

**GIRLS ON THE RUN® OF SILICON VALLEY
SITE APPLICATION**



ALL applications and facility use forms must be received no later than September 15, 2010!

Basic Site Information

SITE: _____ SCHOOL DISTRICT _____ COUNTY _____

ADDRESS: _____ CITY: _____

STATE: _____ ZIP: _____ PHONE: _____ FAX: _____

PERCENTAGE OF KIDS AT SCHOOL WHO RECEIVE FREE OR REDUCED SCHOOL LUNCH: _____

IS THERE A FACILITY USE FEE CHARGED BY YOUR DISTRICT FOR NON-PROFITS, AND IF SO, WHAT IS THE FEE?

_____ * PLEASE ATTACH A BLANK FACILITY USE FORM FOR YOUR DISTRICT WITH APPLICATION

Main Contact/Head Coach

The Head Coach will also be our main contact for communicating with the school. They will help assure the smooth implementation of the program by communicating about the program with school staff and securing appropriate training space by getting facility use forms from district office. They will be the main contact person with GOTRSV staff and serve as a link between other coaches, participants and parents.

NAME: _____ EMAIL: _____

CELL PHONE #: _____ HOME PHONE #: _____

MAILING ADDRESS: _____

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 Main Contact/Head Coach plus one to two additional coaches per group.
- Provide a safe, dedicated space for running. **THIS IS ESSENTIAL.** This does not have to be a track. A field is fine. However, there is a need to measure off part of the area for occasions when lessons require running a certain distance, e.g. 1 mile, 5K, etc. Briefly describe the available running area:

- Provide a rain space - indoor, private, preferably a gym reserved for GOTR® and **NOT** in conflict with other programs, although it can also be a classroom depending on the number of participants. Briefly describe the available indoor space:

- Determine plan for recruiting participants (i.e. lunchtime presentation, flyer in school news, after school info session) Briefly describe your plan: _____

- Identify participants. Distribute registration flyers to 3rd through 5th grade girls or 6th-8th for Girls on Track program. Briefly describe your Distribution Plan **AND how many copies** of the GOTR participant registration forms you would like to receive (we normally try to pass them out to girls in the eligible grades only to limit copying costs):

- If multiple teams are formed, assign coaches and participants to teams. Teams should include blend of ALL THREE grades as much as possible.

Program/Team Information

Do you plan to have more than one group (team) of girls (up to 15 girls per team)? _____

If yes, how many teams of 15 girls can your site accommodate (considering practice facilities)? _____

Please choose two days per week and the time the participants will meet for 1 1/4 hours per day. NOTE: Ideal start time is 10-15 minutes after dismissal time to allow girls time to change, have a drink of water, etc so that the program can start on time.

Days (i.e. M/W): _____ Time (i.e., 3-4:15 p.m.): _____

Type of Program (circle one): Girls on the Run (3rd-5th grade girls) Girls on Track (6th-8th grade girls)

Please list 2-3 coaches per team/group. Coaches need to be able to commit to full time, twice a week coaching. Three coaches allows for time flexibility - 2 coaches need to be present at all times.

GROUP 1 **HEAD COACH NAME:** _____ **CPR/FIRST AID CERTIFIED?** _____
SCHOOL/SITE AFFILIATION: (i.e. teacher, parent at school, etc): _____
CONTACT INFORMATION: Phone # _____ Email: _____
ADDRESS: _____
If have daughter who will participate, name and grade _____

COACH #2 NAME: _____ **CPR/FIRST AID CERTIFIED?** _____
SCHOOL/SITE AFFILIATION: (i.e. teacher, parent at school, etc): _____
CONTACT INFORMATION: Phone # _____ Email: _____
ADDRESS: _____
If have daughter who will participate, name and grade _____

