



## Joyful. Healthy. Confident.

Girls on the Run Palm Beach [www.girlsontherunPBC.org](http://www.girlsontherunPBC.org)  
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### What a Team of 6 to 25 Girls Receives

- **GOTR<sup>®</sup> experiential learning training**, on-line for the coaches' convenience, health and safety
- Coach training materials, including the evidence-based Coach Manual
- Online access to coach GOTR<sup>®</sup> Learning Academy training modules
- Online access to supplemental coach resources
- Two additional coach training meetings during the season for dissemination of additional materials and information.
- **GOTR<sup>®</sup> Curriculum** use for one season
- **GOTR<sup>®</sup> Curriculum Journals for each girl** for the lessons for one season
- Professionally designed, tested, and evaluated outcome survey tools
- Coach materials and supplies required to deliver the season's Curriculum
- Online access to coach registration
- Online access to the girls' registration form
- Online access to the Coach Packet, which is generated when both the coaches and girls are registered in the system. The packet allows Coaches access to attendance app, to see girls' emergency contact information, etc.
- **Up to 50 registrations in the GOTR 5K event** (# of Girls + same # of Running Buddies)
- **GOTR<sup>®</sup> T-shirts** for:
  - Up to 3 trained coaches + 1 site liaison, if different than a coach
  - Up to 25 girls
  - Up to 25 Running Buddies
- Council organizing, planning, logistics and registrations for **the 5K Celebration event**
- Required national GOTR background checks
- Printed materials
- Council-paid member fee to GOTR<sup>®</sup> International
- Insurance and insurance certificate, if needed

- Website listing
- Ongoing support for the Site Liaison and Coaches

### What the School provides

- A site liaison (can be one of the coaches)
- At least 2 volunteer coaches for up to 15 girls. *Coaches can be teachers, parents, other staff members, or community members -- whatever complies with the school's policies*
- A means to recruit the girls for your location
- Willingness to follow the GOTR season dates, including the 5K event, and participate in required GOTR trainings or meetings
- A safe outdoor running and activity area and a safe indoor rain site, if on-site programming

### Payment

Payment can be different for each school, depending on the needs of the site, the families served and the funding sources available. The fee is \$195 per girl.

### Payment options are as follows:

**Traditional Parent Pay:** Fee for each girl to participate is \$195 with payment made by the parent upon registration.

**Scholarships:** Depending on funding sources to cover the remainder of the \$195 fee per girl, parents would pay a fee based on a sliding scale, based on the free/reduced lunch guidelines. The scale ranges from \$15 to full fee of \$195. Some families may not qualify for free lunch but may qualify for GOTR scholarships.

**School Pay:** The school or site chooses to pay the Council directly for their girls as a one-time payment, as a result of their own grant or a sponsor. Upon receiving payment, GOTR would provide a code for parents to use, so that the system would not require parents to pay upon registering.

Registration is on a first-come, first-served basis.

