

Got Passion for Mentoring Girls?

Girls on the Run is...EMPOWERING Girls...from Start to Finish!



Girls on the Run is an interactive program for 3rd-5th grade girls (ages 8-11) that strives to educate and prepare girls for a lifetime of self-respect and healthy living. Volunteer coaches need not be runners; they just need to be women that want to be a positive influence and who are committed to developing and celebrating our youth.

Our **objective** is to keep girls out of the “Girl Box,” a place where girls are valued more for their outward appearance than their character inside. Our program focuses on giving girls the tools to develop a healthy self-image and discover a life that is free of the girl box, where they can say “I belong just the way I am.”

Program:

- ❖ After School Program Twice a Week for 1.25 Hours
- ❖ 10 Week Seasons– Fall and Spring
- ❖ Locations in Sioux Falls, Harrisburg, Brandon, Madison, Huron and Mitchell schools
- ❖ 2 Coaches Work Together for Each Session
- ❖ 4-6 Coaches per School allows Schedule Flexibility

Volunteer Guidelines:

- ❖ Running experience NOT required
- ❖ Women 18 & Older Welcome!
- ❖ Flexible Schedule Based on Your Availability
- ❖ New Coach Training Provided



Our **approach** encompasses a researched character development curriculum. The program is broken down into three parts:

- ❖ **Getting to know themselves.** Topics include values, goals, respect, healthy physical and emotional habits and positive behaviors.
- ❖ **Being part of a team.** Topics include cooperation, listening skills, gossiping, bullying, and standing up for yourself.
- ❖ **Being part of a community.** Topics include media influence and peer pressure. To emphasize how they can make a positive affect the girls design and complete their own community project to benefit a person or group in the local community.
- ❖ Each season ends with a **non-competitive 5K run/walk** which gives the girls a chance to shine and a sense of accomplishment.

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Girls on the Run is a signature program of the Sioux Falls YWCA and is a partner agency of the Sioux Empire, Huron and Mitchell United Ways!