



APPLICATION TO LAUNCH A NEW  
GIRLS ON THE RUN SITE IN  
LOS ANGELES COUNTY

Life...run with it!

Application must be received no later than  
5 pm on Monday, June 15, 2009 to be considered for the Fall 2009 season

### Overview

Thank you for your interest in Girls on the Run! Our council, Girls on the Run of Los Angeles County, is planning its 2009 expansion. Our priorities for 2009 are:

1. Assure continued high-quality programming at our fall 2008 sites
2. Expand in our original territory: Pasadena, the San Gabriel Valley, and Glendale, with emphasis on underserved communities
3. Expand into other areas of Los Angeles County that have demonstrated support and enthusiasm

Our 10-year plan is to offer GOTR to any girl in Los Angeles County, grades 3 - 8, who is interested. We will only achieve this ambitious goal with your partnership! Many thanks for your interest.

### Site Information

SITE NAME: \_\_\_\_\_ If school, what district/independent \_\_\_\_\_

ADDRESS: \_\_\_\_\_ CITY: \_\_\_\_\_, CA ZIP: \_\_\_\_\_

ON-SITE CONTACT PERSON: \_\_\_\_\_ PHONE: \_\_\_\_\_

AUTHORIZATION by principal or director of the site (signature) \_\_\_\_\_

(printed name) \_\_\_\_\_

### Readiness to Participate

While Girls on the Run provides almost everything needed to run the program, the site has a significant role in making the program a success. Please share your plans in the following areas.

#### Site Liaison

The Site Liaison's role includes assuring the smooth implementation of the program by securing appropriate training space and serving as a link among coaches, participants and parents (see attached Liaison Role for additional details).

LIAISON NAME: \_\_\_\_\_ CONNECTION TO THE SITE: \_\_\_\_\_

LIAISON PHONE #: \_\_\_\_\_ EMAIL (REQUIRED): \_\_\_\_\_

**Space**

A safe, dedicated space for lessons and running 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:

Please describe the rain site, which should be indoor, private, preferably a space reserved for GOTR and **NOT** in conflict with other programs.

Where can the GOTR program materials (bin of supplies, additional materials) be securely stored between sessions?

What, if any, costs are associated with providing the program at this site? Are fees or permits required?

**Participants**

Please describe the girls who will participate – how many are in grades 3 – 5 in your target community, how many in grades 6 – 8, their backgrounds, their interest and availability to participate in the program.

Please let us know how you will identify and recruit possible participants.

How many girls do you anticipate serving in the fall 2009 season? Remember that each team has a minimum of 8 girls and a maximum of 20 girls, and that Girls on the Run is for girls in grades 3 – 5, and Girls on Track is a separate program for girls in grades 6 – 8.

**Coaches**

Please identify four adults who have agreed to serve as coaches for your site. This will involve a half-day mandatory coach training, current CPR/first aid training, background check, plus consistent participation throughout the season. The head coach will be at *both* days of the program each week; assistant coaches may participate just one day. Our council also recruits coaches on an ongoing basis, and may provide additional coach(es) for your site as needed.

Head coach name _____	Phone _____	Email _____
Assistant coach name _____	Phone _____	Email _____
Assistant coach name _____	Phone _____	Email _____
Assistant coach name _____	Phone _____	Email _____

Additional people interested in coaching but not able to commit to regular participation can attend the coaches' training and be part of our Substitute Coach pool. Please note their names and contact information here.

### Other Volunteers

The Council provides significant support to each site – curricula, program materials, training, insurance, outreach, organization of the culminating 5k, and substantial fundraising for costs not covered by our low registration fees. This is only possible with a talented pool of women and men who share our passion for the mission.

Please identify at least two people from your community who are interested in serving as a volunteer at the Council level. We will find a role that matches their interest and availability. Opportunities include working on materials preparation; outreach; annual fundraiser, sponsorship, or grant committees; applying to be on the Board of Directors; volunteer coordination and support of sites; planning our culminating 5k, and many others!

Volunteer name \_\_\_\_\_ Phone \_\_\_\_\_ Email \_\_\_\_\_

Interests and experience:

Volunteer name \_\_\_\_\_ Phone \_\_\_\_\_ Email \_\_\_\_\_

Interests and experience:

### Financial support

We charge \$140 per girl to participate in the Fall 2009 GOTR season. Some families are able to pay this full amount, and some are even able to contribute a bit more. Some families, though, are not able to pay this fee. **Girls on the Run does not turn away girls for inability to pay**; we are deeply committed to offering the program in a mix of sites with diverse incomes. Our target is that at least 30% of the participating girls *across the council* are eligible for full or partial scholarships. Your site may have a lower percentage of scholarships, or all of the girls at your site may need financial support.

Could your site partner with the GOTR council staff to assure sufficient funds to cover the \$140 cost per participating girl? If so how?

What percentage scholarships do you anticipate? (At this time we don't require specific income verification, but talk with each family about their needs and ability to pay. Many offer to pay an amount less than the full \$140).

% needing full scholarships:

% needing partial scholarships:

What local contacts and resources are available that might provide financial support to provide scholarships for girls at your site? This might be individuals who are able to contribute, companies that might become part of our sponsorship program, local foundations or service clubs that might support our mission, or other great ideas you have!

### Potential for Regional Expansion

Though we plan to begin with one site per community for 2009, we are looking for areas that have potential and energy for growth beyond this one site. Please let us know your thoughts about expanding beyond the site you are proposing here.

## Timeline for Fall 2009 Season

- June 15 applications due
- July 15 sites contacted about fall 2009
- August – two times offered for mandatory coaches' training
- Early September – each site hosts pre-season information meeting for parents and girls; complete paperwork
- Mid-late September (date to be set by GOTR) launch fall season – 12 weeks

Remember that many people have found it to be extremely helpful to coach at a different site for at least a season before leading the launch of a new site. If you choose to work toward applying to launch your new site in the fall of 2009 or beyond, we would welcome your participation in one of our other sites to gain a deeper understanding of the program, and some tips and ideas for successful implementation.

## Completing and Submitting Application

GOTR council staff are excited to support you in developing your new site. Please contact Noemy Ponce with any questions. [noemy@gotrlosangeles.org](mailto:noemy@gotrlosangeles.org), 626.590.4770.

***Applications are due to Noemy by 5 pm on Monday June 15th, 2009  
for the Fall 2009 season.***

If possible, please submit your application via email (either an edited Word file, or scanned). Feel free to expand beyond the space given if needed, but keep your application to no more than four pages total. If you are not able to complete the application electronically, please contact Noemy to make other arrangements to get your materials to her by the deadline.

**Thank you for your interest in Girls on the Run!!!**

This application, along with lots more information on Girls on the Run, is available at [www.gotrlosangeles.org](http://www.gotrlosangeles.org).