



Joyful. Healthy. Confident.



WHAT A TEAM OF 20-30 GIRLS RECEIVES

- One-day GOTR[®] experiential learning training for up to 4 coaches and 1 site liaison, together with other sites' coaches. May include meals.
- Coach training materials, including the evidence-based Coach Manual
- Online access to Coach GOTR[®] Learning Academy training modules
- Online access to supplemental coach resources
- 20 lesson GOTR[®] Curriculum use for one season
- GOTR[®] Curriculum Activity Sheets for 20 lessons for one season
- "Coach Box" containing the supplies required to deliver the season's GOTR[®] Curriculum
- First aid box, if needed for a community site
- Up to 60 registrations in the GOTR 5K event (# of Girls + same # of Running Buddies)
- Professionally designed, tested, and evaluated outcome Survey Tools
- Online access to site registration
- Online access to coach registration
- Online access to the girls' registration form
- Online access to the Coach Packet, which is generated when the site, coaches, and girls are registered in the system and provides printable rosters, etc.
- Access to the Attendance App for phone or tablet
- Two additional coach training meetings during the season for quality assurance, dissemination of additional materials and information
- GOTR[®] T-shirts for:
 - Up to 4 trained coaches + 1 site liaison
 - Up to 30 girls
 - Up to 30 Running Buddies
- Required national GOTR background checks &/or locally required background checks if required
- Printed materials
- Council-paid use fee for GOTR[®] International
- Insurance and insurance certificate, if needed
- GOTR Council planning, organization, logistics and registration for one 5K event
- Ongoing support for the Site Liaison and Coaches

WHAT A SITE PROVIDES

- A safe outdoor running and activity area
- A safe indoor rain site
- A registered site liaison (can be one of the coaches)
- At least 3 registered coaches for 20 girls.
- *Coaches serve as role models for positivity and do not need to be runners or athletic. Coaches can be teachers, parents, staff, or community members - whatever complies with the site's policies.*
- A means to recruit the girls for your location
- Willingness to follow the GOTR season dates, including the 5K event, and attend GOTR coach trainings and 2 meetings per season
- Approval from the administration to host GOTR
- A willingness to comply with grant requirements
- A completed ONLINE Site Application Form

PAYMENT

Payment is being made through a generous grant from Prime Time* to our Council on a **per-girl/per-session** basis. No fee is required from the site or the families. (Note: The usual parent-pay fee is \$195 per girl, so this grant is a wonderful opportunity and value for your families and site.)



- Sites that participate in GOTR as part of this grant must guarantee a **minimum of 20 girls in attendance at each session** from the OST program at their site.
- In order to accomplish this minimum, up to 30 girls may be registered.
- Sessions are 2x per week for approximately 10 weeks.
- Any cancelled sessions must be re-scheduled and may lengthen the number of weeks needed to complete the curriculum.
- A parent or guardian must register their own girl in the GOTR online system, as waivers are required.
- Sites must be Title I schools new to GOTR or the community equivalent and participate in Prime Time.

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www.girlsontherunpbc.org/--prime-time.html

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