When you look at the core group of girls participating in the program you see them standing a little taller among their peers and how they solve problems, speak up, and then aren’t afraid to express how something made them feel.

Sharon, School Principal

GOTR Heart of Kansas
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BRING GIRLS ON THE RUN TO YOUR SCHOOL OR SITE TODAY!
Girls on the Run, a 501c3 nonprofit organization, is dedicated to creating a world where every girl knows and activates her limitless potential and is free to boldly pursue her dreams.

The 10-week program is designed to enhance girls’ social, psychological and physical skills and behaviors to successfully navigate life experiences.

“When you look at the core group of girls participating in the program you see them standing a little taller among their peers and how they solve problems, speak up, and then aren’t afraid to express how something made them feel.” - Sharon, School Principal
Our Curriculum

The intentional curriculum shows an evidence-based impact on developing competence, confidence, connection, character, caring, and contribution in young girls. Twice per week, trained coaches lead small teams of elementary and middle school girls through life skills lessons that incorporate running and other physical activities.

Physical Activity

- Physical activity - including running and strength & conditioning - is woven into Girls on the Run and Heart & Sole lessons
- At the end of the program all girls complete a noncompetitive, celebratory 5K event that offers girls a tangible sense of goal-setting and achievement
- The program is accessible to all girls regardless of fitness level or physical ability.

Community Service

- Girls on the Run inspires girls to build lives of purpose and to make meaningful contributions to community and society.
- Girls on the Run participants complete a group Community Impact Project that they plan and execute as a team.
- Heart & Sole participants complete an individual project called Extending the Girl Wheel, where they reach out in small, meaningful ways to an individual or group in their community.

GIRLS ON THE RUN
Elementary Program for 3rd – 5th grade girls

- Supports girls in gaining a better understanding of who they are, understanding the importance of team work and healthy relationships, and recognizing how they can positively connect with and shape their communities and the world.
- Curriculum themes include: turning negative self-talk into positive self-talk, understanding emotions, standing up for self and others, making and maintaining healthy relationships, and making an impact on the community.

Team Sizes:
- 8-15 girls led by two or more coaches
- 16-20 girls led by three or more coaches
- Multiple teams are allowed at a site, with no more than 20 girls on each a team

HEART & SOLE
Middle School Program for 6th – 8th grade girls

- Addresses the whole girl – body, brain, heart, spirit, and social connection – and supports girls in building critical life skills such as team building, developing a support system, boundary setting, decision making, positively impacting others, and asking for and providing help.
- Curriculum themes include: getting to know and understand your “Girl Wheel”, goal-setting, overcoming obstacles, asking for and giving help, and positively impacting others.

Team Sizes:
- Recommended team size is 8-12 girls led by two or more coaches
- Up to 15 girls allowed with two or more coaches
- Multiple teams are allowed at a site, with no more than 15 girls on each team
The character development piece has been a really surprisingly powerful outcome of the Girls on the Run program. My daughter has learned that she can do hard things. She has become more aware of others and how they feel, and she has gained self-confidence.”

- Tiffany, Parent

Girls on the Run and Heart & Sole teams are led by volunteer coaches. We train coaches through our National Coach Training to build relationships, create positive inclusive environments and to focus on girls’ efforts and growth.

Coaches:

- Believe in the inherent power within every girl.
- Have a desire to help girls learn, grow and have fun
- Want to leave a lasting impact on the lives of girls in their community
- Can be from within or beyond your site community
- Receive training and ongoing support from Girls on the Run
- Do not have to be runners or athletes

Coach Responsibilities:

- Serves as a role model to girls
- Attends National Coach Training
- Works with co-coaches to lead girls through the curriculum as intended
- Is present and prepared for each practice
- Participates in the Girls on the Run celebratory 5K event
WHAT SETS GIRLS ON THE RUN APART

IT’S FUN. IT’S EFFECTIVE.

Girls on the Run is the only national physical activity-based positive youth development program for girls with compelling evidence of program impact.

An independent, national longitudinal study conducted in 2016 provided the following evidence-based outcomes:

- 97% of Girls on the Run participants said they learned critical skills to manage emotions, resolve conflict, help others or make intentional decisions
- Girls who were the least active at the start of the program increased their physical activity by more than 40%
- Girls on the Run made a stronger impact on teaching life skills to participants than did organized sports or physical education

INNOVATIVE AND DISTINCT EVIDENCE-BASED APPROACH

Girls on the Run was recognized in Harvard University’s 2017 report Navigating SEL from the Inside Out for its innovative and distinct approach to social emotional learning. Girls on the Run was one of only three afterschool programs recognized as a top research-based social emotional learning program, acknowledging that there are few examples of evidence-based programs like Girls on the Run that have been specifically designed for out-of-school time contexts.
A National Movement with a Growing Local Presence

- Girls on the Run has served over 1.4 million girls since it was founded in 1996
- Over 200,000 girls in all 50 states experience the power of our transformational program every school year

Girls on the Run Heart of Kansas started in 2011
  - 4,000 girls served in council’s history
  - 1,400+ girls served annually
  - Over 60% of girls are awarded financial assistance

Support Provided by Girls on the Run

Girls on the Run Heart of Kansas is committed to the success of each site. We are invested in building a long-term relationship to ensure that your girls have an opportunity to benefit from our transformational program. With this in mind, we provide the following robust support:

- Marketing and registration materials to support girl recruitment and registration
- National Coach Training (led by trained facilitators) for all Girls on the Run coaches
  - All materials for coaches to carry-out curriculum as-intended
  - Girls on the Run t-shirt + entry into 5K for all girls and coaches
- Ongoing support to site liaisons, coaches, and families through regular communication and responsiveness to individual concerns
HOSTING THE PROGRAM AT YOUR SITE

To host a team, sites must:

- Offer a **safe outdoor place** for running (such as a track, soccer field, or any other accessible open space)

- Provide a **designated indoor space** for Girls on the Run to meet in case of inclement weather (such as a gym, cafeteria, multi-purpose room or classroom)

- Accommodate a **regular practice schedule** (twice a week for 75-90 minutes), according to the Girls on the Run program calendar

- Assist in identifying a **site liaison**

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**Site Liaison Responsibilities**

- Acts as the main contact at the site for Girls on the Run families/participants and Girls on the Run council staff before and throughout the program.

