

New Site Information Packet



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About Girls on the Run of Silicon Valley

Girls on the Run of Silicon Valley (GOTRSV) is a non-profit 501(c)(3) organization dedicated to educating and preparing girls for a lifetime of self respect and healthy living. We use experiential learning programs which combine training for a 5K (3.1 mile) running event with lesson plans designed to promote positive choices and an active lifestyle. Girls on the Run was created in Charlotte, NC in 1996 by Molly Barker, a social worker and 4-time Hawaii Ironman triathlete. Girls on the Run International (GOTRI) remains based in Charlotte and has expanded to more than 150 councils and over 50,000 participants across the country each year.

Potential Sites

GOTRSV has had programs at over 40 elementary and middle schools in Santa Clara and Santa Cruz counties. A program site must be approved for facility use by the district in order to be considered.

Site Involvement

GOTRSV provides almost everything needed to run the program, but each site has the following responsibilities:

- Provide two to three coaches per group of 15 girls to be trained by GOTRSV. One of these coaches will be the designated Head Coach for the group, and will be our key contact. The head coach will be responsible for submitting the site application, getting approval from the principal and providing help with the district as needed, assisting with registration, collection of forms from participants, attending coach meetings and communicating with the GOTRSV office.
- Provide a safe, dedicated space for outdoor running. This does not have to be a track - a field or large blacktop area is fine. We prefer that the area is separate from other activities to limit distractions for the girls.
- Provide a "rainy day" site (classroom, gym, etc.) that is indoors. Should be the same space all the time so the girls know where to meet on rain days.
- Choose two days each week for the program to meet (one hour and fifteen minutes for each session)

Coaches

This is a volunteer position. All coaches must participate in an intensive, 6 hour training session before the season starts. They are also required to fill out a coach application and have a background check done prior to coaching. At least one coach per group must be CPR and First Aid certified. Coaches are provided with a research-based curriculum, which has been used successfully here in the Silicon Valley area and around the country for many years, and all the materials necessary to deliver the program.

We require two to three full time coaches per group (who are able to commit to all of the lessons) at each site. Two coaches must be present at all times, and three coaches gives some flexibility if one is unable to make the practice in an emergency. Head coaches must be female adults over the age of 21. In some cases, GOTRSV is able to assist in finding, or provide, assistant volunteer coaches but to ensure your site can have a program we need site support in recruiting coaches and can provide you with recruiting handouts, etc if requested.

Each coach has the following minimal responsibilities:

- Attend 6 hour coach training
- Become CPR and First Aid certified (minimum one per group)
- Authorize a background check to ensure the safety of the girls in our program
- Provide negative TB test results if required by district
- Commit to coaching two days a week for 10 weeks
- Prepare for and supervise all lessons in a manner consistent with the GOTRI philosophy and curriculum
- Run with the girls at the end of season 5K run
- Administer the evaluation (pre-test and post-test) during the spring season (if we are doing it that year)

Coaches get priority registration for their daughters, and in addition we offer one comp registration to the head coach. All coaches receive a program t-shirt, training, support, end of season party invitation as well as some other fun things and discounts from our national partners. Most importantly, it is an opportunity to do something great for the girls in their community!

Group Size

We require a minimum of 10 girls and limit each group to a maximum of 15 girls. Because much of our curriculum is related to team building and group dynamics, fewer than 10 girls can make it difficult to implement the curriculum lessons and provide the experience we want to offer to the girls. More than 15 girls stretches coach materials too thin and makes it difficult to establish the group rapport and allow each girl to fully participate in the curriculum. In order to have more than one group of 15, we must add two to three more coaches and then can add a second group and go up to 30 girls max.

Timing and Length of Season

We currently have one session of Girls on the Run each year: Spring only.

Spring Season begins in late February/early March and runs for 10 weeks (meeting twice a week), and ends in mid May with the Girls on the Run 5K.

Getting Signed Up!

Applications may be submitted at any time. However, decisions about which sites will be added for the spring season will be made during the October prior to that spring season. For example, to be considered for the Spring 2011 season, all applications must be received by September 15, 2010. Please note that GOTRSV is continually expanding and we're doing our best to accommodate as many new site requests as possible. Unfortunately, it may not be feasible to start a program at your particular site immediately, due to funding and staff limitations. We are limited in the number of new sites we can accept each year. If you would like to begin the process of starting a new site with GOTRSV, please contact Kathleen Nestler at Kathleen@gotrsv.org or Karen Rajczi at Karen@gotrsv.org.

