

GOTR PARENT MTG OUTLINE 2010

During meeting you could have the girls be with parents and listen, save snack for the end of practice or have a special treat...great opportunity for the girls to get to know each other.

I. Introduce the coaches

a. Primary contact coach

1. About myself- I have 2 daughters; 2nd and 5th grade; love Crystal Lake, combat class and gardening
2. Why GOTR for me? Running first race 3rd season coaching
3. GOTR is... please say the following:

Girls on the Run is dedicated to helping girls climb out of the "girl box" (a place that girls "go" when they feel like the way they look is more important than who they are inside). Our curriculum is designed to promote good choices for a lifetime of self-respect and healthy living; encouraging emotional, social, mental, spiritual and physical well-being. Our warm-ups and workouts will prepare the girls for a 5K run/walk event and challenges and encourages them no matter their fitness level.

b. Coach #2

1. About myself...
2. Why I coach...

II. General information about GOTR at *insert you site here*

a. Hand out information sheet- see example provided

III. Season in a nutshell

- a. Outline some key topics (depending on time and how much you want to say here)
 1. All About Me
 - i. promises, behaviors, healthy habits, emotions, drugs and alcohol
 2. Team Building
 - i. cooperation, good listener, gossip, bullying, being a good sport
 3. Community
 - i. service project-toward end of season with more information to come

- b. Practice 5k: Thursday, May 20th during normal practice time (great place for parents to help the team-water station, balloons, etc... or just to cheer on your daughters)

- 1. Running Buddies

- i. GOTR will provide...Please say the following:

- As part of our program we will be providing a Running Buddy for your daughter. Her Running Buddy will be a female role model from our community to encourage and support her during the practice 5k and on race day. This allows you to be her cheerleader and the first person they see when they cross the finish line. Being there at the finish line will be very important for you and your daughter. We will match your daughters with a buddy that will encourage her to be her best on race day; physically and mentally.

- ii. **If** parents ask if they can provide the running buddy? Encourage them to allow you to do it, but if they will be providing a friend or relative, etc...make sure to make clear how the registration process for Running Buddies works (refer to your Running Buddy Packet if needed)

- c. Race day-morning of June 6th at TBA

- d. End of season party-each site decides how to handle this...you may want to ask parents to help with this and if so now is a great time to ask for a volunteer

IV. Parents General Information

- a. **PLEASE** read the parent e-mail newsletters-details of the week's lessons, running buddies, practice 5k and race day details will be found here. This is your best resource for all GOTR information (if you, as a coach are willing to send other types of reminders you can let your parents know this...if not **really** emphasize reading these newsletters)
- b. Paper work needs to be returned to the coaches ASAP for your daughter to participate; i.e.: health forms, car pool, race day waivers

V. Questions or comments