Girls on the Run Hampton Roads

Fall Information Booklet

September 30 - December 15, 2019

Life comes at girls fast.
Help them find their pace.

www.gotrhr.org
Girls on the Run Hampton Roads was founded in 2006. In 2018-19, we served 1,738 girls on 115 teams.

Harvard University recognized Girls on the Run as one of the top research-based, out-of-school programs included in their Social-Emotional Learning Guide.

Our Hampton Roads Council has received the backing of the health community. Anthem, CHKD, OBICI Healthcare Foundation, Rite Aid Foundation and Portsmouth General Hospital Foundation.
What Girls Learn

Our program teaches the following life skills:

TEAM-BUILDING
Creating a support system

BOUNDARY SETTING
Making connections and friendships

GOAL SETTING
Problem Solving

EMOTION REGULATION
Standing up for themselves and others

SELF-CARE
Overcoming obstacles

DECISION MAKING
What We Have Learned

Our results:

85% improved in confidence, competence, caring character or connection

Girls who were least active at the start increased in physical activity by more than 40%

97% learned critical life skills

Girls on the Run has a positive impact on girls during the program and beyond.

Girls on the Run makes a stronger impact than organized sports or physical education programs in teaching life skills.

Where girls made the greatest gains:

Connection: How supported they felt by their peers

Confidence: How much they liked the person they are

I will continue to teach others what I learned at Girls on the Run, and carry it with me for the rest of my life.

Learn how you can change the life of a girl. Please visit us at www.gotrhr.org

*Results based on a 2016 independent study conducted by Positive Youth Development expert Maureen R. Weiss, Ph.D.
All About Us

The Girls on the Run Hampton Roads program can be found at schools and community centers in Chesapeake, Hampton, Norfolk, Portsmouth, Southampton County, Suffolk, Virginia Beach and York County.

Our Programs & Curriculum

We offer two programs with age-appropriate curricula for each - Girls on the Run and Heart & Sole. Each group meets twice a week in small teams of 8-20 girls for a 12-week period. The 20-lesson program is delivered by certified Girls on the Run coaches and teaches life skills through dynamic lessons and running games. Our curriculum creatively weaves training for a 5k run with lessons that empower girls to celebrate their bodies, honor their voices and embrace their gifts.

GIRLS ON THE RUN is designed for girls in elementary school (3rd-5th grades). The curriculum is divided into three sections: identity, connectedness and empowerment. Elementary schools that have 6th graders are able to invite their girls to the program.

HEART & SOLE is designed for girls in middle school (6th-8th grades). This curriculum allows for deeper discussion on topics more relevant to middle school girls. Heart & Sole focuses on the "Girl Wheel" which has five areas of focus: brain, heart, spirit, social and body.

Power Through Service

Each Girls on the Run team creates and executes a local community service project with their coaches. This experience demonstrates to the girls the unimaginable strength that comes from serving others. Past examples include: writing letters to the sick in hospitals, collecting supplies for animal shelters, and creating "thank yous" for teachers.

Up and Running at the 5k

At the end of each season, the girls are paired with a running buddy and together complete a 5k running event. The 5k is a celebration that includes friends, family, teachers, coaches, sponsors and community members. Completing the 5k gives the girls a tangible sense of achievement and provides them with a framework for setting and achieving life goals.

Resources and Grown-Up Guide

Girls on the Run provides a Grown-Up Guide for all curricula. This guide contains questions and conversation starters that can be used at home to reinforce the learning goals of the program. By stimulating conversation at home, we hope to further weave the Girls on the Run mission into the daily lives of the girls and the adults who care for and love them.
Getting Your Site On Board

Here are a few simple steps to follow:

1. Obtain approval from the principal/site director to run the program at your location.

2. Identify a Head Coach - this person could be a teacher, counselor, parent or other involved individual at your site. The Head Coach will assist with promoting the program at your site, distributing program information and will communicate with the Girls on the Run Program Director.

3. Choose two days a week to hold practices. Each practice lasts between 75 and 90 minutes.

4. Provide a safe, dedicated space for running. It needs to be a space where you can measure off certain distances (1 mile, 5K, etc.)

5. Provide a rain/severe weather spot for the team.

Getting Coaches On Board

We couldn't run without them!

1. GOTR recommends having at least 3 coaches per site.

2. Reach out to parents or teachers from the school and/or community to assist in coaching.

3. Coaches will be trained by GOTR Hampton Roads at a 5-hour training prior to the season start. Visit www.gotrhr.org for dates.

4. At least one coach must be CPR/First Aid certified. The coach with these certifications must be present at ALL practices.

5. GOTR provides the 12-week curriculum and a "Coach Box," which includes all materials, game pieces and props for the lessons.

6. All coaches must complete a Coach Application and a GOTR background check, even if they have completed a check through their employer or other volunteer opportunities. Visit www.gotrhr.org for these forms.
Getting Girls On Board

The girls are the BEST part!

1. GOTR provides coaches with flyers that can be sent home with girls as hard copies or that can be shared electronically.

2. Online registration at www.gotrhr.org begins Monday, September 16th at 10:00am and is on a first come, first serve basis.

3. Sites must have a minimum of 8 girls and can have a maximum of 20 girls.

Getting Running Buddies On Board

They have a one-time commitment to complete the end of the season 5k with a girl!

1. GOTR provides coaches with Running Buddy flyers to be sent home.

2. Running Buddies can register for an Early Bird rate of $25 for a limited time.

3. Running Buddies can be family members, family friends or community members, ages 16 and up. All buddies must be approved by the girl's family.
How much does it cost to participate?

Our current program fee is $159 per girl. (Our cost to deliver the program is $264 per girl, but thanks to the generosity of donors, we are able to subsidize every girl.)

