



## Bringing the Program to your Location

### About Girls on the Run® of Maricopa County

Girls on the Run® of Maricopa County (GOTRMC) is a life-changing, non-profit program for girls in 3<sup>rd</sup>-5<sup>th</sup> grades (Girls on the Run®) and girls in 6<sup>th</sup>-8<sup>th</sup> grades (Girls on Track®). Our mission is “to educate and prepare girls for a lifetime of self-respect and healthy living.”

Girls on the Run® combines training for a 5K (3.1 mile) running event with healthy living education. Our program instills self-esteem and strong values through health education, life skills development, mentoring relationships and physical training – all of which are accompanied through an active collaboration with girls and their parents, schools, volunteers, staff and the community.

Girls on the Run® of Maricopa County Council is part of Girls on the Run® International, which has a network of over 160 locations across the United States and Canada.

### Potential Sites

Girls on the Run® of Maricopa County have programs running at sites throughout the county. We are partnered with local (public and private) schools, various Boys & Girls Clubs within Metropolitan Phoenix and churches, but can also partner with YMCA's, YWCA's and community centers, to offer the program in a variety of locations. The program can be offered as an after-school program, before-school program, evening as well as weekends times as long as the girls meet two days (non-consecutive) days a week.

### Site Responsibilities

- Provide a Site Liaison to coordinate with the GOTRMC Council Director. This can be a staff member, teacher, principal, PTA/PTSA/PTO member or parent.
- Provide a safe place for running, for example a track or open field. If using an open field, it must be able to be measured for lessons that require running a specific distance.
- Provide an adequate rain site (safe indoor meeting location such as classroom or gym).
- Choose two days (non-consecutive) per week to offer the program for 75-90 minutes.
- Distribute registration materials to all girls in the target population.

- Provide at least one coach (GOTRMC can assist with the recruitment of additional coaches) who must attend volunteer training prior to the start of each season.

GOTRMC will provide brochures/flyers and registration materials, required training for coaching staff, curriculum and materials for each lesson, reimbursement to cover healthy snacks/banquet and ongoing support throughout the season.

## Roles and Responsibilities

### Site Liaison

The Site Liaison's role is to facilitate the smooth implementation of the program by serving as a contact between GOTRMC and the coaches, parents/guardians and school. GOTRMC communicates primarily via email, so it is necessary for the Site Liaison to have an open email account that they check regularly (including holidays and summer vacations). A Site Liaison may also be a coach.

The Site Liaison has the following responsibilities:

- Arrange for a safe indoor and outdoor activity location to run the program. If you have questions about your location, contact the Council Director for assistance
- Locate and secure access to a restroom for both the participants and volunteers to use prior to and during Girls on the Run®
- Distribute registration and marketing materials to all girls in the target audience
- Assist in marketing the program to participants and potential volunteers, through newsletters, websites, email blasts and other opportunities at your location
- Maintain regular communication with GOTRMC Council Director throughout the season.
- Update the roster and follow guidelines/timelines for paperwork, databases, etc.
- Sign a Non-Compete form and Volunteer Management Policies

### Coaches

Each site will provide a head coach and at least one assistant coach per team. All coaches are to be CPR certified and are encouraged to be First Aid Certified. All coaches must attend a full day training session prior to each season. Coaches are provided with a well-developed, well-researched curriculum which has been used successfully by Girls on the Run® council here in Maricopa County and around the country. The specific responsibilities of the head and assistant coaches are outlined below, but please visit the volunteer page of our website, [www.gotrmc.org](http://www.gotrmc.org) for complete volunteer coach job descriptions.

The Head Coach has the following responsibilities:

- Understand and believe in the mission of Girls on the Run®
- Complete a Volunteer/Coach Application, agree to a background check performed by Carolina Connections, Inc and complete a Health History form.
- Serve as a role model for young girls
- Have current CPR certification on file with the Council Director by the fourth lesson
- Attend full day Coaches' Training prior to each season
- Sign a Non-Compete form and Volunteer Management Policies
- Prepare, organize and supervise the weekly lessons
- Lead the program participants through each lesson
- Interact with parents of program participants
- Plan and coordinate the community service project and end-of-season banquet
- Attend the end of season 5K event with the program participants and other volunteers

The Assistant Coach has the following responsibilities:

