We all belong at the finish line

Girls on the run south dakota



Bring Girls on the Run to your school, neighborhood or community!

EmBe

EmBe

Girls on the Run South Dakota signature program at EmBe

EmBe is a nonprofit organization on a mission to empower women and families to enrich lives. As the oldest and largest women's organization in Sioux Falls, SD, EmBe has anticipated and served the needs of women and families since 1921. Now in its second century of supporting success at work, at home, and in life, EmBe programs serve over 12,500 individuals each year.

Girls on the Run South Dakota is an affiliate council of Girls on the Run International. Girls on the Run and EmBe have similar goals to empower the youth in our community. Teaming up with EmBe, GOTR South Dakota has impacted over 15,000 girls since 2006. GOTR South Dakota has one of the biggest geographic regions within the GOTR council network. Not only does GOTR South Dakota serve girls in the entire state, their council expends to parts of Southwest Minnesota and Northwest Iowa.



Girls on the Run International

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Girls on the Run is an international nonprofit that offers programs to strengthen third- to eighth-grade girls' social, emotional, physical, and behavioral skills. Girls on the Run is one of the only youth development programs with compelling evidence that proves participants learn life skills and then use them in other aspects of their lives.

We take pride in our progress:

- Each year, more than 200,000 girls ages 8 to 13 participate across the United States and Canada.*
- Since 1996, over 2 million girls have been transformed, inspired and empowered by the program.
- With more than 330 5K events taking place annually, GOTR is largest 5K series (by number of events) in the world.*
- Over 600,000 participants and spectators attend GOTR 5Ks every year.*



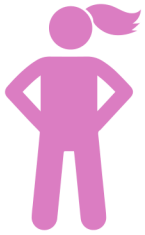
"The lessons reinforced through GOTR really helped strengthen my daughter Elyana's character. I am very proud to have watched Elyana flourish and learn to love and accept herself and even more importantly, become proud of what makes her unique."

-Diane, parent

*Pre-pandemic statistics. We look forward to building back stronger.

A Critical Need

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Girls' self-confidence begins to drop by age nine.

Since the start of the COVID pandemic, 79% of girls feel lonelier and more depressed.





Physical activity declines starting at age ten and continues to decrease as girls age.

50% of girls ages 10 to 13 experience bullying.



The U.S. Surgeon General recently highlighted the urgent need to address the nation's youth mental health crisis, stating that "the future wellbeing of our country depends on how we support and invest in the next generation."

Evidence-based research has proven that GOTR:

- Builds confidence
- Prompts independent thought and intentional decision-making
- Strengthens self-respect
- Establishes a life-long appreciation for health and wellness
- Enhances girls' ability to stand-up for self & others
- Fosters healthy relationships



What Sets Girls on the Run Apart

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Intentional curriculum, expert coaches and an inclusive environment all lead to a long-term impact.

Girls on the Run programming is continuously evaluated, both internally and externally. Recent Studies uncovered that:

97% of girls learned critical life skills they can use at home, school and with friends.
85% of girls improved their confidence, caring, competence, character and connection to others.
98% of girls would tell other girls to participate in Girls on the Run.
94% of caregivers reported Girls on the Run was a valuable experience for their girl.
97% of girls felt like they belonged at Girls on the Run and could be themselves.
100% of caregivers who reported that their child required accommodations to fully participate agreed that their child could participate equally to their peers.
98% of caregivers agreed that their child felt physically, emotionally and socially safe at Girls on the Run and included in all GOTR activities they wished to participate in.

GOTR participants scored higher in managing emotions, resolving conflict, helping others and making intentional decisions than participants in organized sports or physical education.



"This program is amazing. My daughter participated for three years and now volunteers and still does the 5K. Girls on the Run is a safe space for her to discuss the complicated issues preteens and teens dealing with. The faces on the girls when they cross the finish line are absolutely amazing. They know they've really accomplished something."

-Robin, parent

Transforming Lives

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Three programs, one life-long impact.

