



Girls on the Run of Northeast Tennessee, Inc Site Information

Girls on the Run of Northeast Tennessee, Inc offers the *Girls on the Run* and *Girls on Track* programs throughout the eastern eight counties of Tennessee. Although the program works extremely well as an after school program, it does not exclusively operate in that manner. A site need only meet the requirements below to offer the program which means that a church, YMCA, Boys and Girls Club, etc. could become a *Girls on the Run of Northeast Tennessee* location.

Site Requirements

While *Girls on the Run of Northeast Tennessee* provides almost everything needed to run the program, each site is required to provide the following:

- ❑ Provide a Site Liaison who serves as the link between the program site and *Girls on the Run* staff. Additionally, this person will spearhead marketing and promotion efforts at the site, coordinate registration forms and fees and answer any question that arise.
- ❑ 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. We also ask that the space is NOT in conflict with other programs.
- ❑ Provide a rain site. Indoor, private, preferably a gym or cafeteria reserved for *GOTR®* and **NOT** in conflict with other programs.
- ❑ Determine plan for identifying participants.
- ❑ Identify participants. Distribute registration forms to 3rd through 5th grade girls for *Girls on the Run* or 6th through 8th grade girls for *Girls on Track*.
- ❑ Provide two coaching candidates per team for your site. Each coach will be required to attend one day of *Girls on the Run®* training in and become First Aid and CPR certified. Coaches must be available two afternoons per week. *Girls on the Run* staff can help identify coaches; however we can not add your site as a location until two coaches are identified.

Team/Practice Information

The program is offered twice a week for 12 weeks for a total of 24 lessons. We have found that it works best for after school programs to begin immediately after school is dismissed. Starting and ending times will vary from school to school. Each session will last approximately one hour and fifteen minutes. This allows time for the girls to change, eat their snack and deliver the hour long lesson.

Program Fees

The full cost of the program is \$150 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 \$150 is asked to pay the full amount. Families who cannot afford the full amount can choose a program fee ranging from \$20 to \$149. 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	\$150
Level II	\$100 - \$149
Level III	\$50 - \$99
Level IV	\$20 - \$49

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

Please contact Ani Boyd, Council Director, at 423-677-3595 or aniboyd@gotrnetn.org for more information or to add your location as an official Girls on the Run of Northeast Tennessee, Inc site.