

APPLICATION FOR BECOMING A SITE FOR GIRLS ON THE RUN® and GIRLS ON TRACK®

Basic Site Information

SITE: _____ (if school, affiliated with what school district? _____)

ADDRESS: _____ CITY: _____

STATE: _____ ZIP: _____ PHONE: _____ FAX: _____

Site Liaison Information (if applicable)

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.

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 (optional)
- 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 information to 3rd through 5th or 6th through 8th grade girls.
- 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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- 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 16 girls)? _____

If yes, how many teams of 16 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 \$120. Scholarships are available for qualified participants

Included in the fee price are:

- ✓ 25, 60-90 minute lessons conducted by certified GOTR® Coaches
- ✓ water bottle
- ✓ official GOTR T-shirt
- ✓ participation in the GOTR Celebration 5K Event
- ✓ running journal
- ✓ lifetime of healthy living

Completed application can be mailed to:

Girls on the Run of Greater Rochester
Attention Executive Director
1900 Empire Blvd. #338
Webster, NY 14580