

# APPLICATION FOR BECOMING A SITE FOR GIRLS ON THE RUN®



## 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 parents (see attached 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 site. 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.
- 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.

Briefly describe your recruiting and selection criteria (1<sup>st</sup>-come/1<sup>st</sup>-served, lottery, etc.)

- 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. Please list below two coaching candidates - list additional coaches on the back of this sheet, if applicable. Each coach will be required to attend one day of Girls on the Run® training and become First Aid and CPR certified. Coaches must be available two afternoons per week. If you need assistance identifying coaches, please let us know.

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

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

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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 (up to 15 girls)? \_\_\_\_\_

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 1 ½ hours 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
- ✓ a health snack at each lesson
- ✓ official GOTR T-shirt
- ✓ participation in the GOTR Celebration 5K Event
- ✓ 5k event medal
- ✓ Celebration

**Completed application can be mailed to:**

Girls on the Run of Southeastern Michigan  
At St. Joseph Mercy Health System Women's Health Center  
Attention Program Coordinator  
5301 E. Huron Drive, P.O. Box 995  
Ann Arbor, MI 48106

Or faxed to (734) 712-5499

\*\*To be considered for a Fall 2010 site your application must be received by June 31, 2010

\*\*To be considered for a Spring 2011 site your application must be received by January 31, 2011

