



Dear Parents,

Welcome to ***Girls on the Run (GOTR)***! We are eager to share this wonderful, self-esteem building program! Thank you for registering!

At ***GOTR*** the curriculum focus areas are on understanding one's values, becoming a team player & community service - while physically preparing for a 5K.

Listed below is important information about our program. If you should have any questions please feel free to contact me. I have also included the email addresses of your Head Coaches. If your daughter will be absent for a lesson or if you should need to reach your coaches for any other reason this is the best way to do so. All administrative questions should be directed to the Council Director. Thanks!

IMPORTANT INFORMATION (please keep):

Boys & Girls Club Site - M/W 4:30-5:45pm (Beginning September 12th) - Please meet in Board Room upstairs for roll & snack. In the event of inclement weather we will stay at the club. To sign in/out girls will swipe Boys & Girls Club cards in the main lobby.

Head Coaches : Michelle Smith dizzydancer8@hotmail.com and Gretchen Herbeling gherbeling@hotmail.com
Asst Coaches: Konnie Handschuch khandschuch@gmail.com and Amy Jaggard amykjaggard@gmail.com

Pine Ridge Elementary - T/R 3:45-5pm (Beginning September 12th) - Meet in Red Wing for roll & snack. Workouts will take place at an outdoor grassy area. In the event of inclement weather we will stay in the Red Wing. Parents must sign out with coaches!

Head Coaches: Cinnie Tomlinson cinnietomlinson@hotmail.com and Chris Tapp hometapp@bendbroadband.com
Asst. Coach: Kim Costa stylist.kimcosta@gmail.com

PLEASE NOTE - ON SCHOOL CLOSURE DAYS, GIRLS ON THE RUN WILL NOT MEET -

PLEASE BE CONCIOUS OF TIMELINESS DURING PICK UP! OUR COACHES ARE GENEROUSLY VOLUNTEERING THEIR TIME TO MAKE THIS PROGRAM POSSIBLE.

Snacks & Water Bottles - The girls will be given water bottles at the beginning of the season. They are responsible for bringing *full* bottles to all lessons. Healthy snacks will be given at each lesson such as crackers, granola bars, fresh & dried fruit. Though we try to be conscious about food allergies, some products are made in factories that process peanuts. Many products contain wheat, dairy or soy. ***If your child has a severe food allergy please notify the Council Director &/or your Head Coaches. You may choose to send your own snack as an alternative.***

Health History Forms - **Enclosed in the parent packets.**

Apparel - **Girls must wear athletic shoes & socks to participate in workouts.** As you know, the weather can change dramatically in Central Oregon so please send girls with clothing appropriate for the season. Layers are good! We go outdoors in most conditions & **we meet rain or shine!**

Sincerely,
Derek Beauvais, Council Director
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500 NW Wall St. Bend OR 97701
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www.deschutescountygotr.org

GIRLS ON THE RUN PROGRAM

Girls on the Run is dedicated to helping girls stay out of the “girl box”—a place where girls are valued more for their outward appearance than their character inside. Girls on the Run is a prevention program that encourages young girls to develop self-respect and healthy lifestyles. The curriculum addresses all aspects of a girl’s development by combining training for a 5k (3.1 miles) run/walk event with lessons designed to promote physical, emotional, social and spiritual development. The program objective is to reduce the display of at-risk behaviors among participants by providing the girls with the tools to make healthy decisions and form positive self-images.

Each program site will serve 8-15 girls 3rd-5th grade. Each site will have multiple head coaches and assistant coaches onsite. All of our head coaches are CPR/First Aid Certified and background checks have been processed for all coaches, staff and volunteers. Girls will be paired with an adult mentor (designated by a parent) known as a “running buddy” for the practice 5k (October 1st) and the Bend Turkey Trot (Thanksgiving Day). Running buddies will praise, encourage, and uplift while running, walking, skipping or jumping at a pace that is comfortable for the girl participating.

Girls on the Run will meet rain or shine (please see our inclement weather policy for information regarding weather related school/program closures). **Girls are expected to bring full water bottles to each lesson** (provided at first meeting). Please dress your children appropriately for the weather including: jackets, gloves, and hats when necessary. Athletic shoes and socks must be worn for participation (if you have financial constraints and are unable to provide athletic clothes including shoes or socks please speak with the Club Director).

The 12 week Girls on the Run program is \$150 per girl. The Boys & Girls Clubs of Central Oregon will be offering program scholarships for families in need. A scholarship request form is required and can be provided by the Club Director. Included in the program:

- ❖ 2 weekly lessons (topics include)
 - 1 – Getting to know each other
 - 2 – Plugging in to the Girls on the Run cord
 - 3 – Choosing to be a Girl on the Run
 - 4 – Positive self talk
 - 5 – Fueling our healthy pace
 - 6 – Being emotional is healthy!
 - 7 – Celebrating gratitude
 - 8 – Centering: The importance of slowing down
 - 9 – Valuing what’s really important
 - 10 – Learning about cooperation
 - 11 – Standing up to peer pressure
 - 12 – Standing up for myself
 - 13 – Gossiping hurts everyone
 - 14 – Beware of bullies
 - 15 – It’s okay to choose our friends
 - 16 – Practicing for our 5k
 - 17 – You call it!
 - 18 – Turning in to a new message
 - 19 – Learning about community
 - 20 – Designing our community impact project
 - 21 – Implementing our community impact project
 - 22 – Honoring our greatest gifts
 - 23 – The finishing touches
 - 24 – Final Celebration
- ❖ A water bottle
- ❖ Healthy snacks at each lesson
- ❖ A program t-shirt
- ❖ Entry to Bend Turkey Trot 5k
- ❖ End of season celebration

**BOYS & GIRLS CLUBS OF CENTRAL OREGON
PROGRAM INFORMATION PACKET**

MEMBERSHIP

All girls that would like to be a part of the Girls on the Run program must be Boys & Girls Club members. Boys & Girls Clubs of Central Oregon's Branches are open to all youth 6-years-old (and in the first grade) to 18-years-old. The Boys & Girls Clubs of Central Oregon's membership is \$25.00 per year and runs from September 1st through August 31st. If a child cannot afford membership, scholarships may be available.

