is its own local 501c3 council, but is also part of Girls on the Run International, which is a network of 200+ locations across the United States and Canada. GOTRNW serves girls in Vilas, Oneida, Forest and Marathon counties.

Where can I host a Girls on the Run site?

While schools are our most common site locations, community organizations (YMCA's, local gyms, community centers, hospitals, and churches) are also welcome to host a GOTR program. Sites must be able to provide both an outside and inside space that is acceptable for activity. Playgrounds, fields, and parks work great for most GOTR practices. An indoor gym or classroom should be available for use during inclement weather.

Who can join Girls on the Run?

We offer one curriculum:

Girls on the Run: Girls in 3rd thru 5th grades

When and how often do the girls meet?

Girls on the Run of Northern Wisconsin (GOTRNW) offers programs every Spring. Each GOTR program meets twice a week, after school for 70-90 min. Programs start yearly in March and end with our 5K celebration the 3rd Saturday of May.

Site Responsibilities

While Girls on the Run of Northern Wisconsin provides most everything needed for the program, each site is required to provide the following:

- A Site Liaison (please reference Site Liaison Responsibilities below)
- A meeting place for coaches and girls to convene at the start of every GOTR practice
- An open outdoor area with room to run, skip and hop! This can be a field, track or playground
- An indoor space that is available and reserved for GOTR and NOT in conflict with other programs during inclement weather
- A secure place to store a plastic bin of supplies that is available for access when coaches arrive for practice (office, classroom, closet)
- Access to a restroom during afterschool hours
- At least two volunteer coaches (three is best)

Site Liaison Responsibilities

A Site Liaison's role is to facilitate the smooth implementation of the program by serving as a link between coaches, participants, parents, and GOTR NW. The Site Liaison is not required to be at GOTR practices, but can also serve as a coach of the team if interested. GOTR NW communicates primarily via e-mail, so it is necessary for the Site Liaison to have an open e-mail account that they check regularly. Site Liaison responsibilities include:

- Read through this document thoroughly and contact Adriane Morabito at 218.235.9633 or adriane.morabito@girlsontherun.org should you have additional questions or concerns
- Obtain approval from school principal or site administration to hold GOTR program. Administration must indicate his/her acknowledgement, awareness, and support of Girls on the Run being delivered at your site.
- Recruit at least two coaches for the site (parents, teachers, and administration are great places to start) We encourage three coaches per site to allow for flexibility. We can help with this, too!
- Secure twice weekly practice space for GOTR: outdoor and indoor space, a meeting location (front lobby/swing set/gym), small storage space, and access to restrooms

- Distribute registration and promotional materials to all girls in targeted age group 3rd-5th grade (GOTRNW will provide any marketing/promotional materials needed.)
- Encourage at least 8 girls to participate in GOTR (the team minimum) and help recruit an additional coach should more than 15 girls (the team maximum) sign up for the program
- Meet with volunteer coaches one time prior to start of the program season – discuss practice, meeting, and storage areas
- Site Liaison should assist GOTRNW with staffing a booth at their school or organization's 'back to school' event for participant recruitment
- Be familiar with changes in your site/school schedules and communicate this with coaches and parents
- If necessary a Site Liaison may have to assist GOTRNW staff in collecting paperwork or communicating with parents when phone calls and e-mails no longer suffice or if there is a language barrier
- Check e-mail regularly!

Responsibilities of Girls on the Run of the Northwoods

- Screen and train volunteer coaches (see description and qualifications on page 5)
- Provide program curriculum and materials
- Provide program water bottles and t-shirts for program participants
- Provide a snack stipend to coaches to purchase healthy snacks
- Communicate with coaches, site coordinators, and parents via e-mails, mailings, meetings, phone calls, and text messages
- Plan, organize, and execute the Girls on the Run 5K race.
- Provide liability insurance that covers all participants, coaches, and GOTR volunteers
- Screen and assign running buddies for 5K race
- Assist site liaisons in recruiting additional coaches from the community

Volunteer Coaches

GOTRNW must have support with recruiting volunteer coaches from the site liaison. Program sites are most successful when coaches are a part of the community they serve. GOTRNW can provide coach descriptions, recruitment posters, and any requested materials to help support sites in recruiting coaches. GOTRNW also independently recruits coaches and may assign one or more to your site based on need. Below is a description of volunteer coach requirements and responsibilities.

Coaches are volunteers who facilitate the easy-to-follow, research based curriculum at each program site. Coaches DO NOT have to be runners; they only need to have the desire to serve as a role model for the girls by showing positive behavior, being interactive with them and listening attentively. Coaches act as a team to lead a group of 8-15 girls through the GOTR curriculum. These volunteers can be faculty, staff, parents or community members. It is MANDATORY that there are always 2 coaches on site during GOTR practices. To ensure all coaches are highly involved and feel like contributing team members, GOTRNW recommends no more than three volunteer coaches per site per practice.

Qualifications

- A strong commitment to girls' positive development
- The capacity to work in a partnership with a co-coach(es)
- Experience working with youth is helpful, but not necessary
- Coaches DO NOT have to be runners. *Any person with an appreciation for a healthy lifestyle and is committed to improving the lives of girls can volunteer as a coach!*

Responsibilities

- Attend/lead the GOTR program twice per week
- Arrive at the program site 10 minutes before the practice starts and remain at the site until all participants have left
- Practice positive behavior management
- Attend the GOTR 5K event to help supervise participants
- Serve as a positive role model
- Believe in the GOTR mission
- Provide (using GOTRNW provided gift cards) healthy snacks
- Be aware of any health or transportation issues of program participants
- Be familiar with and adhere to site and GOTRNA emergency policies/procedures

Requirements

- Contact Program Coordinator, Adriane Morabito at Adriane.morabito@girlsontherun.org or 218-235-9633 (cell)
- Complete a background check- this is an online process done alongside the coach application
- Head coaches must be 21 years or older. Assistant coaches must be 18 years or older and can be any gender. One of the coaches needs to be female.
- Attend one day coaches training
- Must have CPR certification
 - GOTRNW has the ability to arrange CPR training for coaches when provided

Thank for reviewing this information! If you would like to become a GOTRNW site, please contact:

Program Coordinator

Adriane Morabito

adriane.morabito@girlsontherun.org

218-235-9633 (cell)

Council Director

Jill Nicholson

[jill.nicholson@ girlsontherun.org](mailto:jill.nicholson@girlsontherun.org)