NEW SITE INFORMATION PACKET

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

GIRLS ON THE RUN NYC

EMPOWERING GIRLS
Girls on the Run NYC is a non-profit 501(c)(3) organization that inspires girls to be joyful, healthy, and confident. Our after-school program is centered around a fun, experience-based curriculum that creatively integrates running.

We are proud to serve girls across all five boroughs of New York City, and we host programs at public, private, and religious schools; community centers; park-based community sites, as well as other community-based locations.

Our programs are open to girls in 3rd-8th grade, regardless of athletic ability or fitness level. We offer two research-based programs:

- **Girls on the Run** for 3rd-5th grade girls
- **Heart & Sole** for 6th-8th grade girls

The structure and psychological research for both programs are the same, yet some topics vary to meet the developmental needs of each age group.

**Girls on the Run** inspires girls to define their lives on their own terms, make new friends, build confidence, and celebrate all that makes them unique. They 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. They learn how to put concepts into action, including decision making, boundary setting, and team building.
PROGRAM FEE
Girls on the Run programming fees are structured on a **sliding scale, based upon current annual household income.** This sliding scale meets our families where they’re at and provides programming that is equitable and accessible to all girls.

Families who cannot afford the fee associated with their household income are encouraged to request a payment plan or additional financial assistance during registration.

GOTR NYC also offers site-wide financial assistance for an entire team if most of your students would qualify for the $20 or $0 fee, with the option of a reduced financial assistance site payment. We are committed to being fully accessible and inclusive. You will provide information about this in the New Site Application and we will discuss this in your site onboarding.

### EACH PARTICIPANT RECEIVES:
- 20 interactive lessons led by trained Coaches
- Program journal
- Program t-shirt
- Celebratory end-of-season event
- Social and emotional skills to help them thrive
- A lifetime love of physical activity
- New friendships and FUN!

### ANNUAL HOUSEHOLD INCOME

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<th>ANNUAL HOUSEHOLD INCOME</th>
<th>PROGRAM FEE</th>
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GOTR NYC will never turn a girl away due to financial reasons.
PROGRAM STRUCTURE

- Programming is delivered by two trained coaches for teams of **8-15 girls** (or up to 20 girls, for GOTR teams).
- Teams meet **twice a week for 10 weeks**.
- Each session is 75-90 minutes in length, and the timing and days per week are decided upon by the site.
- Practices are designed to move seamlessly from in-person to virtual as needed.
- The season concludes with an **end-of-season event**. You will receive more information during the season.

SITE LIAISON

All sites must have one (1) Site Liaison who works closely with GOTR NYC 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. During the season, the Site Liaison makes sure that all aspects of the program are running smoothly by checking-in, serving as a Sub Coach as needed, and attending the end-of-season event. Site Liaisons can also be a coach!

SITE LIAISON REQUIREMENTS

- 21 years or older and associated with the site: administrator, faculty, parent/guardian, etc.
- Complete New Site Application Form
- Participate in the new site onboarding meeting
- Communicate with the GOTR NYC office throughout the season as needed

COACH

All sites must have a **minimum of two (2) Coaches per team on site at all times**. Girls on the Run (3rd-5th grade) teams with 16-20 girls must have three (3) coaches. 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 event. Coaches can also be a Site Liaison!

COACH REQUIREMENTS

- 18 years or older
- Complete Coach Registration form
- Facilitate the 10-week curriculum two days per week
- Successfully complete a background check
- Complete online and in-person training course prior to the season start
- Become CPR (AED) and First Aid certified (at least one coach per team)

Volunteers can be any gender and do not have to be runners or have previous coaching experience—they just need the passion to change girls’ lives!
NEXT STEPS

We accept new site interest year-round, and we will work with you to figure out an appropriate season to launch.

NEW SITE CHECKLIST

☐ Identify a SITE LIAISON.

☐ Obtain PRINCIPAL OR SITE DIRECTOR APPROVAL to host the program.

☐ SITE LIAISON completes the NEW SITE APPLICATION.

☐ Identify at least two Coaches to deliver the program.

☐ Determine TWO DAYS A WEEK for 75-90 min per session to host practice.

☐ Begin SPREADING THE WORD about Girls on the Run to potential coaches and girls!

☐ Secure a safe, dedicated OUTDOOR SPACE* and an INDOOR SPACE in case of inclement weather.

* If girls’ safety is a concern, practices can be held solely indoors.

THANK YOU!
Thank you for your interest in starting 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!