At the heart of our programs are:

- Intentional evaluation
- IDEA-focused approach
- Evidence-based curriculum
- Nationally trained coaches
- Social-emotional skill development
- Physical activity accessible for all ability levels
- Community service involvement





Girls on the Run: Grades 3-5

The research-based curriculum includes:

- Understanding ourselves
- Valuing relationships and teamwork
- Recognizing how we can shape the world at large

The program unleashes confidence through:

- Setting and achieving goals (like the 5K)
- Making new friendships
- Participating in community service work
- Empowering girls to appreciate the value of healthy habits

Heart & Sole: Grades 6-8

- Focuses on five key parts: body, brain, heart, spirit, and connection with others
- Incorporates movement-based activities and lessons that instill critical life skills such as:
  - Developing a strong support system
  - Fostering healthy relationships
  - Offering help to those in need
  - Setting an achieving goals (like the 5K)

Camp GOTR: Grades 3-5

- Is a week-long program in the summer
- Centers on building friendships, exploring creativity and playing fun games that keep girls happy, healthy and moving

Girls on the Run Coaches

Leaders. Volunteers. Mentors.



Girls on the Run and Heart & Sole Coaches:

- Complete National Coach Training
- Competes a background check every two years
- Receive season-long support, resources and tools from GOTR
- Create positive, trauma-sensitive and inclusive environments
- Lead teams through curriculum with co-coaches
- Do not have to be runners or athletes
- Are committed to seeing girls in their community grow, have fun and become leaders of tomorrow.
- Attend one practice a week.



"From the girls I coach, I have learned a little bit more about myself and a whole lot about the power we have as adults to encourage and motivate the next generation."

- Cassie, coach

Costs and Financial Assistance

Program Cost

Families pay for the registration cost per participant. The cost of the program includes:

- 10 weeks/20 lessons led by trained coaches (meet twice a week)
- Curriculum materials
- Program t-shirt
- 5K event registration

Financial Assistance

Every girl deserves to cross the finish line

Financial assistance is available to families who are unable to pay the full registration fee. EmBe is proud to provide full or partial financial assistance to any families that are in need of one. We are committed to being accessible to any girl who wants to participate and are dedicated to ensuring that program cost is never a barrier to participation.



Resources Provided by Girls on the Run

EmBe

Before the first practice to the 5K finish line, Girls on the Run is there.

Program sites can count on:

- Marketing materials and flyers
- Parent/guardian communication from your GOTR council
- National Coach Training (led by trained facilitators)
- Curriculum materials and coach supplies
- Ongoing support to site liaisons, coaches and families



"Girls on the Run is an excellent program that allows girls to become physically fit while learning to have confidence and learn about character development.

- Penni, principal

How to Get Involved

Join us in making a difference as a site and/or site liaison.

Providing an environment for girls to learn meaningful skills, form new friendships and become their most authentic selves lays the groundwork for a better, more inclusive world for all. Will you help us create pathways for more girls to become future changemakers?

