

GIRLS ON THE RUN

coming to your school soon!

Teams practice 2x per week for 10 weeks with trained coaches.

Girls will...

- Connect and engage with peers in a safe environment
- Gain confidence in who they are on the inside and out
- Learn to give and receive support
- Develop critical social and emotional skills
- Be physically active



WHY IT MATTERS

It's fun. It's effective.



Our curriculum blends physical activity with social-emotional skill development that enables girls to manage whatever comes their way. Our trained coaches lead our teams to accomplish their goals and realize their limitless potential.

For more information visit:
WWW.GIRLSONTHERUNROCKIES.ORG

GIRLS ON THE RUN

Llega a tu escuela pronto!

Los equipos practican 2 veces por semana durante 10 semanas con entrenadoras entrenadas. Las niñas aprenderán a...

- Conectarse y relacionarse con sus compañeras en un ambiente seguro
- Ganar confianza en quiénes son por dentro y por fuera
- Dar y recibir apoyo
- Desarrollar habilidades sociales y emocionales críticas
- Ser físicamente activas



POR QUÉ ES IMPORTANTE

Es Divertido. Es Eficaz.



Nuestro currículo combina actividad física con desarrollo emocional y social que les permite a las niñas manejar cualquier obstáculo que se les presente. Nuestras experimentadas entrenadoras lideran nuestros equipos para que alcancen sus metas y desarrollen su potencial ilimitado.

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WHO WE ARE

Girls on the Run is a national 501(c)3 nonprofit organization dedicated to creating a world where every girl knows and activates her limitless potential and is free to boldly pursue her dreams. Our 10-week program drives transformative, sustained change in lives of third to fifth-grade girls across all 50 states.

WHAT WE DO

Using an intentional curriculum that integrates physical activity, our trained coaches teach girls critical life skills and strategies they can apply to all aspect of their lives.

WHY IT MATTERS

- Girls' self-confidence begins to drop by age 9
- 50% of girls ages 10 to 13 experience bullying such as name calling and exclusion
- Physical activity levels decline at age 10 and continue to decrease throughout adolescence

85%

improved in confidence
competence
caring
character or
connection



Girls who were least active at the start increased in physical activity

by more than

40%



97%

 learned critical life skills

I will continue to **teach others what I learned** at Girls on the Run, and carry it with me for the rest of my life.

Katia, Girls on the Run participant

Girls on the Run makes a stronger impact than organized sports or physical education programs in teaching life skills.



Where Girls made the Greatest Gains

CONNECTION

How supported they felt by their peers

CONFIDENCE

How much they liked the person they are

Girls on the Run has a **positive impact** on participants during the program and **beyond the finish line!**