

BRING Girls on the Run® TO YOUR SCHOOL!



Who We Are

Girls on the Run is a nonprofit that creates and offers evidence-based empowerment programs that help third- to eighth-grade girls build confidence, address negative issues, and deepen vital physical, mental, emotional, and social life skills.

Impacts of GOTR

By participating NOW...

- Life-skills lessons
- Fun movement-based games
- Impactful community projects
- Intentional goal-setting activities



...she gains these FOR LIFE.

- Deep inner strength
- Meaningful connection to others
- Foundation of physical health
- Empathy and respect for those around her
- Confidence to pursue dreams of all sizes

GIRLS NEED GOTR

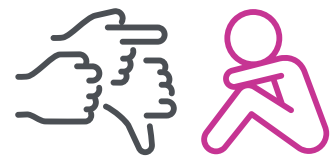
Here's why:



Girls' self-confidence begins to drop by age nine.



Physical activity starts to decline at age ten and continues to decrease as girls age.



50% of girls ages 10 to 13 experience bullying.



Only 24% of six- to 17-year-olds participate in at least 60 minutes of physical activity every day.



57% of U.S. teen girls felt persistently sad or hopeless in 2021 – double that of boys and representing a nearly 60% increase over the past decade.

OUR PROGRESS IS POWERFUL!

- Girls on the Run Lehigh Valley and Pocono annually serves more than 1600 participants.
- We offer a Fall and Spring Season
- More than 400 volunteers (including caring coaches) support, uplift, and inspire our girls every year.
- Over 5000 participants and spectators attend our 5K Celebrations every year.





GET INVOLVED WITH GOTR



HOSTING A TEAM

Site Guidelines

- Offer a safe, accessible outdoor place with a restroom (and a designated indoor space for inclement weather)
- Accommodate a regular practice schedule 2 times a week for 90 minutes
- Identify 2-3 coaches from your site and/or community*
- Help recruitment efforts and distribute marketing materials
- Site Liaison-suggested, NOT required
 - Acts as the main contact at the site for Girls on the Run families/participants and Girls on the Run council staff before and throughout the program.
 - Offers support to families who need assistance with registration

At a time when girls may be struggling to fit in or find their voice, our programs reassure them that they belong.



By hosting a team, you will inspire girls to embrace their individuality, make new friends, and find joy in movement.

**If you cannot secure coaches, have no fear! Girls on the Run will work with you to identify coaches from our volunteer pool.*





CURRICULUM OPTIONS



We can work with you to determine what program works best for your site!

Girls on the Run is the only physical activity-based, positive youth development program for girls with a research-based curriculum, trained coaches, and a commitment to serving all girls.

Every practice, coaches lead teams through fun and engaging activities that innovatively blend social emotional life skills with physical movement.



Girls on the Run: Grades 3-5

- Understand ourselves, value teamwork, and recognize our impact on the world.
- Set and achieve goals, nurture emotional health, connect with others, and appreciate healthy habits.
- 16 practices, 1 end of season 5k, and 1 post 5k final celebration.
- Participants will meet 2 x Week for 90 mins after school



Heart & Sole: Grades 6-8

- Learn how to develop a strong support system, foster healthy relationships, and offer help to those in need.
- Understand the important connection between body, brain, and heart.
- 2 programming options
 - 20 practices, one end of season 5k, and 1 post 5k celebration
 - Participants will meet 2 x week for 90 mins after school
 - 10 practices, end of season 5k, and one post 5k final celebration
 - Participants will meet 1 x week for 120 mins after school

COST AND FINANCIAL ASSISTANCE

Program Cost: \$15-\$175

Based on a sliding scale determined by household income

Financial Assistance is available! EVERY GIRL DESERVES TO CROSS THE FINISH LINE

Financial assistance is available to families who cannot pay the full registration fee

- Income documentation is not required
- We are proud to provide 50% of participants financial assistance each year

We are committed to being accessible to any girl who wants to participate and we ensure that program cost is never a barrier to participation

How GOTR SUPPORTS You



EVERY STEP OF THE WAY

Program sites can count on GOTR for:

- Marketing and registration materials
- Parent/guardian communications
- National Coach Training (led by trained facilitators)
- Curriculum materials and coach supplies*
- Program t-shirt and 5K participation
- Ongoing support to site liaisons, coaches, and families



The data – and participant voices – say it all!



98%

OF PARTICIPANTS

said they had fun at their Girls on the Run practice.



98%

OF PARTICIPANTS

said they would tell their friends to participate in Girls on the Run.



97%

OF PARTICIPANTS

said they learned things at Girls on the Run that are important to them.

NEXT STEPS

Are you ready to join the GOTR community?

1. Submit site application

- Visit our website @ www.gotrlehighpocono.org and click on "get involved" and "start a team"

2. Confirm site practice schedule*

- *if you don't know this yet, that is ok! It can be added later

3. Identify coaches*

- *If you don't know this yet, that is ok! Coaches can be added later

Spring Season Timeline Overview

- Now: Site and Coach Recruitment
- February: Coach Training
 - multiple dates and locations will be offered
- March-May: 10 Week Season
 - GOTR: 8 weeks (16 practices)
 - Heart & Sole: 10 weeks (10 or 20 practices)
- Mid May: 5k Celebration



We are excited for you to join us and need your help!

Your involvement plays a vital role in building self-confidence in girls. As a result, your community and the world beyond it will become a better, more welcoming place.

With your involvement, that better tomorrow can be filled with girls who nurture their emotional and physical health, boldly follow their dreams, and become adults who lead with integrity, empathy, and kindness.

WWW.GOTRLEHIGHPOCONO.ORG