



Bergen, Hudson, Passaic, and Sussex Counties

NJAHPERD Presentation



What is Girls on the Run?

Mission

We inspire girls to be joyful, healthy, and confident using a fun, experienced-based curriculum that creatively integrates running

Vision

We envision a world where every girl knows and activates her limitless potential and is free to boldly pursue her dreams

Core Values

- *Recognize our power and responsibility to be intentional in our decision making*
- *Embrace our differences and find strength in our connectedness*
- *Express joy, optimism and gratitude through our words, thoughts, and actions*
- *Nurture our physical, emotional, and spiritual health*
- *Lead with an open heart and assume positive intent*
- *Stand up for ourselves and others*



Introductions-Who We Are

Executive Director-Deb Siipola

Program Coordinator-Melissa Fagersten

Communications Specialist-Vikki Szabo

www.gotrnjn.org

We are 1 of 4 Councils serving NJ!

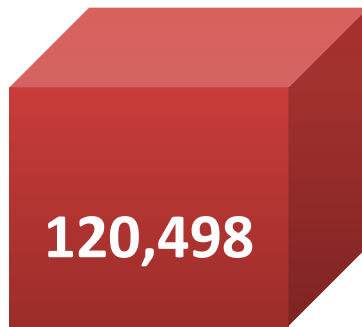
History of GOTR

CAGR:
10 year – 27%
5 year – 21%

857,378 girls served since
inception!



FY2011



FY2012



FY2013



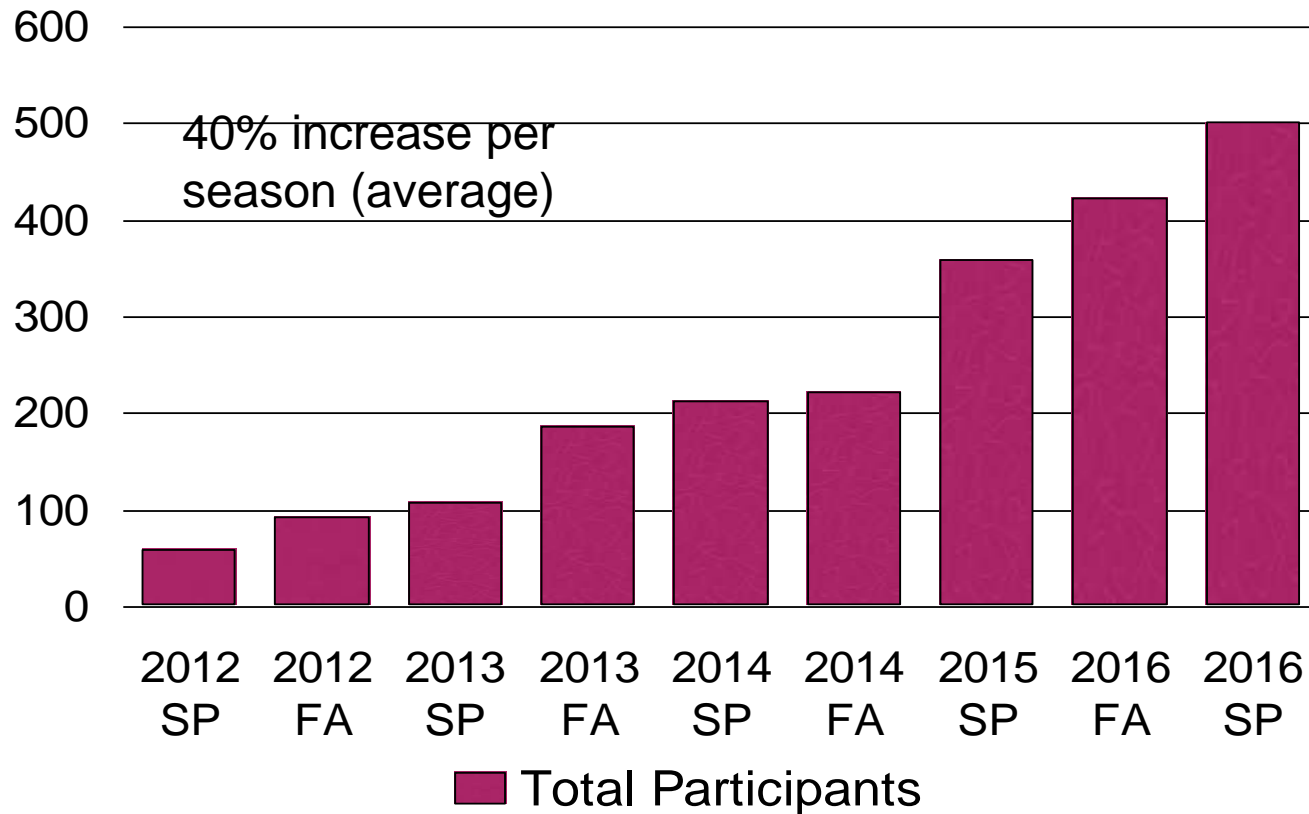
FY2014

We will serve our millionth girl in spring, 2015!



