

# APPLICATION FOR BECOMING A SITE FOR GIRLS ON THE RUN®



## Life....run with it!

Application must be received no later than January 15, 2012

### 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 attached Liaison Role Description for additional details).

LIAISON NAME: \_\_\_\_\_ TITLE/ROLE: \_\_\_\_\_

LIAISON PHONE #: \_\_\_\_\_ EMAIL (REQUIRED): \_\_\_\_\_

### Readiness to Participate Criteria

While Girls on the Run® provides almost everything needed to run the program, the site is required to provide the following:

- Provide a Site Liaison (see attached role description)
- Provide a safe, dedicated space for running. **THIS IS ESSENTIAL.** This does not have to be a track. A field is fine. However, there is a need to measure off part of the area for occasions when lessons require running a certain distance, e.g. 1 mile, 5K, etc.

Briefly describe the available running area: \_\_\_\_\_  
\_\_\_\_\_

- Provide a rain site. Indoor, private, preferably a gym reserved for GOTR® and **NOT** in conflict with other programs.

Briefly describe the available indoor space: \_\_\_\_\_  
\_\_\_\_\_

- Determine plan for identifying participants.
- Identify participants. On-line registration begins January 30. Spring flyers sent home starting February 1<sup>st</sup> to 3<sup>rd</sup> through 5-6<sup>th</sup> grade girls.

Briefly describe your recruiting and selection criteria (1<sup>st</sup>-come/1<sup>st</sup>-served, lottery, etc.)  
\_\_\_\_\_  
\_\_\_\_\_

- If multiple teams are formed, assign coaches and participants to teams. Teams should include blend of ALL THREE grades as much as possible.

## Readiness to Participate Criteria, continued

- Provide two coaching candidates per team for your site. Please list below two coaching candidates - list additional coaches on the back of this sheet, if applicable. Each coach will be required to attend one day of Girls on the Run® training on February 4 and become 1<sup>st</sup> Aid and CPR certified. Coaches must be available one or two afternoons per week February 27 through May 19, 2012. If you need assistance identifying coaches, please contact Shelley Snow @ 801-918-1050.

COACH CANDIDATE NAME: \_\_\_\_\_  
CONTACT INFORMATION: Phone # \_\_\_\_\_ Email: \_\_\_\_\_

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

- Please have school principal or site director sign below indicating his/her acknowledgement and awareness that GOTR will be delivered at your site: \_\_\_\_\_
- Secure storage area for shoes, snacks, etc.  
If storage space is available, please describe area and how it will be accessed: \_\_\_\_\_  
\_\_\_\_\_

## Team/Practice Information

Would your site like to be considered for more than one team (up to 15 girls)? \_\_\_\_\_

If yes, how many teams of 15 girls can your site accommodate (considering practice facilities)? \_\_\_\_\_

Please choose one or two days per week and the time the participants will meet for one day = 2 hours, two days = 1 hour per day.

Team 1 - Days: \_\_\_\_\_ Time (i.e., p.m.): \_\_\_\_\_

Team 2 - Days: \_\_\_\_\_ Time (i.e., p.m.): \_\_\_\_\_

Team 3 - Days: \_\_\_\_\_ Time (i.e., p.m.): \_\_\_\_\_

## Program Fees

Participants of Girls on the Run® and their families choose a program fee ranging from \$35 to \$160. Girls participate equally in the program regardless of the fee their family selects. The actual out of pocket cost to the GOTR program is approximately \$160 per girl for the one-two per week, ten-twelve week program. This \$160 covers the full cost of one child's participation. The following scale is provided for families to choose what they believe they can afford, with the realization that by contributing as much as they can afford, families are helping realize the vision for all girls to participate. Families who have the ability to and are interested in supporting the program beyond the \$160 will have an opportunity to sponsor additional girls as well on the participant registration form. Register on our website @ [www.girlsontherunsaltlake.org](http://www.girlsontherunsaltlake.org). A credit card processing fee is applied to the program costs below.

Family Income	Fee
Greater than \$50,000	\$160
\$49,000-\$30,000	\$120
\$29,999-\$20,000	\$75
\$Less than \$19,999	\$35

Included in the fee price are:

- ✓ lessons conducted by two certified GOTR® Coaches
- ✓ official GOTR T-shirt
- ✓ New Balance Running Shoes (as needed basis)
- ✓ Participation/registration in the 5K Celebration Event + Race T-shirt, water bottle and medal
- ✓ healthy snacks

**EMAIL or MAIL application by January 15, 2012 DEADLINE to:**

**Shelley Snow, Program Director or Heidi Moreton, GOTR Executive Director Salt Lake City  
P.O. Box 58337, Salt Lake City, Utah 84158**

**Email [shelley@girlsontherunsaltlake.org](mailto:shelley@girlsontherunsaltlake.org) or [Heidi@girlsontherunsaltlake.org](mailto:Heidi@girlsontherunsaltlake.org)**