



# Setting Up A Site

## Girls on the Run® of Western North Carolina

### **About Girls on the Run of Western North Carolina**

GOTR of WNC is a non-profit 501(c)(3) organization dedicated to helping girls stay out of the “girl box.” We use experiential learning programs, which combine training for a 5K (3.1 mile) race/walk event with curricula designed to promote good choices for a lifetime of self-respect and healthy living. GOTR was “invented” in Charlotte, NC in 1996 by Molly Barker, MSW and 4 time Hawaii Ironman triathlete. Girls on the Run International consists of more than 160 programs with almost 700 sites across the country and Canada.

### **Potential Sites**

GOTR of WNC would like to partner with local schools, churches, YMCA’s, and YWCA’s to offer our program in a variety of locations throughout Western North Carolina in an effort to reach as many girls as possible. Each site must abide by the guidelines noted here in order to maintain the program’s integrity.

**First time sites are required to fill out the Site Application after reviewing this document.**

### **Site Responsibilities**

- Provide a site liaison to coordinate with GOTR of WNC and take responsibility for program advertisement, registration, parental communication, etc... (Please see Site Liaison responsibilities below). This can be a staff member, teacher, principal, PTA president, parent and/or interested member of that particular community.
- Provide a safe place for running. This does not have to be a track. A field is fine. However, there would be a need to measure off part of the area for occasions when lessons require running a certain distance, e.g. 1 mile, 3k, etc.
- Provide a rain site (gym, cafeteria, classroom, etc.)
- Provide a safe, well-lit place for drop off and pick up of participants.
- Choose one day a week for meeting one and a half hour each lesson.
- Coordinate with Site Liaison to arrange a time/place for a Girls on the Run® representative to meet with the girls and/or parents prior to registration to answer questions, encourage registration, etc. Parent Open House, or Meet the Teacher events work well.
- Provide a space for the end of season potluck banquet (cafeteria, etc.)
- A coach and/or assistant coach- Girls on the Run® of WNC would train these coaches in a Saturday training session.
- Provide copier use for coaches to run weekly copies for the program. We provide paper.
- Consider permitting girls who are not enrolled at your school to be participants in the program. We are fully insured and have parents/guardians sign a waiver before participation.

### **Site Liaison Responsibilities**

- Distribute and collect registration forms to all girls in 3<sup>rd</sup> – 5<sup>th</sup> or 6<sup>th</sup> – 8<sup>th</sup> grade.
- Keep good records and return registration forms to GOTR WNC within 2 weeks of program start date.

- Coordinate with Site to arrange a time/place for a Girls on the Run® representative to meet with the girls and/or parents prior to registration to answer questions, encourage registration, etc. Parent Open House, or Meet the Teacher events work well.
- Attend pre-season planning meeting with GOTR of WNC, Site Director (e.g. principal), and coaches.

### **Coach Responsibilities**

- All our coaches must attend an intensive, half day training session before the programs begin. They are provided with a very well developed, well-researched curriculum, which has been used successfully by GOTR® many times here in the WNC area and around the country. Each site will have a head coach and assistant coach. \*

The **Head Coach** has the following responsibilities:

- Serve as a role model for young girls and understand and believe in the mission of Girls on the Run;
- Attend half day Coaches' Training;
- Attend pre-season and end of season Coaches' Meeting.
- Read weekly email Coach Updates from Council Director;
- Prepare for and supervise 14 hour and a half long lessons in a manner consistent with the GOTR of WNC philosophy and curricula;
- Coordinate a community service project. This can either be an on-site project, or participating in a GOTR of WNC water-stop at a local running race event.
- Pass along all communications from GOTR of WNC to parents throughout the session, i.e. potential calendar changes, banquet and 5K Run information.
- Plan and coordinate the end of season banquet;
- Run with the girls in the end of season 5k Run.

The **Assistant Coach** has the following responsibilities:

- Serve as a role model for young girls and understand and believe in the mission of Girls on the Run;
- Attend half day Coaches' Training;
- Read weekly email Coach Updates from Council Director;
- Attend program on a consistent basis;
- Assist coaches with setting up/breaking down games and lessons;
- Encourage and cheer for all participants;
- Participate in games and workouts with the girls as needed by the coaches; and
- Assist with the community service project.

\*At some sites, we have "Co-coaches" who split the head coaching responsibilities between them and work together to facilitate the lessons.

### **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 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 twenty girls make it difficult to establish the group rapport and the depth of community we are seeking.

## Timing and Length of Sessions

We have three sessions of Girls on the Run each year.

- Fall Session**, which usually begins in early- September and runs for 15 weeks, meeting once a week, ending around mid-December (we include an extra week to accommodate snow and Thanksgiving). The deadline for site application is August 1<sup>st</sup>.
- Spring Session**, which usually begins in mid February and runs for 15 weeks meeting once a week, through the end of May. The deadline for spring site application is January 1<sup>st</sup>.
- Summer Session**, which includes several week-long camps, usually meeting for about 6 hours a day. These camps are spaced throughout the summer and can be held, by special arrangements, at your site.

## Fees and Scholarships

The fee for our program is run on a sliding scale.

<b>Family Income</b>	<b>Fee</b>
Greater than \$40,000	\$70
\$39,999 - \$20,000	\$50
Less than \$19,999	\$30

Included in the fee price are:

- the 14 one and a half hour lessons conducted by a certified GOTR coach;
- healthy snack at each lesson;
- lesson handouts and materials;
- a Girls on the Run t-shirt;
- a medal and goody bag after the 5K
- Girls on the Run support for any participation in a 5k race;
- End of season certificates and awards.

**Scholarship Shoe Program:** New Balance, one of our corporate sponsors, also helps us to provide free running shoes to those whose financial situations make buying appropriate shoes difficult. If a girl participating in the program needs a pair of running shoes, please contact the Girls on the Run of WNC Director at (828) 713-4290.

## Curriculum

Each curriculum (one for spring and one for fall) covers 14 lessons. The curriculum is divided into three parts:

**Part One:** Understanding themselves and setting personal goals (4 weeks)

**Part Two:** Learning skills to foster leadership, team building, and cooperation (4 weeks)

**Part Three:** Examining their relationship to the community, including development and implementation of a community service project (4 weeks)

Each lesson focuses on a specific issue related 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 group's dynamic for the day and introducing the topic of the lesson.

**The Warm Up:** The warm-up is brief activity 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

that day. For instance, in one of the first lessons, the coach marks off a short running course. The girls stand at one spot and the coach calls out a "like statement" - "I like chocolate chip cookies," or "I like running." All those girls who agree with the statement run (walk, jog - they set their own paces) the course marked out by the coach. These statements continue, with contributions by the girls, until everyone has run a few times at least.

**Processing:** With their muscles warmed up a bit, the coach leads the girls through a brief stretching session. During that time, the girls and the coach "process" the topic. In this example, they might discuss how people can have different likes and dislikes and still be friends or how our likes and dislikes develop, etc.

**The Workout:** The workout follows the warm up/stretch. This involves more actual running. 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 coaches assess each girl's ability and pace. Eventually, the Work Out will build up to a "practice" 5k on site, to give the girls the confidence helpful in participating in an actual 5k racing event. The running also involves the "topic of the day." For instance, in the session on positive attitude, each girl may be asked to make a positive statement about herself to the coach, 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 coach and a group cheer.

The 14 lessons conclude with the opportunity to participate in a 5k run.

### Contact Us

If you are interested in starting a site in Western North Carolina, please feel free to call or email us to discuss your interest at (828) 713-4290 or [girlsontherunwnc@gmail.com](mailto:girlsontherunwnc@gmail.com).

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