

Bring Girls on the Run to your Community!



Information Packet for Prospective Sites

YWCA Mankato, 127 S. 2nd Street Suite 200, Mankato, MN 56001

www.ywcamankato.org

Our Mission

Our mission is to inspire girls to be joyful, healthy and confident using a fun, experienced-based curriculum which creatively integrates running.

Our Vision

We envision a world where every girls knows and activates her limitless potential and is free to boldly pursue her dreams.



What We Do:

At Girls on the Run we inspire girls to recognize their inner strength and celebrate what makes them one of a kind. Trained coaches lead small teams through our research-based curricula which includes dynamic discussions, activities and running games. Over the course of the ten-week program, girls develop essential skills to help them navigate their worlds and establish a lifetime appreciation for health and fitness. The program culminates with girls positively impacting their communities through a service project and being physically and emotionally prepared to complete a celebratory 5k event.

Why It Matters:

Girls face social pressures and conflicting messages about how they should act and who they should be. Studies show that by adolescence, girls' confidence drops about twice as much as boys'. Friendships become more complicated and challenging, girls' perception of their academic ability declines, the likelihood of anxiety and depression increases and participation in physical activity plummets.

It doesn't have to be this way.

We believe that every girl is inherently full of power and potential. By knowing they are the leaders of their lives, these are the girls who will change the world.

What we provide:

- All GOTR program materials
- Curriculums for each coach
- Coach screening, CPR certification, and background checks
- Girls on the Run National Coach Training for all coaches & site liaisons
- Marketing materials
- Administrative support
- Coach support and site visits
- A GOTR t-shirt and water bottle for each participant
- 5k registrations for all participants and coaches
- One snack for each participant for each session
- Partial and full scholarships are available



The Curriculum:

The curriculum provides a detailed road map of the Girls on the Run season. The curriculum is broken up into three sections: **Identity, Connectedness, and Empowerment**. In the first section, **Identity**, the lessons will be focused on self-care and self-awareness. The second section, **Connectedness**, will focus on selecting and maintaining healthy relationships. The final section, **Empowerment**, will focus on celebrating and sharing strengths. In this final section, the team will complete the Girls on the Run 5k and execute a community impact project.

Through the use of the curriculum coaches are trained to:

- Help the girls **build relationships**.
- Create a **positive, inclusive environment**.
- Cultivate a **mastery climate**.

In order to ensure the quality of the program, the curriculum must be delivered as it is written.



What you provide:

- A site liaison
 - Volunteer coaches
 - Safe outdoor & indoor spaces for running
 - Regular practice schedule
 - Commitment to the program
 - Participant recruitment plan
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Site Liaison:

The GOTR site liaison will be the contact person at the site and coordinate with YWCA Girls Programming staff. They will assist in coach and participant recruitment as well as marketing efforts. They will ensure that the site has all the necessary materials including snacks. The site liaison will serve as a substitute coach if necessary and they are required to attend the GOTR coach training.

Safe Running Space:

It is required that all sites have a designated GOTR space both inside and outside. The outdoor space could be a track or field; any open space that is easily accessible and safe for the girls to use. While it is encouraged that the girls run outside as often as possible, in the event of inclement weather, there needs to be an indoor space available to them as well. The indoor space could be a gym or large classroom. There should be bathrooms and a drinking fountain nearby designated GOTR spaces. Additionally, GOTR supplies (one large tote, a smaller water bottle bin, and a snack bag) are to be kept on site; there should be a designated area to keep these supplies.

Regular Practice Schedule:

GOTR has the option of one or two seasons. Fall season runs from September thru November and Spring season runs from February thru April. Each session is approx. 90 minutes, twice a week for 10 weeks. Sites must agree to two non-consecutive days.



Our Coaches

Girls on the Run utilizes trained, volunteer coaches. These volunteers serve as role models to the girls throughout the 10 week program. Coaches lead lessons in empowerment, healthy eating, gossiping, bullying, friendship, body image, media influence, goal-setting, and believing in yourself. Running experience is not required.

Each team is required to have a head coach who attends every practice. The head coach takes the lead on parent communication, co-coach communication, and ensures the program runs smoothly. Additionally, assistant coaches are required for each day of programming. To ensure the quality of the program, it is required to have a 1:5 coach to girl ratio. All coaches work together to facilitate the Girls on the Run curriculum.

All head and assistant coaches must be 18 years of age or older. They can be either male or female. There are volunteer opportunities available to junior (under 18 years old) coaches as well.



All volunteer coaches must:

- Submit a coach application
- Complete an interview and background check
- Attend a Girls on the Run coach training in Mankato, MN
- Adhere to YWCA Mankato's policies and procedures
- Head coaches must be CPR certified
- Adhere to the Girls on the Run core values
- Make the commitment to complete the full 10 week program

Girls on the Run Core Values:

1. Recognize our power and responsibility to be intentional in our decision making
2. Embrace our differences and find strength in our connectedness
3. Express joy, optimism and gratitude through our words, thoughts and actions
4. Nurture our physical, emotional and spiritual health
5. Lead with an open heart and assume positive intent
6. Stand up for ourselves and others

The Program:

Each Girls on the Run group meets twice per week for about 10 weeks with there being a total of 20 sessions. In order to ensure the quality of programming and keep the coach-to-girl ratio small, the maximum number of girls per team is 20. Girls on the Run takes place after school from roughly 3:00 to 4:30 p.m. The cost for the program is on a sliding scale based on household income. We are committed to serving all girls who are interested in the program regardless of their financial status.

What Girls Learn:

Confidence - Lessons are designed to build girls' self-worth and help them feel greater confidence in who they are. Activities help girls recognize their personal strengths and teach them how to stand up for themselves and others.

Character - By gaining awareness of the power they possess to make intentional decisions, girls learn to choose positive actions which demonstrate respect and responsibility towards themselves and others.

Care - Throughout each season, girls learn to respond to others and themselves with care and compassion. Lessons and activities further develop their abilities to sympathize and empathize both within and beyond their social groups.

Connections - Girls on the Run lessons focus on cooperative skills and team building through a positive group setting. Girls learn firsthand how to create positive connections with parents and caregivers, teachers, peers and their communities.

Competence - Our program provides skill-building experiences to nurture girls' physical, social and emotional competencies that they apply in other areas of their lives such as home, school, and in the neighborhood. Completing a 5k at the end of the season gives them a tangible opportunity to apply all that they have learned.

Contribution - When girls develop and strengthen these life skills, they can thrive. More importantly, they can then develop a final skill: CONTRIBUTION. Girls on the Run inspires girls to build lives of purpose and to make a meaningful contribution to community and society. This comes to life through a key element of the curricula when each team creates and executes a community service project.





The GOTR 5k:

Every Girls on the Run season ends with a celebratory 5k event in Mankato, MN. The cost of the 5k for participants is covered as part of their registration fee. This event allows the girls to achieve a goal that they didn't believe was possible at the beginning of the season. The girls set personal goals for themselves and track their progress throughout the season. Girls on the Run is not a competitive program instead the emphasis is on personal growth and doing the best that they can.

This inspirational event is open to the community. The GOTR participants are highlighted and celebrated for all their achievements throughout the season. Each participant will have a running buddy (parent, coach, or community member) who will support and encourage them throughout the race.



Interested?

Complete the Site Preparedness Checklist provided to you and then submit an online site application which is available on our website (www.ywcamankato.org).

For an additional information, please call 507-345-4629.

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empowering women**

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