

Register Your Girl for Girls on the Run at Monticello!

Girls on the Run is so much more than running, and we're so excited to offer the program at Monticello Community Schools this fall! A parent recently shared, "The relationship skills and confidence gains have transformed my daughter. She learned how to navigate tough situations, view other's perspectives, and has found so much strength in herself."

We will meet in person at Monticello Community Schools Facilities (track, running trail by MS, or the old MS gym) with the ability to quickly and easily transition to virtual programming, if needed! Girls on the Run is an activity-based, positive youth development program that inspires girls in 3rd through 5th/6th grade to be joyful, healthy, and confident. Girls learn about confidence, positive thinking, body image, and peer pressure through small group conversations and interactive running activities. GOTR-certified volunteer coaches utilize a curriculum to engage girls in fun, interactive lessons. Practices will be held on Mondays / Wednesdays and the season starts on **Monday, September 13th!**

The fall season runs from the week of September 13 to the weekend of November 6. Generous financial assistance is available. Get your girl signed up today: www.girlsontheruniowa.org/program-registration. Please feel free to contact site liaison/coach: Nadia Stamp (nadia.ilise@gmail.com) or 319.270.2580.



GIRLS ON THE RUN *is for* EVERY GIRL



Registration is first-come, first-served! Girls will have fun, make friends, increase their physical activity, and learn important life skills.

More about our program

Two 75 to 90-minute practices each week

Led by GOTR-trained,
compassionate coaches

Research-based lessons and physical
activities

Safe, interactive space to connect
with other girls

Program journal for girls to engage with
lesson themes

Safety and social distancing policies will be
implemented

Fall 2021 Season: Sept 13 to Nov 5

You can register at:
girlsontheruniowa.org/Program-Registration
Generous financial aid available!

Teams are still being confirmed. To see the most
updated list, visit girlsontheruniowa.org/locations

Why it matters

Social isolation and stressors related to COVID-19 have undoubtedly affected girls. Girls on the Run will provide a safe space for girls to belong and to connect with each other, learn valuable life skills such as how to cope when things get difficult and practice positivity, and of course, have fun!

LEARN MORE AND CONTACT US
website: girlsontheruniowa.org
email: info@girlsontheruniowa.org
phone: (319) 535-2248





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 afterschool program drives transformative, sustained change in the lives of third- to fifth-grade girls across all 50 states.

What we do

Using an intentional curriculum that creatively integrates physical activity, our trained coaches strengthen girls' social-emotional health by teaching them critical life skills and strategies they can apply to all aspects 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

COVID-19 impact

Social isolation and lack of meaningful, holistic health activities have deeply affected girls in our community, but 97% of last year's participants felt like they belonged at Girls on the Run. We're here for girls in our community.

Our Results*



97%
LEARNED CRITICAL
LIFE SKILLS

GIRLS WHO WERE
LEAST ACTIVE
AT THE START
INCREASED IN
PHYSICAL ACTIVITY
BY MORE THAN
40%



95%



**IMPROVED IN
CONFIDENCE
COMPETENCE, CARING
CHARACTER
CONNECTION
PHYSICAL ACTIVITY
OR REDUCED SCREEN TIME**

“It gave her a means to connect with other girls in a small group. The games they played while learning bigger life lessons were her favorite. [My daughter] has asked many times to participate in GOTR again.

— Spring 2021 Parent

Why GOTR?

- Named "A Leader in Social-Emotional Learning" by Harvard, GOTR makes a stronger impact than organized sports or physical education programs in teaching life skills.
- Named "Most Influential in Health and Wellness" by the National Afterschool Association, GOTR has a positive impact on girls during the program and beyond.



To learn more about how Girls on the Run inspires and empowers girls to build healthy social, emotional, and physical habits that last long beyond the program, please visit www.girlsontheruniowa.org.

*Results based on a 2016 independent study conducted by Positive Youth Development expert Maureen R. Weiss, Ph.D.