

# APPLICATION FOR BECOMING A GIRLS ON THE RUN® SITE



## Basic Site Information

SITE: \_\_\_\_\_ (if school, affiliated with what school district and county? \_\_\_\_\_)

ADDRESS: \_\_\_\_\_ CITY: \_\_\_\_\_

STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_ PHONE: \_\_\_\_\_ FAX: \_\_\_\_\_

## Site Liaison Information

The Site Liaison's role includes assuring the smooth implementation of the program by securing appropriate training space and serving as a link between coaches, participants and families (see attached Site Liaison Role Description for additional details).

LIAISON NAME: \_\_\_\_\_ TITLE/ROLE: \_\_\_\_\_

LIAISON 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 Site Liaison (see attached role description)
- 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 location - indoor, private, preferably a gym reserved for GOTR® and **NOT** in conflict with other programs.

Briefly describe the available indoor space: \_\_\_\_\_  
\_\_\_\_\_

- Determine plan for identifying participants (fliers home, newsletter notification, email blast, information meeting, etc.).
- Identify participants. Distribute registration forms to 3<sup>rd</sup> through 5<sup>th</sup> or 6<sup>th</sup> through 8<sup>th</sup> grade girls.

Girls on the Run teams must have at least 8 girls and no more than 15. Briefly describe the selection criteria (1<sup>st</sup>-come/1<sup>st</sup>-served, lottery, etc.) you will use if anticipate more girls registering than the number of teams you are able to offer.

\_\_\_\_\_  
\_\_\_\_\_

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

## Readiness to Participate Criteria, continued

- ❑ Provide two coaching candidates per team for your site. You can list additional teams and coaches on the back of this sheet, if applicable. Each coach is required to attend a full day of Girls on the Run® training and one coach at each site must be at least 21 years old and CPR and First Aid Certified (we provide CPR and First Aid training). Coaches must be available two afternoons per week. The registration fee for the daughters of fully trained coaches, who are at the site both days, will be waived as a gesture of gratitude.

### Team 1 Coaches -

COACH CANDIDATE NAME: \_\_\_\_\_

CONTACT INFORMATION: Phone # \_\_\_\_\_ Email: \_\_\_\_\_

COACH CANDIDATE NAME: \_\_\_\_\_

CONTACT INFORMATION: Phone # \_\_\_\_\_ Email: \_\_\_\_\_

### Team 2 Coaches -

COACH CANDIDATE NAME: \_\_\_\_\_

CONTACT INFORMATION: Phone # \_\_\_\_\_ Email: \_\_\_\_\_

COACH CANDIDATE NAME: \_\_\_\_\_

CONTACT INFORMATION: Phone # \_\_\_\_\_ Email: \_\_\_\_\_

### Team 3 Coaches -

COACH CANDIDATE NAME: \_\_\_\_\_

CONTACT INFORMATION: Phone # \_\_\_\_\_ Email: \_\_\_\_\_

COACH CANDIDATE NAME: \_\_\_\_\_

CONTACT INFORMATION: Phone # \_\_\_\_\_ Email: \_\_\_\_\_

Please have school principal or site director sign below indicating his/her acknowledgement and awareness that GOTR will be delivered at your site: \_\_\_\_\_

- ❑ Secure storage area for coach's box, snacks, etc.  
If storage space is available, please describe area and how it will be accessed: \_\_\_\_\_  
\_\_\_\_\_

### Team/Practice Information

Would your site like to be considered for more than one team (each team must consist of at least 8 girls and no more than 15)?  
Y/N

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 90 minutes per day.

Team 1 - Days: \_\_\_\_\_ Time (i.e., 3-4:30 p.m.): \_\_\_\_\_

Team 2 - Days: \_\_\_\_\_ Time (i.e., 3-4:30 p.m.): \_\_\_\_\_

Team 3 - Days: \_\_\_\_\_ Time (i.e., 3-4:30 p.m.): \_\_\_\_\_

### Program Fees

Participants of Girls on the Run® pay a program fee of \$125. \*Full and partial scholarships are available.

Included in the fee price are:

- ✓ 20 ninety minute lessons conducted by two certified GOTR® Coaches
- ✓ a water bottle
- ✓ healthy snacks at each lesson
- ✓ official GOTR T-shirt
- ✓ participation in the New Balance Girls on the Run 5K Event
- ✓ a 5k event medal
- ✓ an end of season celebration

**Please mail your completed application to:** Girls on the Run P.O. Box 995 Ann Arbor, MI 48106 or fax it to (734) 712-5499.