



Girls on the run is for  
**> EVERY girl <**

At Girls on the Run, **social-emotional learning** is the cornerstone of our research-based lessons. We support girls in identifying and processing their emotions, a skill that is critically important in today's world.

## How we are preparing for **FALL 2020**

We have made some changes to make our program accessible during the pandemic! Here are the changes to expect:

- \* Reducing the program length from 10 weeks to 8 weeks (with season completed before Thanksgiving).
- \* Offering a mix of in-person and virtual teams to meet every girl and her family in a way that feels safe to them.
- \* Reducing the maximum size of teams from 20 to 12 girls.
- \* Program delivered by two-three trained coaches in a safe outdoor or virtual space. In-person teams can transition to virtual meetings at any time if necessary.
- \* The Girls on the Run curriculum has been reworked to allow for social distancing and no sharing of materials. Each girl will receive a newly created personal Girl Journal to use along with all the materials she will need in a GOTR cinch sack she can take to every practice.
- \* Virtual programming will include physical activity and social-emotional learning, providing girls with an opportunity to still build meaningful connections with their peers and caring adult role models.
- \* National Coach Training moves from in-person content to self-paced, virtual training and adds new modules with relevant topical training to support coaches in this new environment.
- \* Continuing our same financial assistance scale to the best of our ability. We hope to provide financial assistance to every girl who wishes to participate but will rely on outside grant or donor funding to cover scholarships.

For more information visit [www.gotrcentralmd.org](http://www.gotrcentralmd.org)