



New Site Application

Site Information

Site/Facility Name: _____

Address: _____

City: _____

County: _____

State: _____ Zip: _____

Phone: _____

Fax: _____

Program Type:

Girls on the Run (grades 3-5)

Heart & Sole (grades 6-8)

Proposed First Season:

Fall 2016 Spring 2017

Readiness to Participate Criteria

Girls on the Run of Northern Virginia provides teams with materials needed to run the program. The program site is required to provide the following:

- A safe indoor space in case of inclement weather. Preferably a gym reserved for Girls on the Run/Heart & Sole and NOT in conflict with other programs. Please identify this location: _____
- A safe, dedicated outdoor space for running and activities. THIS IS ESSENTIAL. This can be a field, track or open playfield. However, there is a need to measure off part of the area for lessons that require running a certain distance, e.g. 1 mile, 1/2mile, 5K. Briefly describe the available running area: _____

- Please choose two days per week and the time the participants will meet. Please take into consideration that we encourage teams to choose days that are not consecutive for recovery purposes. Girls on the Run practices run 60-75 minutes, and Heart & Sole practices run 75-90 minutes. _____
- Three coaching candidates per team for your site. Please list below three coaching candidates. Each coach will be required to register with Girls on the Run NOVA as a coach, consent to a background check by Girls on the Run NOVA and complete our mandatory online coach training. Prior to the start of the season, one coach representative from each team will need to attend a half-day in person training. One coach from each team must become First Aid and CPR certified. Coaches must be available to attend two practices per week during the season and the end of season running event. If your site needs assistance identifying coaches please send an email to cdenny@gotrnova.org.

Head Coach Candidate Name: _____

Contact Information: phone: _____ email: _____

Assistant Coach Contact Name: _____

Contact Information: phone: _____ email: _____

Assistant Coach Contact Name: _____

Contact Information: phone: _____ email: _____



New Site Application

Girls on the Run Northern Virginia provides sites with advertising flyers and newsletter copy to advertise the program at their location. Sites are responsible for distributing the flyers in a timely fashion to all girls eligible to participate in the program. Briefly explain how your site plans to advertise the program. _____

Please have your School Principal (Site Director for non-school based sites) sign below indicating his/her support and interest in bringing Girls on the Run/Heart & Sole to your site.

Name and Title (please print): _____

School Principal (Site Director) Signature: _____ Date: _____

Application Agreement:

I have thoroughly read and understand the New Site Information document. If I have questions I will contact Girls on the Run of Northern Virginia for clarification. I understand that the information submitted in this application is open for discussion and subject to change at the discretion of Girls on the Run of Northern Virginia and your site. I also understand that submitting this application does not guarantee that my location will be added as a new program site for Girls on the Run of Northern Virginia.

Application Submitted By (please print): _____

Title/Role at Site: _____

Phone: _____

Email: _____

Signature: _____ Date: _____

Thank you for taking the time to complete this application. Please mail, fax or scan the completed application to:

GOTR NOVA
Attention: New Sites
10560 Main Street, Suite 514
Fairfax, VA 22030

fax: 703.273.4016
email: cdenny@gotrnova.org

FOR OFFICE USE ONLY:

Date Received: _____

- Complete
 Confirmed