- Understand and believe in the mission of Girls on the Run
- Serve as a role model for young girls
- Complete a Volunteer/Coach Application, agree to a background check performed by Carolina Connections, Inc and complete a Health History form
- Have current CPR certification on file with the Council Director by the fourth lesson
- Sign a Non-Compete Form and Volunteer Management Policies
- Attend a full day Coaches' Training prior to each season
- Attend program on selected day(s) on a consistent basis
- Assist with all aspects of the facilitation of the Girls on the Run®/Girls on Track® curriculum
- Encourage and cheer for all participants
- Participate in games and workouts with the girls as needed by the coaches
- Attend end of season 5K with coaches, program participants and other volunteers

At some sites, we have “co-coaches” who split the head coaching responsibilities between them and work together to facilitate the lessons. In addition to the wonderful experience of working with these girls, we also offer coaches discounts on New Balance running apparel. New Balance is one of our corporate sponsors and provides discounts on shoes and clothing, this information is provided by the Council Director at Coaches’ Training.

## Group Size

You must have a minimum of 8 girls in order for the program to exist. Each “team” is limited to 15, but returning sites can have more than one team, with approval of the Council Director. The minimum is based upon both financial and curriculum considerations. Because much of the 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 the girls and more than fifteen girls makes it difficult to establish the group rapport and the depth of community we are seeking. **New sites are limited to one group of 12 girls during the first season only.**

## Timing and Length of Sessions

We have two sessions of Girls on the Run® and Girls on Track® each year. The **Fall Season** begins in mid-September and runs for 10 weeks, meeting twice a week, ending in early December with a 5K running event. To begin a session at your site in the fall, planning should begin in April and be finalized no later than **the last Friday of June**. The **Spring Season** begins in early February and runs for 10 weeks, meeting twice a week, ending late April or early May with a 5K running event. To begin a session at your site in the spring, planning should begin in October and be finalized **the third Friday of December**.

## Registration

In order to provide equal opportunity for all participants, each program site is responsible for paper registration. GOTRMC will provide the registration forms, but the Site Liaison is responsible for:

- Communicating registration procedures effectively with all potential participants
- Assigning one site staff member to collect registration forms and money on a first-come, first-served basis, accommodating only the maximum number of participants available for their program
- Allowing a girl(s) from another school (one that does not offer the program) to attend the program at your site, if she/they participates in the first-come, first-serve application process and can get to the lessons within 15 minutes of the start time
- Creating a roster (using the template provided by GOTRMC) with the first 15 participants (12 for new sites) listed in order of registration

- Creation and maintenance of a waiting list based on a first-come, first-served basis once the registration period is closed. This wait list will be maintained until the end of the second week of the season

## Fees and Scholarships

The current program fee is \$150 per 10-week season. Coaches, who have daughters in the program will get a rate reduction of \$50.

The program fees include:

- the 20 lessons conducted by certified Girls on the Run® coaches
- lesson handouts and materials
- a healthy snack at each session
- a Girls on the Run® program t-shirt
- registration for end of season 5K running event
- end of season celebration banquet

Girls on the Run® of Maricopa County offer full and partial scholarships based on a sliding scale according to annual household income. The application/registration must be complete with a short summary by all parents (no matter how much is paid) of why the program is important to them and their daughter.

## The Curriculum

Each curriculum covers 20 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

Each lesson focuses on a specific issue related topic and follows a five part format that provides consistency and structure for the girl's 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 dynamics for the day and introducing the topic of the lesson.

**The Warm Up:** The warm-up is a 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 the 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 a “like statement” - “I like chocolate chip cookies,” or “I like to go to the beach.” All those girls who agree with the statement run (walk, jog - they set their own pace) the course marked by the coach. These statements continue, with contribution 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 the 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 base 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 Workout will build up to a “practice” 5K on site, to give the girls the confidence helpful in participating in an actual 5K running event. The running also involves the “topic of the day.” For instance, in the session on positive attitude, each girl must 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 season concludes with the opportunity to participate in a 5K running event.

Evaluation:

Girls in the program will be given a pre- and post-survey to evaluate the attitudinal changes. This data helps us to evaluate our programs currently. In the future, we hope to enhance this process so that we may use the data gathered to offer even more support to the girls and their families. This evaluation was created by Dr. Rita DeBate, Ph.D., MPH, CHES. Based on this evaluation tool, Dr. DeBate has concluded that Girls on the Run® curricula improves girls’ self-esteem, body image and eating attitudes to a “statistically significant” extent.

For additional information, please contact our Council Director, [councildirector@gotrmc.org](mailto:councildirector@gotrmc.org), (602)795-6572.