

Girls on the Run Program Registration for *Sands Montessori* Girls on the Run



What is Girls on the Run?

Meeting twice a week in small teams, Girls on the Run teaches life skills through dynamic, interactive lessons and running games. The curriculum is taught by certified Girls on the Run coaches and includes three parts: understanding themselves, valuing relationships and teamwork, and understanding how girls connect with and shape the world at large.

This is not a running club or competitive. Girls on the Run is a physical activity, positive youth development program.

What is the commitment? When does the team meet?

Girls gather as a team with volunteer coaches twice per week, from September 9 – November 16. On November 16, all 100+ teams come together for the GOTR 5K downtown!

Because each lesson combines running activities with character development topics, and builds upon the previous lesson, girls MUST be able to commit to BOTH days per week for the entire season. With a limited number of spots on each team, please only register your participant if you both can make this commitment.

Team Specifics

Meeting location: Room 1008 Grade(s): 3-5

Days: Tuesday/Thursday Times: 3:50pm-5:15pm First Practice Date: September 10th

Head Coach Name & Contact Info: Dena Desrosiers denad@roadrunner.com

Lottery Registration Procedure

Due to the nature of the GOTR program, teams can only accept 16 girls. Registration will be open from August 19 at 9am through August 28 at 11:59pm. If more than 16 girls apply, a random lottery will be conducted on August 30. If less than 16 girls apply, all girls will be processed on August 30.

If interested, you will need to register online - see next page for details.

Girls on the Run Greater Cincinnati – Fall 2019 Girls Program Registration Form

Please follow the steps below to register into the online lottery. A maximum of 16 girls will be accepted into the program. Girls must be able to attend both lessons each week for the ENTIRE season. *Registration is not conducted on a first-come, first-served basis.*

From Monday, 8/19 at 9:00am through Wednesday, 8/28 at 11:59pm, please follow the steps to register:

1. **Go to:** www.gotrcincinnati.org and click on “Register Now”
2. **Choose the appropriate program location** (i.e. your school, community center, etc.)
3. **Enter the appropriate information**
You will need the following information to register online:
 - Girl’s information, including t-shirt size and estimated shoe size
 - Parent/Guardian contact information
 - Health information
4. **Please pay your registration fee online using the following scale (three-installment payment plans are available for fees \$25 and up):**

<i>Family Income:</i>	<i>Registration Fee:</i>
<i>Less than \$25,000</i>	<i>\$10.00</i>
<i>\$25,000 - 34,999</i>	<i>\$30.00</i>
<i>\$35,000 - 49,999</i>	<i>\$80.00</i>
<i>\$50,000 - 74,999</i>	<i>\$130.00</i>
<i>\$75,000 and up</i>	<i>\$165.00</i>

We accept credit or debit cards. You will only be charged if your participant is accepted on the team at the time we conduct the random lottery on August 30. We ask that each family pay according to the above scale, so we can achieve our goal of reaching as many girls as possible with our financial assistance dollars. **If you CANNOT pay your fee according to this scale, you can complete an online financial assistance application (using the embedded link in the online registration form).** The GOTR office will contact you before the start of the season to finalize your financial assistance terms.

What your GOTR fee covers:

- 20 uplifting lessons
- New Balance shoes from Fleet Feet Sports
- GOTR t-shirt
- Healthy snacks at every lesson
- End-of-season team party
- 5K registration, t-shirt, finisher’s medal, and more!

Please note: Shoes will be worn at practice, but girls must participate in at least 75% of the lessons and complete the program to keep the shoes. Shoes will be kept at the site until the season is finished.

Girls on the Run Greater Cincinnati Lottery Registration Frequently Asked Questions

How does the lottery system work?

Registration will open for a week and half and then close. At that time, if more girls are registered than the number of available spots on a team (16), the registration system will randomly select girls for that team. All additional girls will remain in “lottery status” and be placed on the waiting list. Should a girl drop, and a spot opens during the first two weeks, we can fill that spot from the waiting list via another lottery.

Teams that are not at capacity will include all girls registered at that time. Registration will then re-open and additional girls will be added on a first-come, first-served basis until capacity is reached for each team.

Why a lottery system?

The lottery system allows all girls the same opportunity to participate in Girls on the Run. The lottery system provides every family an equal opportunity to register and equal access to participate in the program.

What if my child is not selected?

In the event the desired team is full, additional girls will be placed on the wait list for that team. Should a spot open within the first two weeks, we will conduct another online lottery. Your credit card will not be charged unless your child is formally added to the team.

If it's truly random, why do you ask how many seasons my daughter has participated?

This information is collected on behalf of Girls on the Run International. It is used to calculate retention rates and for curriculum development purposes.

What about sisters?

To keep the lottery truly random sisters are treated as individuals in the lottery system.

Is the lottery for everyone or only when a team is full?

Everyone who registers during the first wave will receive a confirmation email notifying them that they are in “lottery status.” If more girls are registered than the number of available spots on a team, the lottery will occur to randomly select girls for that team. All additional girls will remain in “lottery status” and be placed on the wait list for full teams. If a spot becomes available within the first two weeks of the season, a girl will be randomly selected from the wait list.

Teams that are not at capacity after the first wave of registration will include all girls registered at that time. Registration will then re-open and additional girls will be added on a first-come, first-served basis until capacity is reached for each team.

Could you add more girls on a team if I volunteer to coach?

To ensure quality programming, we limit our team numbers based on many factors. Some factors include space availability at each site, previously ordered program supplies, facility usage limits, and the number and experience of committed coaches before registration begins. Though programs may be cancelled if a minimum number of coaches cannot be recruited, we do not add coaches at the last minute to accommodate more girls. Adults with availability and interest in coaching are encouraged to learn about coaching opportunities on our website and apply well in advance of the next season’s registration date. This allows us to effectively project and plan for the upcoming season and provide new coaches the opportunity to attend coach training and meet with their coaching team. Once registration opens, team limits are set, and no additional coaches will be added to accommodate more girls.

For questions about the Girls on the Run program, please visit www.gotrcincinnati.org or call 513-321-1056