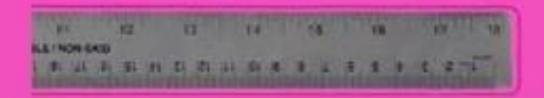
### Girls on The Run

Montgomery County Schools
March 4<sup>th</sup>, 2019



# HOW DO YOU MEASULE A GIRL'S POTENTIAL?



66

#### GOTR National Program

1.4 Million girls served since founded in 1996. Goal: Serve 2 million by 2020

- □ 501c3 program
- ☐ 10 weeks 2 days a week
- Researched Based Social-Emotional Curriculum, Physical Activity, and Community Service



- Understand teamwork and healthy relationships
- How to positively connect and shape community
- Negative self-talk vs. Positive self-talk
- Understanding emotions
- Standing up for self and others
- ■8-15 girls per group

What's going on?

- Healthy People, Healthy Carolinas Grant
- You know the "Daily Mile Folks"
- Target a social-emotional fitness activity
- Found GOTR Union County
- Why Union County?
- Grow into Business

#### Mount Gilead

Coach: Sarah Greene, Mt. Gilead Counselor

Coach: Kristen Cook, First Health



#### How did we pull this off?

- Healthy People agreed to cover the cost \$100 per child
- ☐ Mt. Gilead agreed to host pilot site
- Goal: Grow into districtwide 3<sup>rd</sup>-8<sup>th</sup> program
- First Health Foundation, very interested in sponsoring



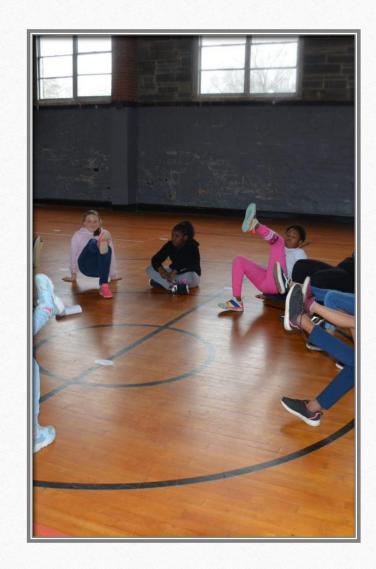
## Next Steps

- ☐ Introduce to Principals in March
- Volunteers visit Mt. Gilead
- Find coaches from volunteers
- Attend celebration 5K (May 4<sup>th</sup> Union County)



## Next Steps

- Work to secure funding for the schools
- Offer the program in Fall or Spring
- Get Fit and Ready to Run!



66

"I've never participated in any kind of group activity like cheerleading or softball- I was too scared to. But I decided to try this and I am having fun! I'm glad I came...I want to keep coming."

Quote, Mount Gilead 4<sup>th</sup> grader on day 2 This is the student we are trying to reach!