

APPLICATION FOR BECOMING A SITE FOR GIRLS ON THE RUN® - McHenry County



****PLEASE NOTE!** If your school is located outside of McHenry County (i.e. Kane, Cook, Lake, etc.) you will need to contact Girls on the Run Chicago at cschwartz@gotrchicago.org or visit www.gotrchicago.org

Basic Site Information

SITE: _____ (if school, affiliated with what school district? _____)

ADDRESS: _____ CITY: _____

STATE: _____ ZIP: _____ PHONE: _____ FAX: _____

Site Liaison Information

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

LIAISON NAME: _____ TITLE/ROLE: _____

LIAISON PHONE #: _____ EMAIL (REQUIRED): _____

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 Site Liaison (see attached role description)
- 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.

Briefly describe the available running area: _____

- Provide a rain site. Indoor, private, preferably a gym reserved for GOTR® and **NOT** in conflict with other programs.

Briefly describe the available indoor space: _____

- Determine plan for identifying participants.
- Identify participants. Distribute registration forms to 3rd through 5th grade girls.

Briefly describe your recruiting and selection criteria (1st-come/1st-served, lottery, etc.) **AND how many copies** of the GOTR participant registration forms you would like to receive:

- If multiple teams are formed, assign coaches and participants to teams. Teams should include blend of ALL THREE grades as much as possible.

Readiness to Participate Criteria, continued

- 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 one day of Girls on the Run® training become 1st Aid and CPR certified. Coaches must be available two afternoons per week March during the season. If you need assistance identifying coaches, please contact Laurie Dayon at 847.421.7581.

COACH CANDIDATE NAME: _____

CONTACT INFORMATION: Phone # _____ Email: _____

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CONTACT INFORMATION: Phone # _____ Email: _____

Please identify location where the girls will meet on the first day: _____

- Secure storage area for shoes, snacks, etc.
If storage space is available, please describe area and how it will be accessed: _____

Team/Practice Information

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

If yes, how many teams of 15 girls can your site accommodate (considering practice facilities)? _____

Please note the meeting place for the first day of lessons (i.e. gym, classroom, etc.) _____

Please choose two days per week and the time the participants will meet for 1 ½ hours per day.

Team 1 - Days: _____ Time (i.e., 3-4:30 p.m.): _____

Team 2 - Days: _____ Time (i.e., 3-4:30 p.m.): _____

Team 3 - Days: _____ Time (i.e., 3-4:30 p.m.): _____

Program Fees

The actual out of pocket cost to the GOTR program is over \$130 per girl for the twice per week, ten week program. This \$130 covers the full cost of one child's participation. Scholarships are available to those who can not afford the \$130. We do ask that scholarship families consider making some sort of payment, whether it is \$1.00 or \$50 - as we have found out that dedication to the program is stronger if the girls family has a tie to it. Families who have the ability to and are interested in supporting the program beyond the \$130 will have an opportunity to sponsor additional girls as well on the participant registration form.

Included in the fee price are:

- ✓ lessons conducted by two certified GOTR® Coaches
- ✓ participation in the end of season 5K
- ✓ healthy snacks
- ✓ official GOTR T-shirt

Please have school principal or site director sign below indicating his/her acknowledgement and awareness that GOTR will be delivered at your site

Principal Signature

E-MAIL or MAIL application by October 1, 2009 to:

Laurie Dayon, Director

3 West Crystal Lake Ave, Ste 102

Crystal Lake, IL 60014

ldayon@mchenrycountygotr.org

Please direct any questions you may have to Laurie Dayon at 815-893-0259.