

Girls on the Run of Northern Virginia

NEW SITE INTEREST FORM



Site/Facility
Name: _____

Address: _____

City: _____

County/Incorporated City : _____ State: _____ Zip: _____

Phone: _____ Fax: _____

Program Type:

Girls on the Run (grades 3-5)

Heart & Sole (grades 6-8)

Proposed First Season:

Fall 2017

Spring 2018

Readiness to Participate Criteria

Girls on the Run of Northern Virginia provides teams with the 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 or indoor field reserved specifically for Girls on the Run/Heart & Sole);

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, 0.5 mile, 5k.

Briefly describe the available running area:

- **Two days a week when Girls on the Run/Heart & Sole participants can practice.** 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.

List the two practice days and times: _____

- **One site liaison for your site.** The Site Liaison should NOT be a coach, but rather someone connected with the school in some way (a school administrator, a staff member who wants to help

but can't commit to coaching, a parent of a participant, a PTA member, etc.). He/she must have the time and flexibility in their schedule to meet the following job responsibilities (about 5-10 hours, mainly in the month before the season begins):

- overseeing the student recruitment process and online registration process
- supporting families with the online registration and fee collection process (if using Site Approved Payment) and the submission of required forms and payments to Girls on the Run of NOVA
- meeting the team size requirements
- ensuring that the site meets all Girls on the Run compliance standards
- supporting coaches in implementation of the Girls on the Run and Heart & Sole programs, including curriculum and appropriate training space
- supporting communication among coaches, participants, parents and the Girls on the Run staff

Site Liaison Candidate:

Name: _____ E-mail: _____

Phone: _____

- **Three coaching candidates per team for your site.** Please list three coaching candidates in the space below. 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 of NOVA
 - complete our mandatory coach trainings
 - become First Aid and CPR certified (required for one coach/team)
 - attend two practices per week during the season, as well as the end of season 5k.

If your site needs assistance identifying coaches, please send an e-mail to Christine Denny Andrews at cdenny@gotrnova.org.

Head Coach Candidate:

Name: _____ E-mail: _____

Phone: _____

Assistant Coach Candidate:

Name: _____ E-mail: _____

Phone: _____

Assistant Coach Candidate:

Name: _____ E-mail: _____

Phone: _____

Please have your School Principal (Site Director, Group Leader, or Property Manager 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 packet. 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 interest form. Please mail, fax or scan the completed form to:

Mail:

GOTR NOVA
Attn: Christine Denny Andrews
10560 Main Street, Suite 514 Fairfax, VA 22030

Fax: 703.273.4016

E-mail: cdenny@gotrnova.org