



# APPLICATION FOR BECOMING A GOTR SITE

Girls on the Run of Greater Cincinnati, Inc.

**New GOTR Location deadlines: Spring Season: Nov 1; Fall Season: June 1**

Please note that this New Site Application PLUS a formal Site Visit and Site Agreement must be completed and approved by the above dates.

## Basic Site Information

SITE: \_\_\_\_\_

(if school, affiliated with what school district? \_\_\_\_\_ )

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

PHONE: \_\_\_\_\_ FAX: \_\_\_\_\_

## Site Liaison Information

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 (see Liaison Role Description for additional details). This person could be the Head Coach, but it could also be someone else at the location.

LIAISON NAME: \_\_\_\_\_

TITLE/ROLE: \_\_\_\_\_

LIAISON PHONE #: \_\_\_\_\_

EMAIL (REQUIRED): \_\_\_\_\_

## Readiness to Participate Criteria

Girls on the Run of Cincinnati will provide all the materials, training, and incentives needed to run the program. However, the site is required to provide the following:

- Provide a Site Liaison and Head Coach
- Provide a safe, dedicated space for outdoor running. THIS IS ESSENTIAL. This does not have to be a track. A field or blocked off parking lot area is fine. The optimal space would be approximately ¼ mile in distance. The area should be safe and separate from other kids and programs.

Briefly describe the available outdoor running area:

\_\_\_\_\_

**Readiness to Participate Criteria, continued**

- Provide an indoor rain location that is separate from other programs. This would preferably be a gym or other area where some running can occur.

Briefly describe the available indoor space:

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- Determine plan for successfully marketing to participants and parents to ensure a minimum of 8 girls, maximum of 12.
- Identify participants and distribute registration forms to girls in all targeted grades. GOTR has a template registration form that can be modified for your site. We can print the forms for you, or you can print them yourself.
- Secure storage area for supplies, snacks, water bottles etc.

If storage space is available, please describe area and how it will be accessed:

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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:

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- Provide 2-3 coaching candidates per team for your site. It is mandatory for new sites to help identify coaches.

Please list below two coaching candidates – list additional coaches on the back of this sheet, if applicable. Each coach will be required to attend a 1-day Girls on the Run training before the season begins. Coaches should be available 2 days per week for the 12-week season. (We do accept coaches that can only attend 1 day per week, but ask that they are consistent in which day and try to help us identify a counterpart for the other day.) Volunteers do not need to be runners or have coaching experience. Girls on the Run will provide training, the curriculum, and all supplies needed to run the program. The Girls on the Run office can provide you with coaching posters, if needed. Programs that can identify at least 2-3 coaches will have first priority for a program, as one of the biggest challenges in starting a program is finding the volunteers.

COACH CANDIDATE NAME: \_\_\_\_\_

CONTACT INFORMATION: Phone # \_\_\_\_\_

Email: \_\_\_\_\_

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CONTACT INFORMATION: Phone # \_\_\_\_\_

Email: \_\_\_\_\_

### Team/Practice Information

Please choose 2 days per week when the participants will meet for their 1-1.5 hours per lesson. The days should not be consecutive.

Days: \_\_\_\_\_

Times (i.e., 3:00-4:15 p.m.): \_\_\_\_\_

### Program Fees

The cost of the Girls on the Run program is \$150 per participant. Girls on the Run is usually set up as an individual pay-to-participate program. Each girl's fee is based on their household income, ranging from \$10-\$150 per girl. This fee is currently based on the honor system with each girl's family selecting the appropriate fee for their income level. Any girl unable to pay may be eligible for a full scholarship and should call GOTR directly to work something out. Many of our program sites identify community grants or offer PTA assistance to help with the cost of the program. We would be happy to discuss program costs and different options with you so that we can make the program accessible to each girl at your school.

Included in the fee price are:

- 24 one-hour lessons conducted by a certified GOTR coach
- Fitted New Balance running shoes
- Healthy snacks at the end of each lesson
- Lesson handouts and materials
- Girls on the Run t-shirt
- Girls on the Run water bottle
- Entry into the GOTR 5k race
- GOTR 5k t-shirt
- Finisher's medal and goodie bag
- End of season party

### Site Visit

Before any new GOTR location is added, a site visit must be performed by a member of Girls on the Run of Greater Cincinnati. During this visit, the GOTR representative will meet with the site liaison and others at the location to review the space and also answer any questions about the program. Once the appropriate people at the site have been identified, please contact the GOTR office to schedule this visit.

#### **FAX or MAIL application to:**

Council Director

Girls on the Run of Greater Cincinnati, Inc.

3330 Erie Ave #8, Cincinnati OH 45208

Fax: 513-672-0552 Phone: 513-321-1056