



# newsite

INFORMATION  
PACKET



empowering girls

in 3rd–8th grade with the **confidence** and  
**character** they need to become  
**strong, healthy** women.

# about



## GIRLS ON THE RUN HUDSON VALLEY

Girls on the Run Hudson Valley (GOTRHV) is a non-profit 501(c)(3) organization that inspires girls to be joyful, healthy, and confident using a fun, experience-based curriculum that creatively integrates running. Our after-school program combines training for a 5K (3.1 miles) running event with lesson plans designed to promote positive choices and an active lifestyle. We are proud to serve 2,000 girls each year across six Hudson Valley counties (Orange, Dutchess, Ulster, Putnam, Rockland and Westchester), and we host programs at private and public schools, park districts, community centers, and churches.



## OUR **i**mpact



## TIMING AND LENGTH OF **seasons**

- \* Spring season starts late March and ends late early June
  - Fall season starts early September and ends mid-November
- Each season is 10-weeks with teams meeting twice a week for 75-90 minutes each day.

## OUR **programs**

Girls on the Run is the name of our organization, but we offer two research-based programs: Girls on the Run for 3<sup>rd</sup>-5<sup>th</sup> grade girls and Heart & Sole for 6<sup>th</sup>-8<sup>th</sup> grade girls. The structure, principle philosophies, and psychological research for both programs are the same, yet some topics and discussion questions vary for developmental reasons.



**Girls on the Run** inspires young girls to define their lives on their own terms, make new friends, build confidence, and celebrate all that makes them unique. The girls get a better understanding of who they are and what's important to them, the value of teamwork and healthy relationships, and how they can positively connect with and shape the world.



**Heart & Sole** creates a positive, structured space for middle school girls to learn about themselves, explore new ideas, cultivate empathy, strengthen connections, and develop life skills that will help them as they move through adolescence and beyond. The girls learn how to put concepts into action, including decision making, boundary setting, and team building.



# volunteers

Volunteers can be male or female and do not have to be runners or have previous coaching experience – just the passion to change girls' lives!

## Site Liaison

All sites must have one (1) Site Liaison that works closely with GOTRHV staff and serves as a link between their site's administration, coaches, parents/guardians, and participants. The Site Liaison is responsible for determining practice dates and times, securing practice space, and recruiting coaches and girls (all marketing materials will be provided). During the season, the Site Liaison makes sure that all aspects of the program are running smoothly by checking-in, attending practices frequently, and attending the end-of-season 5K.

### Site Liaison Requirements:

- 21 years or older and associated with the site: administrator, faculty, parent/guardian, etc.
- Complete new site application
- Submit an online volunteer registration form and background check

## Coaches

All sites must have a minimum of two (2) Coaches per team. Coaches facilitate the Girls on the Run and/or Heart & Sole curriculum and work closely with program participants and the Site Liaison. Coaches are responsible for preparing, organizing, and supervising weekly lessons in addition to communicating with parents/guardians. The expected time commitment is 4 hours per week, in addition to attending the end-of-season 5K.

### Coach Requirements:

- 18 years or older
- Facilitate the 10-week curriculum two days per week
- Submit an online coach application and submit a background check
- Attend an in-person training facilitated by GOTRHV, offered on various weekends prior to the start of each season throughout the Hudson Valley area
- Become CPR (AED) and First Aid certified

## Coach to Girl Ratio

To maintain safety and ensure that lessons are implemented effectively, sites must adhere to our coach to girl ratio at each practice. Each Girls on the Run and Heart & Sole team must have a minimum of **2 coaches and 8 girls** to host.

Full-Time (2x Week) Coaches	Girls and Teams
2 Coaches	1team of 8-15 girls Max: 15 girls
3 Coaches	1team of 8-20 girls Max: 20 girls
4 Coaches	2 teams of 8-15 girls Max: 30 girls
5 Coaches	1team of 8-15 girls <b>AND</b> 1team of 8-20 girls Max: 35 girls
6 Coaches	3 teams of 8-15 girls <b>OR</b> 2 teams of 8-20 girls Max: 45 girls

NOTE: There is no limit to the number of girls each site can serve as long as there is proper coach support.



# girls

Our program is open to girls in 3rd-8th grade, regardless of athletic ability or fitness level.

