



Site Requirements

How can I start a site at my school, church, or community center?

Girls on the Run (GOTR) of Spartanburg is a prevention program that uses the power of running to educate and prepare girls for a lifetime of self-respect and healthy living. The curriculum based lessons help girls in 3rd -8th grades develop mentally, physically, spiritually, socially, and emotionally. At the end of the 10 week session, the girls complete a 5k race together with girls and Running Buddies from all over the county.

The requirements and obligations on the part of the facility to host a team include:

- An open space for 8-15 girls to run for up to 75 minutes. This can be a track, field, or other open space where girls can run safely and comfortably without too much distraction.
- A site liaison available onsite at all lesson times to help collect registration forms and assist with coaches' needs. This person may or may not be the head coach. If not a coach, the site liaison must attend a pre-season meeting and the first practice.
- An appropriate indoor or covered space where practice can be held in the case of inclement weather and for portions of the lessons where discussions take place. A gymnasium is ideal but a classroom would work as well.
- Assistance with the recruitment of girls. If the site is a school, the site must send home information to all girls in the eligible age range. GOTR will provide the flyers and assist with distribution if requested.
- An indoor storage space where materials, snacks, water bottles and equipment can be kept. This can be a closet, room or anywhere the materials will be safe and easily accessible.
- Written permission from the site director or principal.

All sites must be open to all girls of the appropriate age -not just those attending the host site.

Host sites may be asked to recruit up to 3 coaches, with active assistance from GOTR Spartanburg, who may be staff, teachers, community volunteers or parents.

Fees are currently set at \$135 per girl, which includes all necessary materials, snacks, water bottles, t-shirts and race fees for the final 5k event, but does NOT cover the entire cost of the program. Scholarships are available in \$50 and \$100 amounts. In cases where all or most of the girls are on scholarship and cannot afford even the minimum fee, GOTR may ask the host site to contribute \$35 per girl or help find a local sponsor who is willing to assist financially.

What can our site expect from GOTR Spartanburg?

- GOTR Spartanburg will provide each site with all necessary paperwork, curriculum notebooks, coaches' boxes, water bottles and snacks for each lesson.
- GOTR Spartanburg will host a combined pre-season training for all sites. At least one person from each site must attend yearly, regardless of previous training.
- Each girl will be paired with an adult Running Buddy to complete the final race with. Sites and GOTR Spartanburg will work together to recruit Buddies.
- GOTR Spartanburg carries liability insurance for the program at all sites.
- GOTR Spartanburg will assist with volunteer and participant recruitment.

What are the basic requirements of a head coach?

All of our coaches must be adult CPR certified and attend an intensive, one-day training session before the program begins. Coach Boxes equipped with all necessary materials and lesson plans are provided at the beginning of each session. **Each site must have at least one trained head coach** and two additional assistants.

Head Coaches:

- Must be a female at least 21 years of age
- Serve as a role model for girls and believe in the mission of Girls on the Run
- Prepare for and supervise 18 to 24 lessons (75 minutes each - twice per week for ten weeks in a manner consistent with GOTR philosophy and curricula
- Coordinate and host a site specific end of season celebration
- Assist with a community service project
- Participate with the girls in the end of season 5K run/walk

Assistant coaches may be male or female and can assist one or two days per week.

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