



Application for Starting a Site

MAIL application to: Girls on the Run® of South Hampton Roads
4101 Granby Street, Suite #208 Norfolk, VA 23504

Please direct any questions to Amy Georges at 403-1154 or amy@gotrshr.org

- GIRLS ON THE RUN (3rd – 5th Grades) FALL 2012 SEASON
- GIRLS ON THE RUN (3rd – 5th Grades) SPRING 2013 SEASON
- GIRLS ON TRACK (6th – 8th Grades) FALL 2012 SEASON

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: _____

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® /GOT® and NOT in conflict with other programs.

Briefly describe the available indoor space: _____

- Determine plan for identifying participants. (3rd -5th grade girls for GOTR; 6th – 8th grade girls for GOT)

Participants will be enrolled in a “First Come – First Served” Basis. A registration form will be emailed to the head coach for distribution. All forms will be returned to the Girls on the Run office. The head coach will be notified the names of the participants before the session starts.

- 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 and 2 coaches meetings per season. They must also become First Aid and CPR certified. Coaches must be available two afternoons per week.**

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

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- 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 two days per week and the time the participants will meet for 1½ hours per day.

Team 1 - Days: _____ Time (i.e., 3-4:30 p.m.): _____

Team 2 - Days: _____ Time (i.e., 3-4:30 p.m.): _____

Team 3 - Days: _____ Time (i.e., 3-4:30 p.m.): _____

Program Fees

The fee for participating in the program is \$150. Scholarships are available based on need. Girls participate equally in the program regardless if they receive a scholarship or not. The actual out of pocket cost to the GOTR program is over \$150 per girl for the twice per week, ten week program. This \$150 covers the full cost of one child's participation. Our system is structured 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 have an opportunity to sponsor additional girls as well on the participant registration form. Here is our payment scale:

# of Family Members in Household	Annual Income			
	\$0-\$20,000	\$20,001-\$32,500	\$32,501-\$50,000	\$50,001+
2	\$0-\$20,000	\$20,001-\$32,500	\$32,501-\$50,000	\$50,001+
3	\$0-\$22,000	\$22,001-\$36,500	\$36,501-\$55,000	\$55,001+
4	\$0-\$25,000	\$25,001-\$41,000	\$41,001-\$61,000	\$61,501+
5	\$0-\$27,000	\$27,001-\$44,000	\$44,001-\$66,500	\$66,500+
6	\$0-\$29,000	\$29,001-\$47,000	\$47,001-\$71,000	\$71,001+
7	\$0-\$31,000	\$31,001-\$50,500	\$50,501-\$76,000	\$76,001+
8	\$0-\$33,000	\$33,001-\$54,000	\$54,001-\$81,000	\$81,001+
Suggested Amount	\$20 - 39	\$40 - 89	\$90 - 149	\$150

Included in the fee price are:

- ✓ Lessons conducted by two certified GOTR® Coaches
- ✓ Water bottle
- ✓ Healthy snacks
- ✓ Official GOTR T-shirt
- ✓ End of Season Celebration