## PROGRAM

Girls on the Run uses an income-based sliding scale so that every girl who wants to participate can. The full program fee is \$175 per girl. We offer adjusted program fee on a sliding scale based on household income. The online registration system asks a series of questions to find the fee that is right for each family.

The cost of the program includes:

- Nationally recognized curriculum
- 10 weeks/20 lessons led by trained coaches
- Lesson handouts and season materials
- A Girls on the Run t-shirt and water bottle
- Girl's entry into the end-of-season 5K
- End-of-season gift
- Finisher medal
- Coach training and certification fees
- General liability insurance and all administrative assistance to coaches, sites, girls and parents.

### Additional Support

Girls who qualify may request running shoes and sports bras as part of their program registration. This is individual based, not tied to teams.



## END-OF-SEASON 5k event

At the end of the 10-week season, girls will participate in our Girls on the Run 5K. This celebratory, non-competitive event is the culminating experience of the program. The girls are encouraged to do their best and HAVE FUN! Each girl must have a Running Buddy, an adult chaperone, to run, jog, or walk with her at the 5K. **All Running Buddies must register and pay the 5K registration fee – a separate cost incurred toward the end of the season.**





Identify a SITE LIAISON, who will then:

Obtain PRINCIPAL/DIRECTOR APPROVAL to host the program

Complete the NEW SITE APPLICATION

Recruit COACHES and GIRLS in accordance with our Coach to Girl Ratio (recruitment materials will be provided)

Identify TWO DAYS A WEEK, 75-90 minutes each day, for practice

Secure a safe, dedicated OUTDOOR SPACE for practice\*

Secure a safe, dedicated INDOOR SPACE for inclement weather

\*If safety is a concern, your indoor space can substitute as your outdoor space.



# application

FILING PERIOD

**For the Fall season:** March 1st – August 14th

**For the Spring season:** October 1<sup>st</sup> – February 14



# thank you

for your interest in becoming a new site! We look forward to supporting you in empowering your girls. Please let us know if you have any questions - we're here to help!

For more information, please contact [kim.otruba@girlsontherun.org](mailto:kim.otruba@girlsontherun.org) or call us at 845-422-1899

Please note that all applications are subject to prior approval. A submitted application does not guarantee the program will be offered. Girls on the Run Hudson Valley is rapidly expanding, and we are doing our best to accommodate as many new site requests as possible. Unfortunately, it may not be feasible to start a site, due to funding and staff limitations.



# Join the Movement!

## Become a Girls on the Run Coach

**Volunteer Coaches are needed for a spring team.** Experience first-hand the inspiration and sense of accomplishment, while making a difference in the lives of young girls in our community.

### WHAT DOES IT TAKE TO BE A COACH?

- \* A desire to be part of an amazing movement of empowerment & achievement.
- \* Enthusiasm, dedication and the readiness to learn & grown with your team.
- \* A willingness to participate in a mandatory coach training and follow the provided curriculum during the 10 week program. Running or coaching experience is not required.
- \* A commitment to your team (15 girls) and your co-coach to attend, lead, and enjoy practices twice weekly.
- \* Participation with your team at the culminating GOTR 5K celebration.

### Spring 2020 Season Key Dates

- \* Coach Application deadline: Feb 14
- \* Coach Training Options: Feb 22 Fishkill, Mar 8 Suffern, Mar 11 Newburgh
- \* Spring Season Begins: Week of Mar 23

**What are you waiting for? You were meant for this.**

**Apply at: [www.girlsontherunhv.org/coach](http://www.girlsontherunhv.org/coach)**

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## REASONS TO LOVE COACHING GIRLS ON THE RUN



1



### INSPIRING LIMITLESS POTENTIAL

Imagine if we all knew we had limitless potential when we were in elementary school!

3



### I'M LEARNING, TOO!

Did you know that there are no bad emotions, just uncomfortable ones? I didn't until I became a coach last season.

5



### AMAZING CURRICULUM

Every practice is mapped out for you with a script. All you need to do is familiarize yourself with the lesson before practice. GOTR does all the heavy lifting!

2



### SEEING AMAZING GROWTH

It's so rewarding to watch the girls evolve throughout the season and become more joyful, strong and confident.

4



### MEETING NEW FRIENDS

My daughters aren't the only ones doing this! I've met other adults who are passionate about making a difference in the lives of girls.