Girls on the Run Curriculum

Girls on the Run is the name of the organization, but we offer two programs: Girls on the Run for 3rd-5th grade (8-11 year old) girls and Girls on Track for 6th-8th grade (12-14 year old) girls.

The principle philosophies and psychological research for both programs are the same, yet the processing varies with the two different curricula for developmental reasons. The Girls on Track curriculum allows for deeper discussion on topics becoming more and more relevant as girls grow into middle school, providing a safe outlet for discussion at this crucial stage of development.

Each curriculum covers 20 lessons, and each lesson follows a general pattern incorporating lesson goals.

Lesson Format

1. Getting On Board

As the girls arrive and settle into a circle, the coach "checks in" with them, sees how each is feeling, gets a feel for the group's dynamic for the day, and introduces the topic of the lesson. This portion of the lesson will include an activity and discussion.

2. Warm Up

Next is a game - perhaps a short relay or some other brief activity. The topic of the lesson is incorporated into the game. 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 math." All those girls who agree with the statement run (walk, jog - they set their own pace) the course marked out by the coach. These statements continue, with contributions by the girls, until everyone has had a chance to run and warm up.

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.

3. Workout

This involves more actual running. The season 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 to build the girls' confidence for participating in the actual 5K event (see below). 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.

4. Cool Down

After the workout, there is cool down and more processing. The lesson always ends with a cheer and a healthy snack.

Curriculum Format

The curriculum is divided generally into three parts:

1. All About Me

The first eight lessons are centered on the girls getting to know themselves, examining their own values, their likes and dislikes, and who they envision themselves to be. As the girls get to know themselves, they are also sharing with each other.

2. Building My Team

The next six lessons concentrate on team building, being supportive, and learning to listen and cooperate.

3. Community Begins with Me

The last six lessons relate to the world at large, including making a contribution to your world (family, school, etc.) and also the negative messages we can receive from the world (media awareness, negative peer pressure, etc.).

The lessons conclude with participation in a 5K run. We participate in our very own running event. The Girls on the Run 5k in May is a great community event that celebrates participants in Girls on the Run!

General Information

Program Fees

The program 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. Please note that for school sites that charge high facility use fees, an additional amount may be charged per girl as our program fee does not cover facility use costs. Included in the program fee are:

- ✓ 20 lessons conducted by two certified GOTR Silicon Valley Coaches
- ✓ healthy snacks at each lesson
- ✓ lesson handouts
- ✓ official GOTR Program T-Shirt and water bottle
- ✓ 5k Race Registration
- ✓ end of season certificates and awards
- ✓ GOTR Silicon Valley coach training and certification fees
- ✓ operating overhead, including licensing, printing and insurance costs
- ✓ all administrative assistance to coaches, sites, girls and parents

Scholarship Program

In the event that a girl is unable to afford the full cost for the program, we will do everything we can to offer her a scholarship. Coaches will be given scholarship forms to make available to families. It is the goal of GOTR of Silicon Valley to make our programs accessible to all girls who wish to participate, regardless of their financial status. Families who are unable to pay the full program registration fees may be awarded financial assistance based on their income or special situation. Scholarships are limited, granted on a first come, first serve basis, and may be limited by the resources available at the time of application. Our intention is to offer the Girls on the Run program to as many girls as possible and we don't want fees to prohibit participation. In order to anticipate how many girls at potential new sites will need scholarship assistance, we need to know the % of kids at the school who receive free or reduced school lunch so that we can determine if that fits within our overall anticipated budget.

Evaluation

Girls in the program are given academically evaluated pre- and post-tests to measure attitudinal changes, which helps us to evaluate our programs. GOTRSV participates in the program evaluation when requested by GOTR International.

Contact Us

If you are interested in starting a Girls on the Run program, please contact Kathleen Nestler for a new site application at Kathleen@gotrsv.org or Karen Rajczi at karen@gotrsv.org. We look forward to talking with you!