Most seasons, about 75% of our girls qualify for an additional discount. We are committed to ensuring that the program cost is never a barrier to participation.

Fee for girls receiving reduced lunch: $59
Fee for girls receiving free lunch: $39

*Families provide us with a copy of a reduced/free lunch certificate as proof of eligibility.

What does the program fee include?

- 20 lessons delivered by certified Girls on the Run coaches
- Official Girls on the Run t-shirt, water bottle and sponsored gear
- Entry to end-of-the-season 5K celebration
- 5K finisher medal
- All curriculum materials and supplies
- 12 weeks of fun and dynamic practices, 2 times per week
- A healthy snack at each practice
BE A fun RAISER

Join our team of SoleMates and complete a race event to raise money for our Scholarship Fund.

BE A Coach

Mentor, lead and have fun with a team of girls during our fall or spring season.

Register for training with our staff on our website.

BE A 5k Volunteer

Help with all aspects of "running" the most inspiring and fun 5k event ever. From water stations to packet pick-up, we have a job for you!

BE A 5k Participant

Set your own goal of completing 3.1 miles with our girls. The energy at our 5k is like no other and the enthusiasm is infectious!

Contact us for more information on how you can continue to be a part of GOTR.

Stay Involved with GOTRHR!

www.gotrhr.org
Participating Girls on the Run Sites

The following sites have hosted GOTR teams for one or more seasons:

**Chesapeake**
- Butts Road Intermediate
- Cedar Road Intermediate
- Chesapeake SECEP Center
- Deep Creek Elementary
- Deep Creek Middle
- George W. Carver Intermediate
- Great Bridge Intermediate
- Greenbrier Intermediate
- Taylor Bend YMCA
- Thurgood Marshall Elementary
- Truitt Intermediate
- Western Branch Intermediate
- Western Branch Middle

**Hampton**
- Bassette Elementary
- Aberdeen Elementary
- Alfred Forrest Elementary
- Booker Elementary
- Captain John Smith Elementary
- Hampton YMCA
- Hunter B. Andrews
- Jane H. Bryan Elementary
- John Tyler Elementary
- Paul Burbank Elementary
- Samuel P. Langley Elementary

**Newport News**
- Hilton Elementary

**Norfolk**
- Academy for Discovery at Lakewood
- Bayview Elementary
- Blair Middle
- Camp Allen Elementary
- Chesterfield Academy
- Christ the King
- Colebrooke Place Elementary
- Fairlawn Elementary
- Ghent School
- Granby Elementary
- Jacox Elementary
- Larchmont Elementary
- Larrymore Elementary
- Little Creek Elementary
- Mary Calcott Elementary
- Norfolk Academy
- Norfolk Collegiate
- Norview Elementary
- Norview Middle
- Ocean View Elementary
- Oceanair Elementary
- Richard Bowling Elementary
- Sewells Point Elementary

**Norfolk, cont.**
- Sherwood Forest Elementary
- Southside STEM/Camposettle
- St. Helena Elementary
- Tarrallton Elementary
- The Williams School
- Tidewater Park Elementary
- W. H. Taylor Elementary
- Willard Model Elementary

**Portsmouth**
- Brighton Elementary
- James Hurst Elementary
- John Tyler Elementary
- Lakeview Elementary
- Park View Elementary

**Southampton County**
- Nottoway Elementary

**Suffolk**
- Booker T. Washington Elementary
- Col. Fred Cherry Middle
- Creekside Elementary
- Driver Elementary
- Elephant’s Fork Elementary
- Florence Bowser Elementary
- John Yeates Middle
- Hillpoint Elementary
- Mack Benn Jr. Elementary
- Nansemond Parkway Elementary
- Nansemond-Suffolk Academy
- Northern Shores Elementary
- Pioneer Elementary

**Virginia Beach**
- Alanton Elementary
- Arrowhead Elementary
- Bayside 6th Grade Campus
- Bayside Elementary
- Bayside Middle
- Bettie F. Williams Elementary
- Birdneck Elementary
- Brookwood Elementary
- Cape Henry Collegiate
- Centerville Elementary
- Christopher Farms Elementary
- College Park Elementary
- Corporate Landing Elementary
- Creeds Elementary
- Glenwood Elementary
- Green Run Elementary
- Hermitage Elementary
- Holland Elementary

**Virginia Beach, cont.**
- John B. Dey Elementary
- Kempsville Elementary
- Kempsville Meadows Elementary
- King’s Grant Elementary
- Kingston Elementary
- Landstown Elementary
- Larkspur Elementary
- Linkhorn Park Elementary
- Luxford Elementary
- Lynnhaven Elementary
- Lynnhaven Middle
- Malibu Elementary
- New Castle Elementary
- Ocean Lakes Elementary
- Old Donation School
- Pembroke Elementary
- Point O View Elementary
- Princess Anne Elementary
- Providence Elementary
- Red Mill Elementary
- Rosemont Elementary
- Rosemont Forest Elementary
- Salem Elementary
- Shelton Park Elementary
- Seatack Elementary
- Strawbridge Elementary
- Tallwood Elementary
- Thalia Elementary
- The Renaissance Academy
- Thoroughgood Elementary
- Three Oaks Elementary
- Trantwood Elementary
- W. T. Cooke Elementary
- White Oaks Elementary
- Williams Elementary
- Windsor Oaks Elementary
- Windsor Woods Elementary
- Woodstock Elementary

**York County**
- Coventry Elementary
- Dare Elementary
- Tabb Elementary
- Waller Mill Elementary
- Yorktown Elementary
- Yorktown Middle
Join us in creating a world where every girl knows and activates her limitless potential and is free to boldly pursue her dreams.

Girls on the Run Hampton Roads
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