



Girls on the Run 3rd – 5th Grade Program

At YOUR SCHOOL

Tuesdays & Thursdays 3:15-4:45 p.m.

Spring program starts Tuesday, March 20, 2018

Girls on the Run is a physical activity-based positive youth development program designed to develop and enhance girls' social, psychological, and physical competencies to successfully navigate life. The 10-week season culminates with the girls participating in a community impact project and the 7th Annual Girls on the Run Spring 5K on Saturday June 2, 2018, in Middleton WI. Registration opens February 12, 2018 at 8:00 a.m. online at: girlsontherunscwi.org. Financial assistance is available to qualifying families. For more information about GOTR, participation fees, financial assistance and how to register, call 608-831-GOTR (4687) or visit our website: www.girlsontherunscwi.org under "Learn More." To sign up for email reminders from Girls on the Run visit our website and subscribe to the email list.

**Please Note: our Watertown GOTR program has merged with the South Central Wisconsin GOTR! Very exciting! Same program, same format, same locations! The end of the season 5K will be held in Middleton – more to follow. Thanks for your support!*

Fees and Financial Assistance

Educating and preparing girls for a lifetime of self-respect and healthy living is **PRICELESS!** However, there are real costs associated with operating a non-profit organization and delivering quality programming.

Girls on the Run is open to all girls at program sites throughout South Central Wisconsin, regardless of a family's ability to pay. The sliding fee scale below is based on annual family income. Online registration allows you to select and pay the rate that corresponds with your annual family income.



The GOTR season program fee is \$160

Registration fees help us fulfill our commitment to provide every girl with an outstanding experience. Through the generosity of individuals, area businesses, corporations, foundations and grants, we are able to provide financial assistance to families unable to pay the full \$160 fee. We require all families to pay a portion of the program fee, however nominal, to ensure buy-in and engagement.

We ask for your commitment to provide accurate information about your family's financial status. No girl will be denied participation due to family financial circumstances.

In 2017, Girls on the Run of South Central Wisconsin provided over \$50,000 in financial support to 450 families.

Girls on the Run programs provide an excellent value for the required fee:

It costs Girls on the Run \$160 per girl for the twice-weekly, 10-week program. This covers the direct and indirect costs of one child's participation. We serve a diverse population and aspire to provide programming that is affordable to all families through our sliding fee scale structure.

Programmatic Costs:

- Twenty 1.5 hour sessions of programming conducted by minimum of two certified coaches (this equates to only \$5.33 per hour!)
- Registered GOTR curriculum
- All program materials for hands-on lessons
- GOTR water bottle
- GOTR t-shirt
- Race registration for season-ending GOTR 5K
- GOTR coach training
- CPR/First Aid training for coaches
- Background checks for all coaches and volunteers
- Completion gifts (team picture frames, fleece hats, hair accessories, etc. Gifts may change each season.)
- GOTR 5K completion certificate and medal

Annual Family Income	Fee for 10-Week Program
Over \$60,000	\$160
\$40,001 - \$60,000	\$120
\$20,001 - \$40,000	\$80
under \$20,000	\$40

Operational Costs:

- Liability Insurance
- Council fee payable to Girls on the Run International
- Staff salaries
- Office and storage rental
- Program facility fees
- GOTR 5K race expenses
- Online registration fees
- Website domain and maintenance
- Other basic operational expenses

You may contact Sara Pickard for further information regarding financial assistance or to make a donation to support even more girls: 608-831-GOTR (4687)



“COACH” is a Great Name for YOU!!!

Girls on the Run Coaches Needed at:
Your School

Practices: Tuesday/Thursdays 3:15-4:45 pm

10-week season begins week of March 19, 2018
(no practice sessions during spring break)

GOTR provides all of the lessons, materials and training. You provide the inspiration, motivation and leadership to help girls thrive.

Coach Responsibilities:

- Attend weekly practices
- Lead lessons using GOTR's easy to facilitate curriculum
- Communicate important information to parents
- Participate in the games & activities with the girls
- Support your team at the season ending 5K
- Have fun!



*Be the mentor you needed
when you were young*

Change the world one girl at a time

*For complete coaching information and to apply
visit: www.girlsontherunscwi.org/coach*

Sites may be cancelled without coaches! Sign up to coach by March 1 to ensure GOTR at your school.