Total Girls Served

Bergen, Hudson, Passaic, and Sussex

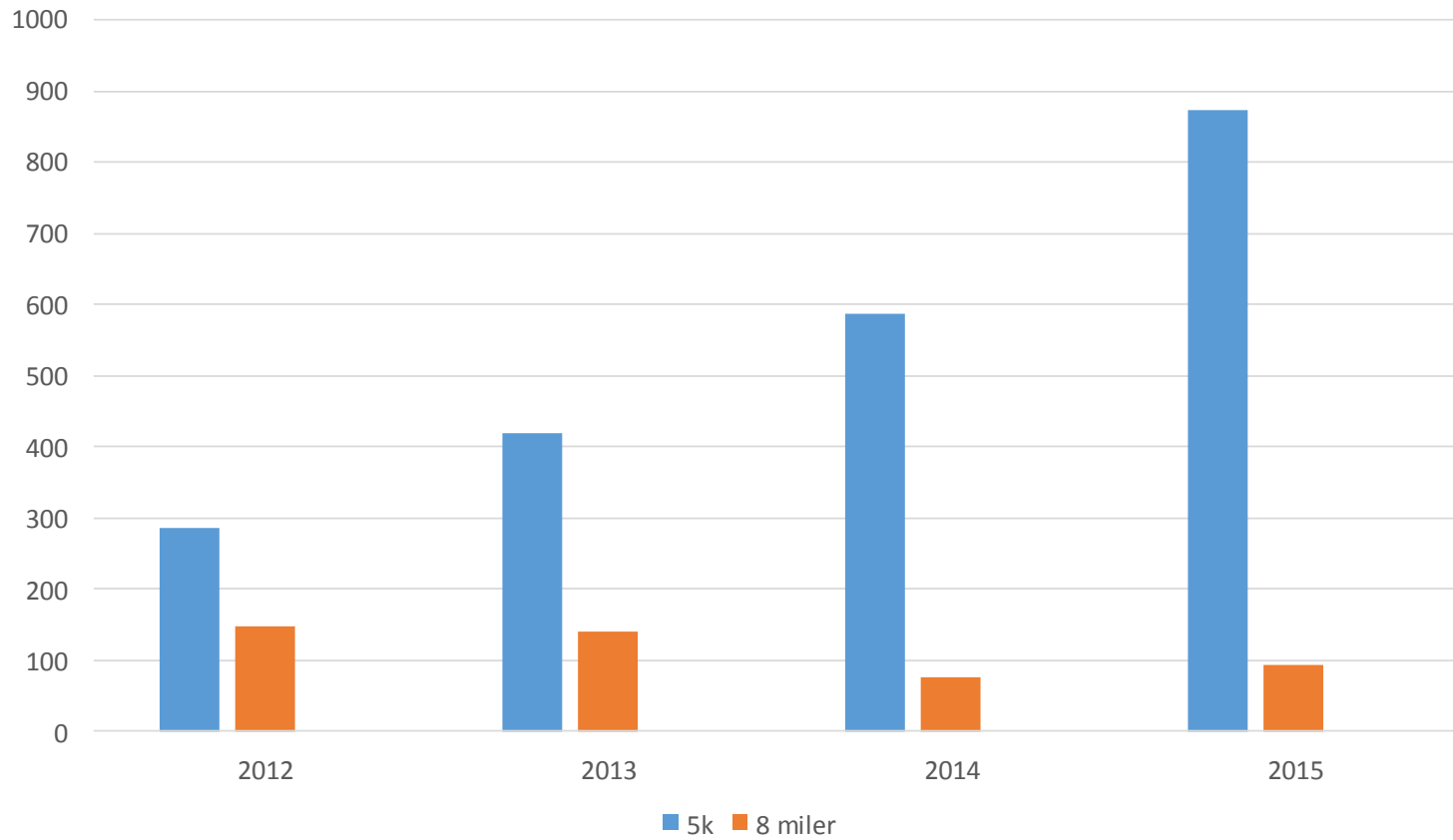




5k Growth

Bergen, Hudson, Passaic, and Sussex

5k Growth



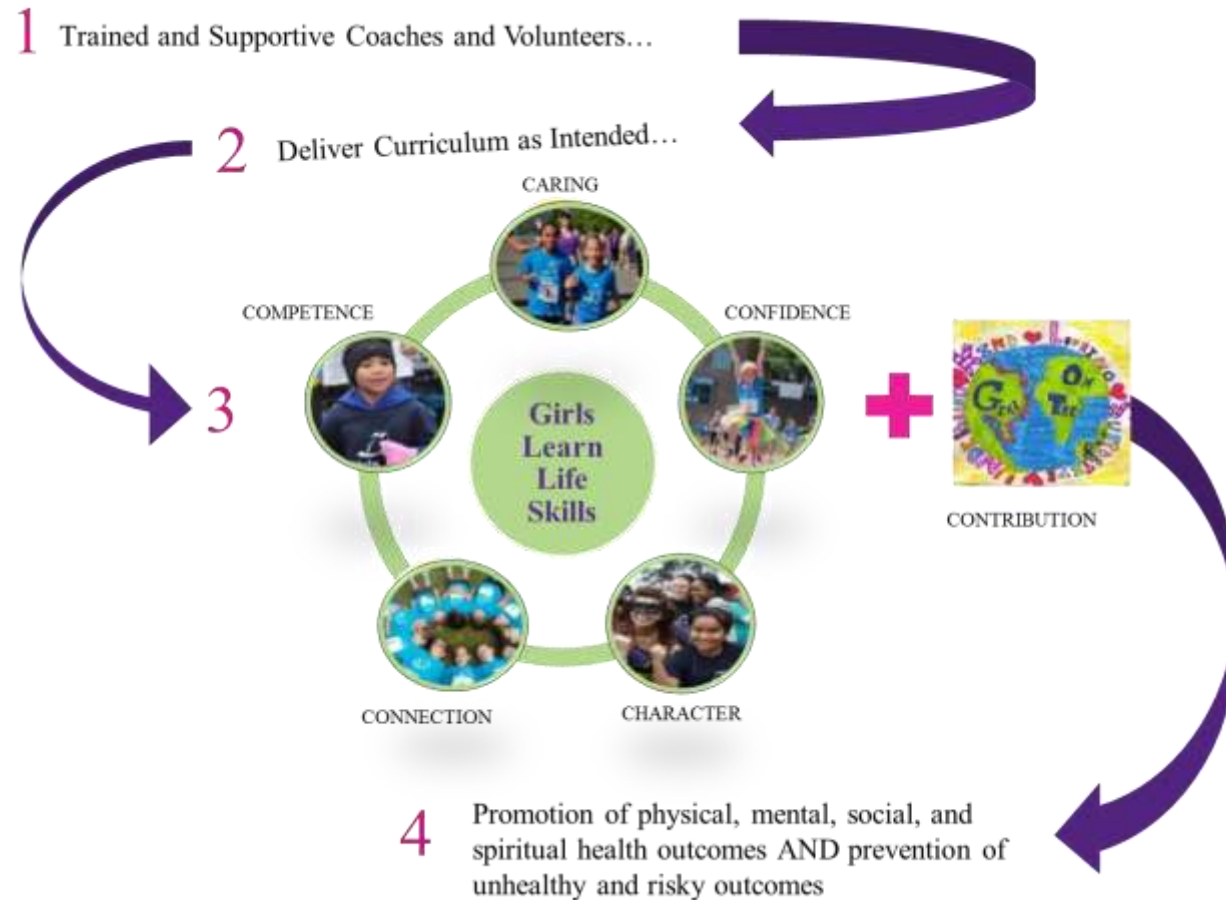


Program Objectives/Benefits

Our goal at Girls on the Run is to teach girls how to:

- Evaluate the effects and consequences of making right and wrong choices
- Respect themselves and others, and be self-confident
- Manage their emotions and maintain positive attitudes
- Listen, cooperate and work as a team
- Avoid drugs, alcohol and other high-risk behaviors
- Eat nutritiously
- Contribute and give back to the community
- Develop open relationships with their parents or guardians about difficult issues
- Set a goal, prepare for it, and complete it (in this instance, a 5K race)
- Love exercise!

Benefits of Girls on the Run





Heart and Sole

Needs/Char. of Adolescents

- Seeking a voice
- Capable of More complex reasoning
- Highly sensitive to personal criticism
- Value time with peers trying new things
- Need for approval and peer acceptance
- Face decisions that require more sophisticated cognitive and social-emotional skills

How this is addressed in curriculum

- Let's Talk, leadership activities
- Thematic content, journals
- Focus on strength and person assets
- The Girl Wheel, open content
- Team building, collaboration
- Role play, Let's talk activities, relationship with coach



Evaluative Measures

- We sought age-appropriate measures that are more closely aligned with the positive youth development framework and specifically the 5Cs + 1 (competence, confidence, connection, character, caring and contribution).
- Girls completed measures of confidence, connection, character, and caring (Fry & Gano-Overway, 2010; Harter, 1985).
- Girls who started with lower scores on each construct showed statistically significant and meaningful improvements on the 5Cs + 1 and physical activity and sedentary behaviors. For the total sample, percentage improvement across constructs was 31-50.5%, whereas 55.4-74.1% of girls improved who began with lower pre-season scores.



Lesson in Action!





Registration Process

- Raceplanner is our Council Resource Management Program
- New sites fill out application via our website
- Coach Recruitment



Annual 5k