COACH #3 NAME: _____ **CPR/FIRST AID CERTIFIED?** _____
SCHOOL/SITE AFFILIATION: (i.e. teacher, parent at school, etc): _____
CONTACT INFORMATION: Phone # _____ Email: _____
ADDRESS: _____
If have daughter who will participate, name and grade _____

GROUP 2 **HEAD COACH NAME:** _____ **CPR/FIRST AID CERTIFIED?** _____
SCHOOL/SITE AFFILIATION: (i.e. teacher, parent at school, etc): _____
CONTACT INFORMATION: Phone # _____ Email: _____
ADDRESS: _____
If have daughter who will participate, name and grade _____

COACH #2 NAME: _____ **CPR/FIRST AID CERTIFIED?** _____
SCHOOL/SITE AFFILIATION: (i.e. teacher, parent at school, etc): _____
CONTACT INFORMATION: Phone # _____ Email: _____
ADDRESS: _____
If have daughter who will participate, name and grade _____

COACH #3 NAME: _____ **CPR/FIRST AID CERTIFIED?** _____
SCHOOL/SITE AFFILIATION: (i.e. teacher, parent at school, etc): _____
CONTACT INFORMATION: Phone # _____ Email: _____
ADDRESS: _____
If have daughter who will participate, name and grade _____

Please Note: A minimum of one coach per group **MUST** be CPR/First Aid certified and make sure it is current for the entire season. That person must be at EVERY lesson to ensure the safety of our girls. If there is a chance you will miss a lesson, a second coach should be CPR/First Aid certified. Please mail or fax a copy of your certification cards to our office. This must be done **BEFORE** the start of the season. CPR must be renewed annually - First Aid every 3 years.

Coach Discount: Coaches are allowed early registration for their daughters. We provide the head coach with one comp registration per group of up to 15 girls.

Coach Training

All coaches **MUST** attend one of the mandatory training sessions offered (dates and location tbd.) New coaches must attend a 6 hour new coach training session, returning coaches must attend a 2 hour veteran coach training session.

Program Fees

The fee is \$200 per girl and we do have scholarships available for girls in need. This fee doesn't cover our actual cost per girl and we rely on fundraising and other sources of revenue in order to keep our costs low for all girls who participate. Fees may be higher at schools that charge facility use fees. Included in the fee are:

- ✓ 20 lessons conducted by two certified GOTR Silicon Valley Coaches
- ✓ healthy snacks at each lesson
- ✓ lesson handouts and materials
- ✓ official GOTR Program T-Shirt
- ✓ 5k Race Registration (includes race t-shirt, finisher award, free raffle and much more!)
- ✓ end of season certificates and awards
- ✓ GOTR Silicon Valley coach training and certification fees
- ✓ fees for insurance
- ✓ fees to GOTR International
- ✓ all administrative assistance to coaches, sites, girls and parents

PLEASE NOTE: Program Registration is on a first come, first serve basis. Coaches' daughters and girls requesting a scholarship still need to turn in their registration forms to be sure they are on the first come, first serve list. Registration information will be sent out to coaches in advance with registration start dates tbd. Each group must have a minimum of 10 girls and maximum of 15 girls per group - if there is enough interest a second group can be added only if there are more coaches and training dates still available. Second group approval determined by GOTRSV staff.

Approval by School Administration

Please have school principal or site director sign below indicating his/her acknowledgement and awareness that GOTR will be delivered at your site. We will also need a facility use request from (district paperwork available from school principal or secretary) signed by the principal, submitted with this request. We will complete the form and submit to the district for approval.

Name Title Date

I request that no fees be charged for use of facilities for Girls on the Run Programs: _____
Signed by Principal Date

Form Submitted by: _____ **Date:** _____

Please MAIL this form by September 15, 2010 DEADLINE to:
Kathleen Nestler, GOTR of Silicon Valley
PO Box 510, Los Gatos, CA 95031
Fax (408) 354-1465

Please direct any questions you may have to Kathleen Nestler at (408) 406-8406 or Kathleen@gotrsv.org