

How to Start Girls on the Run at Your Location

Thank you for your interest in having a Girls on the Run program at your Pamlico County location. Girls on the Run and Girls on Track are programs that Girls on the Run of Pamlico County is licensed to offer in Pamlico County. They must operate within the guidelines set by Girls on the Run International and implemented by Girls on the Run of Pamlico County. We welcome your participation in our organization.

The success of this program depends on

- Enthusiastic support and cooperation of your staff and Principal/Director
- A reliable designated Site Coordinator from your site in dedicated to the implementation of your Girls on the Run program
- Easy and frequent communication between Site Coordinator, Girls on the Run Director, and Head Coach.

Volunteers: Each group of girls requires 2 trained coaches who are committed to leading the group 2 afternoons a week for 12 weeks. Coach helpers who come one day a week provide extra attention and offer a good introduction to the coaching experience. We will share our current volunteers but additional volunteers from your location are essential.

Materials and Training: We supply all equipment and materials used in the program. We train coaches in August and January.

Space Requirements: We establish group norms that permit no criticism or putdowns. We encourage both quiet, thoughtful communication and noisy play. We teach girls to cheer each other on. Girls learn to express their opinions honestly and openly and to listen with respect to others. They learn to be themselves without fear of ridicule or rejection. This takes time and requires a safe atmosphere, sort of an incubator for new self-esteem. Therefore, it's important for the group to have a meeting place separate from other activities that may be going on at your location. We will work with you to identify and adapt space that meets the needs of this program.

For each group of girls that meets at your site, we will need the following space/facilities

- Access to girl's bathroom
- Outdoor space: weather permitting most activities will take place outdoors. We will need a private area where girls can sit on the grass and run or play games on the lawn, playing field or parking lot. Ideally the outdoor area will be near the indoor space so we can go in if it rains or is too hot or cold.
- Indoor space: we need a room large enough for 12 girls and 2 adults to sit in a circle on the floor. This could be a classroom or a gym or multipurpose room. We will move furniture if necessary and replace it.
- Adjacent indoor space for active games, stretching, and running when girls cannot be outside. A hallway or gym will do.
- Indoor space must be separate from other activities in the building so that the girls can be noisy and also so that they can talk and play without worrying about peer pressure from outside the group.

Please call to arrange a meeting so we can discuss how to get your Girls on the Run program started.

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Girls on the Run of Pamlico County