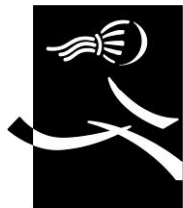


APPLICATION FOR BECOMING A SITE FOR
GIRLS ON THE RUN®
OF CENTRAL MARYLAND



Life....run with it!

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.

LIAISON NAME: _____ TITLE/ROLE: _____

LIAISON PHONE #: _____ EMAIL (REQUIRED): _____

If your site is a school:

Principal Name: _____

Has Principal been notified? Yes No

PTA liaison name (If applicable) _____

Has PTA liaison been notified? Yes No

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
- 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. For HCPS we obtain a permit for your indoor space, this may be either a classroom or gym.

Briefly describe the available indoor space: _____

- Identify participants. Distribute registration forms to 3rd through 5th grade or 6th through 8th grade girls.

Does your site/school have a listserv that the site liaison could post an announcement and registration procedures?
Does your site/school have a public bulletin board on which to post a Girls on the Run flyer?

Readiness to Participate Criteria, continued

- If multiple teams are formed, assign coaches and participants to teams. Teams should include blend of ALL THREE grades as much as possible.
- Provide two coaching candidates per team for your site. Please list below two coaching candidates - list any additional coaches on the back of this sheet. Each head coach will be required to attend one day of Girls on the Run® training prior to the season and become 1st Aid and CPR certified (Girls on the Run funds CPR training for coaches). Coaches must be available at least one afternoon per week for the entire 10 week program. If you need assistance identifying coaches, please contact Lisa Martin at (410) 707-0055.

COACH CANDIDATE NAME: _____
CONTACT INFORMATION: Phone # _____ Email: _____

COACH CANDIDATE NAME: _____
CONTACT INFORMATION: Phone # _____ Email: _____

- 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 and number of coaches)? _____

Please choose two days per week and the time the participants will meet for 1 ¼ hours per day.

Team 1 - Days: _____ Time (i.e., 3-4:15 p.m.): _____
Team 2 - Days: _____ Time (i.e., 3-4:15 p.m.): _____
Team 3 - Days: _____ Time (i.e., 3-4:15 p.m.): _____

Program Fees

Program fee for Participants of Girls on the Run® and their families is \$150 to cover the full cost of one child's participation and entry into the 5K. We also offer financial assistance based on need. Families that qualified for Free and Reduced Meals (FARMS) through Howard County Schools during the most recent school year can qualify for full or partial scholarship. We do **require a copy of the FARMS eligibility form from the prior or current (if available) school year to be submitted with registration.** We also offer a limited number of need-based full scholarships. Please call our offices for more information. All full and partial scholarships are determined by the Council. Families who have the ability to and are interested in supporting the program beyond the \$150 will have an opportunity to sponsor additional girls as well on the participant registration form.

Included in the fee price are:

- ✓ lessons conducted by two certified GOTR® Coaches
- ✓ participation in the 5K Celebration Event
- ✓ healthy snacks
- ✓ official GOTR T-shirt
- ✓ 5K Run T-shirt

EMAIL OR MAIL to:
info@hocogirlsontherun.org
GOTR Coordinator
8640 Guilford Rd, Suite 208
Columbia, MD 21046

Please direct any questions you may have to Lisa Martin at 410-707-0055

To ensure a successful program at your site please follow and complete the instructions below.

- ✓ Promote Program throughout the school.
 - Post information in the Newsletter
 - Include in the morning announcements
 - Send information home with students
 - Meet with PTA/principal
 - Have information in Front office/Reception area
- ✓ Have parents fill out registration online www.gotrcentralmd.org or mail to Girls on the Run of Central Maryland
- ✓ Communicate Registration deadline to all interested.
- ✓ Be aware of the number of available openings for girls to participate.
- ✓ Ensure to have a coaches box prior to the program start date.

Contact Lisa Martin at (410) 707-0055 for questions about marketing or site logistics.

Contact Susan Michel at (443) 864-8593 regarding registration or coach questions.