

Girls on the Run and STRIDE of the Sandhills Site Application

Basic Site Information

Site:_____ School District:_____ County:_____

Address:_____ City:_____

State:_____ Zip:_____ Phone:_____ Fax:_____

Percentage of kids at school who receive free or reduced school lunch:_____

Team Practice Information

Type of Program (please circle): Girls on the Run (3rd-5th grade girls)
 Girls on Track (6th-8th grade girls)
 STRIDE (3rd-5th grade boys)

Please choose two days per week and the time the participants will meet per day. The days should not be consecutive. NOTE: Ideal start times are 10-15 minutes after dismissal time to allow girls and boys time to change, have a drink of water, etc so that the program can start on time.

Days (i.e., M/W):_____ Time (i.e., 3-4:15 PM):_____

Season and Year you wish to start:_____

Can any girls or boys from the community join this team if you have room? Yes No

If no, list restriction (school attendees, specific membership):_____

Site Involvement

Each site is required to provide:

- A site Liaison/Head Coach. The Site Liaison will be our main contact for communicating with the site. They will help assure the smooth implementation of the program by communicating about the program with site staff and securing appropriate training space by getting necessary facility use forms. They will be the main contact person with GOTR/STRIDE of the Sandhills staff and serve as a link between other coaches, participants and parents.

Name:_____ Title/Role:_____

Email:_____ Phone #:_____

Site Application due by December 16th (Spring) and July 13th (Fall)

- A safe, dedicated space for running and exercises with restrooms and First Aid Kit available. This is essential. This does not have to be a track. A field is fine. However, there is a need to measure off part of the area for occasions when lessons require running a certain distance, e.g. 1 mile, 5k, etc. Briefly describe the available running area:

- A rain space- indoor, private, preferably a gym reserved for the program and not in conflict with other programs, although it can also be a classroom depending on the number of participants. Briefly describe the available indoor space:

- A plan for successfully recruiting participants and parents to ensure a minimum of 8 and a maximum of 15 per team. (This might include a lunchtime presentation, flyer in school newsletter, after school info session or a table at open house) Briefly describe your plan:

Approval by School Administration/Site Director

I, _____ approve for the Girls on the Run and STRIDE program to be delivered at _____. I also agree with site involvement criteria listed above.

Name: _____ Signature: _____

Title: _____ Date: _____

PLEASE NOTE: Program registration is on a first come, first served basis. Coaches will be allowed to register their child early to ensure they get into the program. Each team must have a minimum of 8 and a maximum of 15. If you expect to have more than one team please state below.

Number of teams: _____

Form Submitted by: _____ Date: _____

Return form to:

Liz Dial, GOTR/STRIDE Program Director, 2717 Fort Bragg Rd, Fayetteville, NC 28303

Or by email at lizd.ymcanc@gmail.com

Phone: (910) 323-0800 Ext 107 Fax: (910) 323-5650