



## After-school program coming to your location Fall 2009!!

### What is Girls on the Run® (GOTR)?

- o Girls on the Run®, is a national non-profit program that encourages 3rd – 5th grade girls to develop self-respect and healthy lifestyles through running and playing games.
- o The program combines training for a 3.1 mile running event with small group discussions and fun, interactive physical activities.
- o The 10 week program consist of 20 evidence-based lessons which are broken down into 3 key areas:

**All About Me:** Getting to know who I am and what I stand for.

- ✓ These lessons help the girls understand more about themselves and help to equip them with skills to better handle peer pressure.

**Building My Team:** Understanding the importance of cooperation.

- ✓ These lessons focus on areas such as how to handle bullying and gossip and how to make healthy decisions and how to be a good sport.

**Community Begins with Me:**

- ✓ The girls learn about being a part of a community and work together to complete a community project.

- o The girls are placed into teams of 8-15 with one to two GOTR coaches. Each coach is trained and background checked by GOTR of Maricopa County.

### What can I expect my daughter to get out of the program?

- o The girls complete the program with a stronger sense of identity, a greater acceptance of themselves, a healthier body image and an understanding of what it means to be part of a team.
- o The program is evaluated nationally each season through surveys and statistical analysis by Dr. Rita DeBate at the University of South Florida in Tampa.

### What are parents saying about GOTR?

- o "My daughter is more aware of healthy eating and setting and reaching a goal."
- o "GOTR has helped my daughter increase her confidence and has taught her to take pride in her accomplishments."
- o "GOTR taught my daughter how to be a team player."
- o "The coaches were so positive. My daughter gained self-esteem with her peers."
- o "The program taught my daughter the importance of taking care of herself."

### How do I get my daughter involved?

- o Look for registration information at the beginning of the school year in August 2009.
- o Fall season tentatively will start the second week of September 2009.
- o Cost of the program is \$150/child. Scholarships applications are available for those families that meet the criteria. All scholarship applications go through a review process.
- o Questions can be directed to: Council Director, [www.councildirector@gotrmc.org](mailto:www.councildirector@gotrmc.org) 602-795-6572