Site Requirements

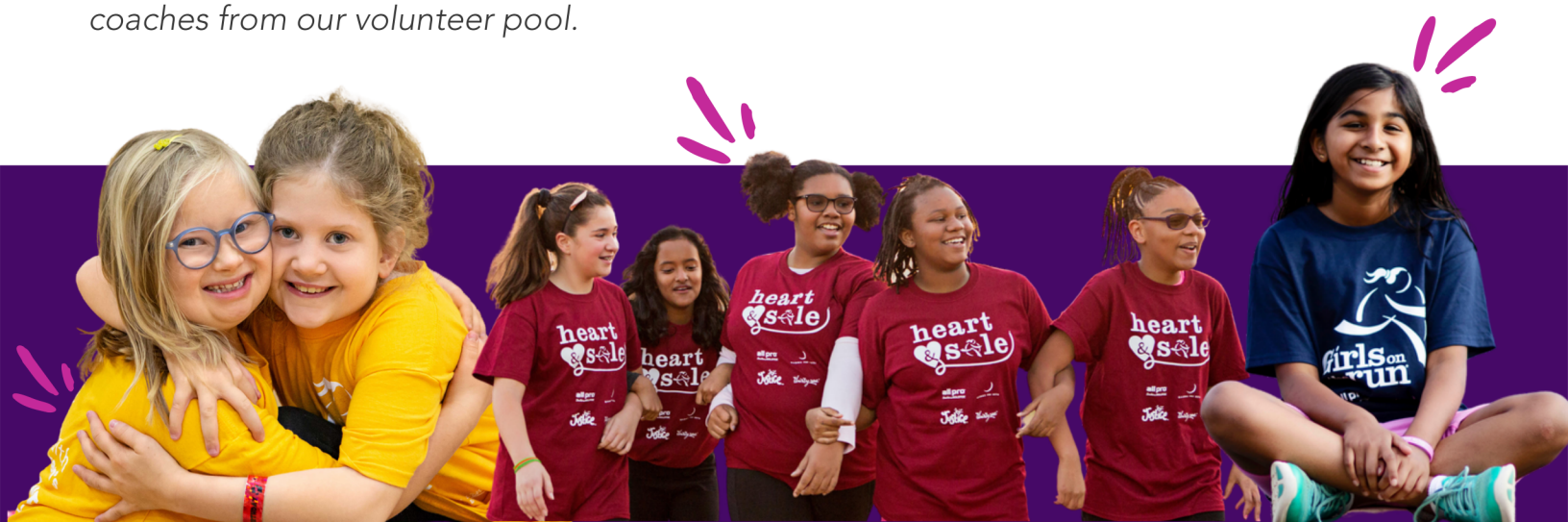
- Offer a safe and accessible outdoor place.
- Appoint a designated inside meeting area for the girls and coaches (and restroom).
- Provide a designated indoor running space in case of inclement weather.
- Store the GOTR tote (materials inside) in an assessable area.
- Accommodate a regular practice schedule (2 times a week for 75 minutes).
    - School based sites meet 10-15 minutes after school.
- Assist in identifying a site liaison.

Site Liaison Requirements

Site liaison responsibilities include:

- Acting as the main site contact for Girls on the Run council staff.
- Aiding in recruitment efforts by distributing marketing materials (provided by GOTR).
- Offering support to coaches who are in need of assistance (such as behavioral or site issues).
- Identifying 1-2 coaches from your site and/or community*
- The Site Liaison does not have to coach

**If you cannot secure coaches, have no fear! Girls on the Run will work with you to identify coaches from our volunteer pool.*



Next Steps

Are you ready to join the GOTR community?

Invest in tomorrow's leaders! Kick off this new and exciting chapter by completing the following steps:

- Submit site application by going to embe.org/gotr and click on the New Site Application tab
- Identify Site Liaison
- Confirm your site's practice schedule
- Use GOTR marketing materials to spread awareness
- Direct new coaches to submit a New Coach Application that can be found at embe.org/gotr

Mark these important dates on your calendar!

- New site application due date for Spring: February 1, 2023
- Spring 2023 program start date: March 07, 2023
- Celebratory 5K event date: Early May 2023

This information may be different for your location. Please contact your GOTR council for your site's timeline.



We look forward to collaborating with you on this incredible journey. Your role in this program is pivotal to so many girls' futures. Because of your investment, many more girls will have the confidence to follow their dreams, defy societal norms and create healthy habits that last a lifetime.

Questions?
We are here for you!

Allison Sinning, GOTR Council Director at asinning@embe.org

Jasmina Nelson, GOTR Program Coordinator at jnelson@embe.org

"The experience my daughter, Lana, gained from Girls on the Run helped her realize that she could participant in any activity with fellow peers and work toward independence by building strength, a strong sense of self and more confidence in who she was and who she always desired to be."

- Sabrina, parent