

APPLICATION FOR BECOMING A SITE FOR GIRLS ON THE RUN® OF SILICON VALLEY



Application must be received no later than September 30, 2009

Basic Site Information

SITE: _____ SCHOOL DISTRICT _____ COUNTY _____

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

ADDRESS: _____ CITY: _____

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

Site Liaison Information

RESPONSIBILITIES OF THE SITE LIAISON (see Site Liaison description)

The Site Liaison's role includes assuring the smooth implementation of the program by communicating about 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.

*Ideally the site liaison is also the head coach, but could be a teacher at the school, parent, etc.

SITE LIAISON NAME: _____ TITLE/ROLE (i.e. coach, teacher, parent at school, etc): _____

CELL PHONE #: _____ HOME PHONE #: _____

EMAIL (REQUIRED): _____

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 Head Coach/Site Liaison (See Site Liaison description form)
- 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 site. 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 forms 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 16 girls per team)? _____
If yes, how many teams of 16 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.

Team 1 - Days: _____ 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)

Team 2 - Days: _____ 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. Two coaches per group of 16 will receive a half comp for ONE daughter enrolled in the program. Three coaches allows for time flexibility - 2 coaches need to be present at all times.

GROUP 1 HEAD COACH NAME: _____ CPR/FIRST AID CERTIFIED? _____
CONTACT INFORMATION: Phone # _____ Email: _____
ADDRESS: _____
Coach training date wish to attend: January 30, 2010 _____ OR February 6, 2010 _____
If have daughter who will participate, name and grade _____

COACH #2 NAME: _____ CPR/FIRST AID CERTIFIED? _____
CONTACT INFORMATION: Phone # _____ Email: _____
ADDRESS: _____
Coach training date wish to attend: January 30, 2010 _____ OR February 6, 2010 _____
If have daughter who will participate, name and grade _____

COACH #3 NAME: _____ CPR/FIRST AID CERTIFIED? _____
CONTACT INFORMATION: Phone # _____ Email: _____
ADDRESS: _____
Coach training date wish to attend: January 30, 2010 _____ OR February 6, 2010 _____
If have daughter who will participate, name and grade _____

GROUP 2 HEAD COACH NAME: _____ CPR/FIRST AID CERTIFIED? _____
CONTACT INFORMATION: Phone # _____ Email: _____
ADDRESS: _____
Coach training date wish to attend: January 30, 2010 _____ OR February 6, 2010 _____
If have daughter who will participate, name and grade _____

COACH #2 NAME: _____ CPR/FIRST AID CERTIFIED? _____
CONTACT INFORMATION: Phone # _____ Email: _____
ADDRESS: _____
Coach training date wish to attend: January 30, 2010 _____ OR February 6, 2010 _____
If have daughter who will participate, name and grade _____

COACH #3 NAME: _____ CPR/FIRST AID CERTIFIED? _____
CONTACT INFORMATION: Phone # _____ Email: _____
ADDRESS: _____
Coach training date wish to attend: January 30, 2010 _____ OR February 6, 2010 _____
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 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: We offer a half price discount for **TWO** coach daughters per group of 16 girls. Coaches need to turn in a registration form for their daughter with payment of \$100 as soon as forms are available.

New Coach Training

New coaches **MUST** attend one of the two sessions offered (either Sat, Jan 30 or Sat, Feb 6, 2010). Both will be held at Lakeside Elementary School in Los Gatos from 9-3.

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. 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. Forms are to be mailed into the *GOTRSV* office **ONLY**. (One exception - *LGS* Rec sites in *LG* and *Saratoga* **ONLY** must be mailed into the rec dept - not our office). Registration forms received after we are full at a site will be put on a waiting list. Each group must have a minimum of 10 girls and maximum of 16 girls per group - if there is enough interest a second group can be added if there are more coaches but group size restrictions will remain the same.

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

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

Please MAIL this form by September 30, 2009 DEADLINE to:
Kathleen Nestler, *GOTR* of Silicon Valley
PO Box 510, Los Gatos, CA 95031
Fax (408) 354-1465