

# Girls on the Run, Heart & Sole, and STRIDE of Coastal Carolina Site Application

## Basic Site Information: (Please print.)

Full School/Site Name: _____		Date: _____
Address: _____		
_____		
City	State	Zip Code
Telephone: _____ Fax: _____ E-mail: _____		
Percentage of kids at school who receive free or reduced school lunch: _____		

## Team Practice Information:

<b>Type of Program:</b> (Please Circle)	Girls on the Run (3 <sup>rd</sup> – 5 <sup>th</sup> grade girls)
	Heart & Sole (6 <sup>th</sup> – 8 <sup>th</sup> grade girls)
	STRIDE (3 <sup>rd</sup> – 8 <sup>th</sup> 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:

1. 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 Coastal Carolina staff and serve as a link between other coaches, participants and parents.

Name: \_\_\_\_\_ Title/Role: \_\_\_\_\_

Email: \_\_\_\_\_ Phone Number: \_\_\_\_\_

2. 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:

\_\_\_\_\_

\_\_\_\_\_

### Return form to:

Girls on the Run/STRIDE Coordinator  
100 YMCA Lane  
New Bern, NC 28560  
Phone: (252) 638-8799 Fax: (252) 638-3871

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3. 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:

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4. A plan for successfully recruiting participants and parents to ensure a minimum of 8 and a maximum of 20 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:

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## Registration Process:

Your team has a choice of online registration or paper registration. Online registration includes only parents and the TWIN RIVERS YMCA involvement, while head coach oversees team roster online. Paper registration requires more involvement from the head coach or site liaison, includes gathering registration form, health history form, payment, supporting documentation for those applying for financial assistance, and building roster. Which registration process would best suit your team? Online registration is highly encouraged.

- Online Registration  
 Paper Registration

## 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 20. If you expect to have more than one team please state below.*

Number of teams: \_\_\_\_\_

Head Coach: \_\_\_\_\_ Assistant Coach: \_\_\_\_\_

Form Submitted by: \_\_\_\_\_ Date: \_\_\_\_\_

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