



# Girls on the Run is for **EVERY** girl.



**Girls on the Run Greater Tampa Bay**

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**BRING GIRLS ON THE RUN TO YOUR SCHOOL OR SITE TODAY!**



# WHO WE ARE



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Girls on the Run, a 501c3 nonprofit organization, is dedicated to creating a world where every girl knows and activates her limitless potential and is free to boldly pursue her dreams.

The 10-week program is designed to enhance girls' social, psychological and physical skills and behaviors to successfully navigate life experiences.

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*“When you look at the core group of girls participating in the program you see them standing a little taller among their peers and how they solve problems, speak up, and then aren't afraid to express how something made them feel.”* -Sharon, School Principal

# Our Curriculum

The intentional curriculum shows an evidence-based impact on developing competence, confidence, connection, character, caring, and contribution in young girls. Twice per week, trained coaches lead small teams of elementary and middle school girls through life skills lessons that incorporate running and other physical activities.

## Physical Activity

- Physical activity - including running and strength & conditioning - is woven into Girls on the Run lessons
- At the end of the program all girls complete a noncompetitive, celebratory 5K event that offers girls a tangible sense of goal-setting and achievement
- The program is accessible to all girls regardless of fitness level or physical ability

## Community Service

- Girls on the Run inspires girls to build lives of purpose and to make meaningful contributions to community and society
- Girls on the Run participants complete a group Community Impact Project that they plan and execute as a team



## GIRLS ON THE RUN

Elementary Program for 3<sup>rd</sup> – 5<sup>th</sup>  
grade girls

o Supports girls in gaining a better understanding of who they are, understanding the importance of team work and healthy relationships, and recognizing how they can positively connect with and shape their communities and the world.

o Curriculum themes include: turning negative self-talk into positive self-talk, understanding emotions, standing up for self and others, making and maintaining healthy relationships, and making an impact on the community.

### Team Sizes:

- 8-15 girls led by two or more coaches
- 16-20 girls led by three or more coaches
- Multiple teams are allowed at a site, with no more than 20 girls on each a team



## HEART & SOLE

Middle School Program for 6<sup>th</sup> – 8<sup>th</sup>  
grade girls

o Addresses the whole girl – body, brain, heart, spirit, and social connection – and supports girls in building critical life skills, including building, developing, and maintaining healthy relationships, goal setting, decision making, and asking for and accepting help.

o Curriculum themes include: understanding yourself, understanding your strengths and weaknesses, understanding your obstacles, asking for and accepting help, and positively impacting others.

### Team Sizes:

- Recommended team size is 8-12 girls led by two or more coaches
- Up to 15 girls allowed with two or more coaches
- Multiple teams are allowed at a site, with no more than 15 girls on each team

COMING

SOON!



# WHAT SETS GIRLS ON THE RUN APART

**IT'S FUN. IT'S EFFECTIVE.**

Girls on the Run is the only national physical activity-based positive youth development program for girls with compelling evidence of program impact.

An independent, national longitudinal study conducted in 2016 provided the following evidence-based outcomes:

- 97% of Girls on the Run participants said they learned critical skills to manage emotions, resolve conflict, help others or make intentional decisions
- Girls who were the least active at the start of the program increased their physical activity by more than 40%
- Girls on the Run made a stronger impact on teaching life skills to participants than did organized sports or physical education

## INNOVATIVE AND DISTINCT EVIDENCE-BASED APPROACH

Girls on the Run was recognized in Harvard University's 2017 report **Navigating SEL from the Inside Out** for its innovative and distinct approach to social emotional learning. Girls on the Run was **one of only three afterschool programs** recognized as a top research-based social emotional learning program, acknowledging that there are few examples of evidence-based programs like Girls on the Run that have been specifically designed for out-of-school time contexts.





## **A National Movement with a Growing Local Presence**

- Girls on the Run has served over 1.4 million girls since it was founded in 1996
- Over 200,000 girls in all 50 states experience the power of our transformational program every school year
- Girls on the Run Greater Tampa Bay was founded in 2008:
  - 4,445 total girls served
  - Now serving 1,200+ girls annually
  - Across 50+ locations each season
  - Financial assistance provided to 50% of program participants



### **Support Provided by Girls on the Run**

**Girls on the Run Greater Tampa Bay is committed to the success of each site. We are invested in building a long-term relationship to ensure that your girls have an opportunity to benefit from our transformational program. With this in mind, we provide the following robust support:**

Marketing and registration materials to support girl recruitment and registration

National Coach Training (led locally by trained facilitators) for all Girls on the Run coaches

All materials for coaches to carry out curriculum as intended

Girls on the Run t-shirt + entry into 5K for all girls

Ongoing support to site liaisons, coaches, and families through regular communication and responsiveness to individual concerns



# **Participating Girls on the Run Sites 2014 to Present**

74th St Elementary  
Academy of the Holy Names  
Admiral Farragut Academy  
Anclote Elementary  
Anderson Elementary  
Apollo Beach Elementary  
Belleair Rec Center  
Boys & Girls Club - Sarasota  
Canterbury School of Florida  
Carrollwood Day School  
Chasco Elementary  
Church of the Ascension  
Clair Mel Elementary  
Connerton Elementary  
Cotee River Elementary  
Davis Elementary  
Double Branch Elementary  
Dream Center  
Dunbar Elementary  
Dunedin Elementary  
Englewood Elementary  
Fox Hollow Elementary  
Garden Elementary  
Gulf Highlands Elementary  
Gulfport Elementary  
Hammond Elementary  
Highland Lakes Elementary  
Hudson Elementary  
Jamerson Elementary  
Kids R Kids Southshore  
Lincoln Elementary  
Lithia Springs Elementary

Midtown Academy  
Miles Elementary  
Moon Lake Elementary  
Nelson Elementary  
Northwest Elementary  
Ozona Elementary  
Phillippe Shores Elementary  
Pine View Elementary  
Pinellas Central Elementary  
Pinellas Prep Academy  
Rampello K-8 School  
Richey Elementary  
Ridgecrest Elementary  
Riverview Elementary  
Sanderlin Elementary  
Sandy Lane Elementary  
Seven Oaks Elementary  
Shore Acres Elementary  
Skycrest Elementary  
St. John Vianney  
Summerfield Crossings Elementary  
Summerfield Elementary  
Turner Bartels K-8 School  
Venice Elementary  
Westchase Elementary  
Wiregrass Elementary  
Woodlawn Elementary  
YMCA Campo  
YMCA New Tampa  
YMCA North Pinellas  
YMCA St. Pete  
YMCA Sulphur Springs