



Girls on the Run of Northeast Tennessee, Inc.
P.O. Box 5622
Johnson City, TN 37602
423-502-6910
www.gotrnetn.org

SITE APPLICATION

Applications are due by April 15th for the Fall Program and by October 15th for all spring programs. Please send completed applications to GOTRNETN at P.O. Box 5622, Johnson City, TN 37602.

Basic Site Information

Site Name: _____ (if school, what district? _____)

Contact: _____

Address: _____ City: _____

State: TN Zip: _____ Phone: _____ Fax: _____

Contact Email: _____ Contact Phone: _____

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 safe, dedicated space for running. **THIS IS ESSENTIAL.** This does not have to be a track or gymnasium, but 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.). Please describe the running area available -

Provide a rain site. Indoor, private and a gym if possible reserved for GOTR and NOT in conflict with other programs. Briefly describe the available indoor space -

Determine a plan for identifying participants. Briefly describe your marketing strategy including how many GOTR registration brochures you would like to receive and when you plan to distribute them.

Provide a Site Liaison who will serve as the main contact between GOTRNETN and the program site. Liaisons will spearhead the registration process on site including marketing and promoting the program, collecting all forms and fees and answering any questions that may arise. Coaches may serve as a liaison, however we have found that if a site has more than one offering of the program, it is a good idea to have a separate person fill this role. Please provide the name and contact information for your Site Liaison.

SITE LIAISON NAME: _____
PHONE: _____ EMAIL: _____

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 a one day Girls on the Run training in addition to a pre-season and mid-season meeting. Coaches must be available two afternoons per week. If you need assistance identifying coaches, please contact Amber Birdwell at 423-306-7342 or amber.birdwell@girlsontherun.org.

COACH CANDIDATE NAME: _____
PHONE: _____ EMAIL: _____

COACH CANDIDATE NAME: _____
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.

TEAM PRACTICE INFORMATION

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

Yes No

If yes, how many teams of 15 girls can your site accommodate (please note that the teams must have individual spaces to do their lessons)?

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

Team 1 – Days _____ Time (i.e. 3 – 4:15 PM): _____

Team 2 – Days _____ Time (i.e. 3 – 4:15 PM): _____

Team 3 – Days _____ Time (i.e. 3 – 4:15 PM): _____

PROGRAM FEES

The full cost of the program is \$175 per girl for the twice a week, twelve week program. However, we do not want the fee to prevent any girl from participating. As a result, GOTRNETN has implemented a sliding fee scale fee, based on the honor system. A family that can afford to pay \$175 is asked to pay the full amount. Families who cannot afford the full amount can choose a program fee ranging from \$40 to \$174. Girls participate equally in the program, regardless of the amount her family pays.

The following scale is provided for families to choose the fee they can afford. It is important that each family contribute as much as it can. Local fundraising efforts and donations help bridge the gap between program fees paid and actual program costs.

Fee Levels	Registration Fee
Level I	\$175
Level II	\$120 - \$174
Level III	\$70 - \$119
Level IV	\$40 - \$69

Included in the fee are:

- Researched and proven GOTR curriculum
- 24 lessons conducted by a trained and First Aid certified coach
- Official GOTR t-shirt
- Participation in 5K Celebration Event
- Official GOTR 5K t-shirt
- Water bottle
- Supplies for each lesson
- Healthy snack at each lesson
- Liability insurance for participants and coaches
- Administration of GOTR program

**EMAIL or MAIL application to
Jessica Thomas, Interim Council Director
P.O. Box 5622
Johnson City, TN 37602-5622**

Please direct any questions to Jessica Thomas at 423-502-6910