



**Girls on the Run Southern West Virginia
New Site Application**

Application Deadline for FALL 2012 Season:
August 24, 2012



School / Community Site: _____

Address: _____

County: _____ Phone: _____ Fax: _____

Principal / Director's Name: _____

Your school / site serves children in which grades? _____

Site Liaison Information

The site liaison is a volunteer who provides a valuable link between the site, coaches and the Girls on the Run staff and assures smooth implementation of the program (marketing the program, recruiting coaches, securing practice space, etc.). The site liaison must either be an employee of the school/organization or a parent. It is common for the site liaison to also serve in the role as head coach.

Site Liaison Name: _____

Title / Role at School / Site: _____

Phone Number (note if the number is cell, work or home): _____

EMAIL (Required): _____

(Please provide an email that you can access regularly as that is our main form of communication at all times throughout the year.)

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:

- Approval from school principal or site administration. Please have the school principal or site director sign below indicating his/her acknowledgement, awareness and support of Girls on the Run being delivered at your site if this site application is approved.

Signature: _____ Printed Name: _____ Date: _____

- Provide a Site Liaison and Head Coach (could be the same person) and at least one other coach.
- 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. ¼ mile, 1 mile, 5k, etc. Briefly describe the available running area:

- ❑ A rain site. Indoor, private, preferably a gym reserved for GOTR and **NOT** in conflict with other programs. Briefly describe the available indoor space:

- ❑ Marketing the program to all girls in the appropriate grades. The site liaison is responsible for arranging for registration brochures to be distributed to each girl in the appropriate grades. How many brochures will you need so that EVERY GIRL at your school who is age appropriate can receive a form? _____

Briefly describe your recruiting plan (back to school night, newsletter, etc.)

Are there any marketing restrictions for a program like Girls on the Run at your school? If so, what are they and how to you plan to ensure successful enrollment for your team?

- ❑ Secure storage area for curriculum supplies, snacks, etc. Please describe area and how it will be accessed by coaches:

- ❑ Management of team enrollment. We recommend using a lottery system during the registration period. **Teams must have a minimum of 8 girls and a maximum of 15 girls.** Teams should include blend of ALL applicable grade levels as much as possible.
- ❑ Provide at least one additional coach per team for your site. Each coach is required to attend a half-day training provided by Girls on the Run and complete volunteer paperwork before the season begins. Each team must have at least two adults at each practice. Volunteers don't need to be runners or have coaching experience. Girls on the Run Southern West Virginia will provide training, the curriculum and all supplies needed to run the program.

COACH CANDIDATE NAME: _____

Phone: _____ Email (required): _____

Position (parent, teacher, administrator, etc.): _____

COACH CANDIDATE NAME: _____

Phone: _____ Email (required): _____

Position (parent, teacher, administrator, etc.): _____

(Feel free to add other coach candidates on a separate sheet.)

Will you need assistance recruiting additional assistant coaches? _____

Team/Practice Information

- _____ Girls on the Run (3-5th grade)
_____ Girls on Track (6-8th grade)
_____ Both GOTR & GOT (you will need coaches for two teams)

Please choose two days per week and the time the girls will meet for at least an hour each practice. Recommended practice length is 1 hour and 15 minutes or 1 and a half hours. Most sites practice right after school is dismissed so transportation issues are eased.

Days: _____ Time (i.e., 3-4:30 p.m.): _____
(Dates can be tentative now, but **MUST** be firm by at least two weeks before the season begins.)

Program Fees

Building confidence and setting young girls down the path of a healthy lifestyle is PRICELESS! However, there are real costs associated with operating a non-profit organization and delivering the Girls on the Run program to girls in Southern West Virginia. The actual out-of-pocket cost for Girls on the Run as an organization is approximately \$125 per girl for the twice per week, twelve-week program. This \$125 covers the direct costs of one child's participation. Our council strives to serve a diverse population and we want to price our program so it is affordable to all families. Therefore we offer fees on a sliding scale (ranging from \$25 to \$125) so the program is more affordable to more girls. In addition, scholarships are available to girls in financial need. Scholarship forms will be available with registration forms.

Fee Schedule*	
<u>Annual Family Income:</u>	<u>Fee:</u>
Greater than \$75,000	\$125
\$40,001 - \$75,000	\$100
\$25,000 - \$40,000	\$ 50
Less than \$25,000	\$ 25

***Scholarships ARE available at all Income Levels.**

Cash, Checks, and Credit Card Payments will be accepted. All payments must be received by the 2nd SESSION. No Refunds will be given after the 4th Session.

The tangible items each girl receives with her program fee include:

- 24 lessons (each approximately 90 minutes) conducted by trained Girls on the Run coaches
- An official Girls on the Run program T-shirt
- A healthy snack at each practice
- Participation in the New Balance Girls on the Run 5k
- A water bottle
- A 5k finisher's medal

Visit <http://childlaw.homestead.com/Girls-On-The-Run-SWV.html> for more information about Girls on the Run!

Site Meeting/Visit

Before any new site is added, Girls on the Run Southern West Virginia seeks to meet with the site liaison and others at the location to review the space and to answer any questions about the program or at least have a conference call. Once the appropriate people at the site have been identified (site liaison, coaches, administrators, etc.), please contact the GOTR office to schedule a visit or phone call.

Sign below if you have read, understand and have filled out this site application completely and honestly.

X _____

Mail or fax application to:

Fax: 304-487-5733

**Attn. Shannon Atwell
1505 Princeton Avenue
Princeton, WV 24740**

Please direct any questions you may have to Shannon Atwell at (304) 425-9973 or Shannon.atwell@gmail.com.