- Aids in girl recruitment efforts by posting marketing materials (provided by Girls on the Run) and spreading the word about Girls on the Run throughout the site community

- Offers support to families who need assistance in registering their girl

- Helps identify 2-3 coaches from your site and/or community*

*If you cannot secure coaches we will work with you to identify coaches from our volunteer pool
Program Cost and Financial Assistance

Our current program fee is $150.00 per girl. This includes:

- 10 weeks/20 lessons led by trained coaches
- All curriculum materials
- Girls on the Run and Heart & Sole Program t-shirts
- Registration for Girls on the Run 5K event

Financial assistance is available to any girl who cannot pay the full registration fee. Girls on the Run Heart of Kansas provides over $80,000 in financial assistance each year. We are committed to being accessible to any girl who wants to participate and are dedicated to ensuring that program cost is never a barrier to participation.

• Financial assistance is available to all girls due to the generous support of local and national funders. We use sliding scale and free/reduced lunch to determine the discounted rate for each girl. Families are also able to set up payment plans if needed.

Next Steps:

- Application Due Date: Nov. 1 for Spring Season and May 1 for Fall Season
- Questions: Robyn Davis
  - Robyn.davis@girlsontherun.org
  - 316-260-9777

Dates to Remember:

- Spring Program Start Date: last week of February
- Spring Celebratory 5k: 2nd Saturday in May
- Fall Program Start Date: first week of September
Participating Girls on the Run Sites
2011 – Present

Adams Elementary
Allan Elementary
Allison Traditional Magnet
Anderson Elementary
Andover Community Center
Andover Middle School
Annoor Islamic School
Apollo Elementary
Ave A Elementary
Beech Elementary
Bel Aire Recreation Center
Benton Elementary
Black Traditional Magnet
Blessed Sacrament Catholic School
Boys & Girls Clubs of South Central KS
Buckner Performing Arts and Science
Buhler Grade School
Buhler Wellness Center
Caldwell Elementary
Cessna Elementary
Cheney Middle School
Chisholm Middle School
Chisholm Trail Elementary
Christa McAuliffe Academy
Clark Elementary School
Clearwater Intermediate Center
Clearwater Wellness Center
Cleveland Traditional Magnet
Cloud Elementary
Colvin Recreation Center
Colwich Elementary School
Cooper Elementary School
Countryside Christian Church
Derby Hills Elementary
Derby Middle School
Derby North Middle School
Dodge Literacy Magnet
Earhart Environmental Magnet
El Dorado Recreation
Enders Open Magnet Elementary
Enterprise Elementary
Evergreen Recreation Center
Faris Elementary School
First Church of the Nazarene
Freeman Elementary
Gammon Elementary
Gardiner Elementary
Garfield Elementary
Goddard Clark Davidson Elementary
Gordon Parks Academy
Graber Elementary
Griffith Elementary
Hamilton Middle School
Harry Street Elementary
Hays Recreation Commission
Haysville Middle School
Heartspring
Holy Cross Catholic School
Holy Family Elementary – Hays
Holy Spirit Catholic School
Horace Mann Dual Language Magnet
Hyde Magnet Elementary School
Immanuel Baptist Church
Irving Elementary
Isely
Jackson Elementary
Kensler Elementary
Kingman Elementary/Middle School
St. Joseph Catholic School
Lincoln Elementary School
Linwood Elementary
L’Ouverture Magnet
Magdalen
Maize Central Elementary
Maize Middle School
Maize Recreation Center
Maize South Middle School
Marshall Middle School
McCandless Elementary
McColom Elementary
McLean Science and Technology
Minneha Core Knowledge Magnet
Morgan Elementary
Mulvane Elementary and Middle School
Nelson Elementary
Oak Street Elementary
Oatville Elementary
Oil Hill – El Dorado
OK Elementary
Ortiz Elementary
Park Elementary
Park Hill Elementary
Peabody-Burns Elementary
Peterson Elementary
Pleasant Valley Elementary/Middle
Plum Creek Elementary
Prairie Creek Elementary
Prairie Elementary
Pray-Woodman Elementary
Price-Harris Elementary
Remington Elementary/Middle School
Resurrection Catholic School
Riverside Leadership Magnet
Robinson Middle School
Ruth Clark Elementary
Saint Margaret Mary
Seltzer Elementary School
Slate Creek Elementary
South Hutch Elementary
Spaght Elementary
St. Anne Catholic School
St. Catherine of Siena Catholic School
St. Francis of Assisi Catholic School
St. Jude Catholic School
St. Mark Elementary
St. Mary Catholic School – Derby
St. Peter Catholic School
St. Thomas Aquinas
Stanley Elementary
Sunflower Elementary School
The Independent School
Valley Center Intermediate School
Valley Center West Elementary
Vermillion Elementary
Washington Elementary
Watson Park
Wichita Collegiate
Wilbur Middle School
William Allen White Elementary
Woodland Health & Wellness Magnet
Woodman Elementary School

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