



Girls on the Run® Vermont

Site Talking Points

About GOTR VT:

- Girls on the Run® Vermont was established in 1999 and is one of 156 councils that are part of the Charlotte, North Carolina-based Girls on the Run International organization.
- Girls on the Run® Vermont is a 501(c)(3) charitable organization.
- In 2009, more than 2,000 Vermont girls participated at 100 sites.

About the Program:

- The mission of the organization is to educate and prepare girls in grades 3 through 8 for a lifetime of self-respect and healthy living.
- Girls on the Run® has two programs: Girls on the Run® for grades 3-5, and Girls on Track® for grades 6-8.
- The programs use research-based curriculums that contain developmentally-appropriate lessons for each age group. The lesson topics address issues such as body image and the media, resisting negative peer pressure, making healthy decisions, and contributing to the community.
- The programs use running/walking activities as the vehicle for teaching the lessons.
- The curriculums are based on a 12-week program duration, but due to our climate, Vermont sites go for 10 weeks.
- The GOTR season runs March through late May/early June. Sites meet for an hour or more twice a week. Each meeting covers one lesson from the curriculum.
- At the coach's discretion, group size may be limited (ideally, groups contain 8 to 18 girls) but sites can have more than one group if adequate coaches are available.
- The programs conclude with all participants having the opportunity to run/walk at one of the two GOTR VT 5k events that are held in Brattleboro and Essex Junction.

About the Coaches

The coach team must consist of at least two adult coaches for each group. The lead or co-lead coaches must attend a GOTR VT training and one must be at least 21 years old and Adult CPR/First Aid certified. Assistant coaches are welcome and very strongly encouraged to attend the GOTR VT training. Regardless of role or frequency of attendance, all persons who participate in a GOTR VT program are required to complete a Coach Application. Teen mentors are encouraged to be part of the program but must be at least three years older than the eldest program participant.

Fees and Registration:

The actual cost of providing the program (administrative overhead, curriculums, program supplies, training expenses, etc.) is \$120 per participant. However, GOTR VT has set the program fee at \$70 per girl. Full and partial GOTR VT scholarships are available if no local funding can be obtained through grants, school funding, sponsorships from businesses or individuals, or by other means.

Other Items to Discuss with a Potential Site:

- Access to both indoor and outdoor practice space is essential for each day of the program.
- The need to have a site staff member as contact person. It is always great to have a staff member coach! Many of our coaches are teachers, school counselors, etc.
- Possible use of school copier & other items (markers, jump ropes, cones) for lessons is helpful.
- There needs to be a clear plan for effectively distributing & collecting marketing and registration materials (such as returning registrations to school office); possible info session at a school assembly, evening meeting, etc.)
- Sites are listed alphabetically on the GOTR website and in the 5k brochure.
- Site signs are displayed at 5k and used as group meeting spot before and after the event.
- Teachers who are coaches report that the program positively affects the group dynamic in their class – more teamwork and cohesion, less gossiping, and fewer issues with cliques.