

**GIRLS ON THE RUN OF THE NORTHWOODS
NEW SITE APPLICATION**

Basic Site Information

Name of Site:	School System:
Physical Address of Site:	
Principal (If Applicable):	Phone:
Fax Number:	Email Address:
Please Check: <input type="checkbox"/> Elementary School (Girls on the Run®) <input type="checkbox"/> Middle School (Girls on Track®)	
Do most families of the girls at your site have access to technology to register online? <input type="checkbox"/> Most would <input type="checkbox"/> Some would <input type="checkbox"/> Most would not	

Site Liaison Information

The Site Liaison is responsible for the smooth implementation of the curriculum by securing appropriate indoor and outdoor program space and serving as a communication persons between coaches, participants and parents.

Liaison Name:	Title/Role:
Liaison Phone #:	Email:

Readiness to Participate Criteria

While Girls on the Run® provides almost everything needed to run the program, the site is required to provide the following:

- Provide a **Site Liaison** – someone to serve as a point of contact between school/site administration, coaches, participants, parents and GOTR-NW staff.
- Provide a safe outdoor space dedicated twice per week for running. **THIS IS ESSENTIAL.** This can be a track or a field that can be measured off for occasions when lessons require running a certain distance, e.g. 1 mile, 5K, etc. Any fees associated with utilizing this space are the responsibility of the site. Briefly describe the available running area:

- Provide a safe indoor space, preferably a gym, dedicated twice per week for running during inclement weather that is **NOT in conflict with other programs. THIS IS ESSENTIAL.** NOTE: if site will host multiple teams, each team must have a dedicated practice space. Any fees associated with utilizing this space are the responsibility of the site. Briefly describe the available indoor space:

- Please identify the closest restroom to activity areas. _____
- Determine a plan to identify potential participants and to distribute registration information to your target group(s)- 3rd through 5th girls.
- Secure **storage area** for shoes, snacks, coach materials, etc. If storage space is available, please describe area and how it will be accessed:

- Briefly describe your recruiting plan (for both volunteer coaches an participants):

- We need any/all communication pieces to families to be in both Spanish and English: Yes No
- If multiple teams are formed, assign coaches and participants to teams. Teams should include blend of ALL THREE grades as much as possible.
- Please list all potential coaching candidates on an additional sheet. **Each coach will be required to attend one day of Girls on the Run training prior to the season start** and become First Aid and CPR certified.
 - Head Coaches** must be available **two days per week** for **two hours** each day.
 - Assistant Coaches** must be there **one day a week** for **two hours**.
 - ALL coaches** are to **be present at the GOTR-NW 5K FUN RUN in May**. Date will be determined before start of the season.

PLEASE NOTE: Successful implementation of the Girls on the Run program requires identifying, screening and training three volunteer coaches for each Girls on the Run team. All teams will remain pending until three volunteer coaches have been identified and approved for each team.

- Please have school principal or site director sign below indicating his/her acknowledgement and awareness that Girls on the Run may be delivered at your site.

Communication

- Registration
 - How will your site conduct registration? Online Paper
 - Girls on the Run is able to provide up to 50 copies of its participant registration forms if your site elects to do paper registration. How many copies would you like to receive? _____ (Note: additional copies can be made by the site as needed).
 - Who will collect paper registration forms? _____
 - How many brochures will you need? _____
 - How will brochures and other promotional materials be distributed to the girls? _____
- Marketing
 - How do you suggest we market Girls on the Run to your site? _____
 - Does your sight have a list serve to post Girls on the Run announcements and registration information? Yes No If yes, how often does it circulate? _____

Team/Practice Information

Would your site like to be considered for more than one team (up to 15 or 20 girls)? Yes No

If yes, how many teams of 15 girls would you like to be considered for (considering practice facilities)? _____
 Please choose two days per week and the time the participants will meet for a minimum of 75 minutes to 90 minutes per day from start to finish. (Ex: Monday & Wednesday from 3:15 – 5:00pm)

Team 1 - Days: _____ Time: _____
 Team 2 - Days: _____ Time: _____
 Team 3 - Days: _____ Time: _____

Program Fees

Girls on the Run is a non-profit youth development program serving girls in grades 3-5. Implementing our program at each site requires funding. We provide an official training for all coaches, nationally evaluated curriculum materials, supplies, registration forms, and participation benefits for students. The registration/program fee includes a participation in the end of season graduation event at the 5K. Financial assistance is available. Guardian approval for participation is required. The program fee for the 10 week program is **a sliding fee scale based on annual joint income**. For example, if a family makes **70,000 a year** = program fee will be **\$135 per girl**. Between **\$75,000-\$35,000** = program fee will be **\$110 per girl**. Between **\$35,000-\$10,000** = program fee will be **\$85.00**. **Below \$10,000 a year** = program fee will be **\$60**. **Scholarships are available**.

Site Authority Signature

Please have your Site Director/School Principal sign below indicating his/her acknowledgement and interest in bringing Girls on the Run® to your site.

Name Title

Signature Date

Does your facility require any additional paperwork from Girls on the Run and/or any volunteer coaches to be recruited for the program to take place? Yes No

If yes, please describe: _____

Girls on the Run is open to ALL girls. We allow girls who are unaffiliated with a program site to participate at a site that is appropriate to them. Are there any rules or regulations that would not allow girls from outside of your site participate in Girls on the Run at your site? Yes No

If yes, please explain: _____

Application Agreement

I have thoroughly read and understand the New Site Application. If I had any questions, I have contacted the Girls on the Run of the Northwoods council staff (Adriane Morabito, Program Director Adriane.morabito@girlsontherun.org or 218-235-9633) for clarification. I understand that the information submitted in this application is open for discussion and subject to change at the discretion of the Girls on the Run of the Northwoods council and my site. I also understand that submitting this application does not guarantee that my location will be added as a new program site for the Girls on the Run program.

Application Submitted by:

Signature Name (Please print) Date

Title/Role Phone Number Email