******Parents must attend a parent orientation every year before a child can become a member of the Boys & Girls Club. Orientations are intended to update parents on any changes to our programs, policies, and procedures, and to give parents a chance to tour the Clubs.******

YOUTH MEMBERSHIP CARDS

Members of the Boys & Girls Clubs of Central Oregon receive a membership card once their annual fee is paid. All members are required to have their membership cards with them at the Boys & Girls Club. Membership cards are used to "scan" in and out of the Club, check out equipment and games, and to participate in activities.

LOST CARDS CAN BE REPLACED FOR \$1.00

**MEMBERSHIP CARDS CAN BE USED AT ANY OF OUR 4 SITES
IN CENTRAL OREGON.**

We are a private not-for-profit 501(c)3 agency and receive funds from sponsoring businesses, individuals, professionals, grants, service clubs, granting agencies, special events and parents. We do not receive a steady flow of government funding nor receive aid on an ongoing basis from local taxes. The Boys & Girls Clubs of Central Oregon does not provide year-end statements for program or membership fees.

PROGRAM FEES

FEE BASED PROGRAMS:

Full Day Program: Pre-registration available 10 days prior to date

<u>Pre-registration –</u>		<u>Late registration –</u>	
1 member -	\$15.00/day	1 member -	\$20.00/day
2 members -	\$25.00/day	2 members -	\$30.00/day
3+ members -	\$35.00/day	3 members -	\$40.00/day

After School Program: 2:30pm-6:30pm Monday-Friday (Payments due by the 7th of each month)

Scholarships may be available

\$50.00 per month/1 child (\$30.00 for each additional child)

\$80.00 per month/2 children

\$110.00 per month/ 3 children

Girls on the Run:

**Boys & Girls Club Site – Mondays & Wednesdays 4:30pm-5:45pm
(Begins Monday September 12th)**

**Pine Ridge Site – Tuesdays & Thursdays 3:45pm-5:00pm
(Begins Tuesday September 13th)**

\$150.00 per season

CLUB HOURS

School Year:

- *Open Monday through Friday
- After School: 2:30pm-6:30pm
- Early Release Wednesday: 1:00pm-6:30pm

Non-School Days:

- *Most school closure days
- Full Day Program: 7:30am-2:30pm
- Drop-in Program: 2:30pm-6:30pm

******Club hours and days are subject to change.**

Please be sure to pick-up your child, by the posted closing times. **Late fees will be charged for members who are left after closing times. Late fees must be paid before the member(s) will be allowed to return. If needed, the Boys & Girls Club reserves the right to contact appropriate authorities when members are not picked-up with in 30 minutes of the Club closure AND after all emergency contact alternatives have been exhausted. Late fees will be assessed at a rate of \$1.00 per minute per child.**

CLUB RULES

The Boys & Girls Clubs of Central Oregon require your child/children to follow certain rules while they participate in our Club programs.

The rules are:

1. Respect Club Staff
2. Respect Club Members
3. Respect Club Equipment
4. Have FUN

CORE BELIEFS

The Boys & Girls Clubs of Central Oregon provides your Club member with:

- A safe place to learn & grow
- Ongoing relationships with caring, adult professionals
- Life-enhancing programs
- Character development experiences
- Hope & opportunity

CODE OF CONDUCT

One of the Club's core beliefs is to provide a safe place to learn and grow. Positive attitudes keep the Club fun. Below are some simple guidelines members are expected to follow:

- Respect yourself, play fairly and be honest, and applaud the efforts of others
- Avoid inappropriate language and dress appropriately at all times
- Running is reserved for athletics
- Say only good things about others and bring your Club card everyday
- Be respectful of Boys & Girls Club staff and listen during appropriate times and assemblies
- Resolve disagreements in a positive way and be respectful of other members and their property
- Tobacco, drugs, alcohol and weapons are prohibited
- Participate only in the program areas open to your assigned group
- Take care of your Boys & Girls Club facility, grounds, and equipment

YOUTH DRESS CODE

- NO HATS WHILE AT THE CLUB (EXCEPT TEENS)
- NO EXPOSED MIDRIFTS
- CLOTHING SHOULD NOT BE EXCESSIVELY BAGGY OR TIGHT
- NO EXPOSED UNDERGRAMENTS
- SHIRTS & SHOES ARE REQUIRED AT ALL TIMES
- TANK TOP STRAPS MUST BE TWO ADULT FINGERS WIDTH WIDE
- SKIRTS/DRESSES/SHORTS MUST BE LONGER THAN YOUR FINGER TIPS AT YOUR SIDE
- INAPPROPRIATE LANGUAGE, LOGOS, AND PICTURES ON CLOTHING ARE NOT ALLOWED
- DANGEROUS OBJECTS AND PARAPHERNALIA ARE NOT PERMITTED
- NO HEELYS (WHEELS MUST BE REMOVED WHILE IN CLUB)

CHECK IN/OUT POLICY

Youth 6 (in the first grade) to 18 years of age are welcome and supervised in our branches in terms of respect for staff, club and equipment, themselves & other children. We also coach our members on safety and good citizenship.

Our staff never grants permission for youth to leave the Clubs without a parent/legal guardian, as an escort, or a phone call from the parent/legal guardian asking the youth to walk home. Also, once your child/ren exits the Club, they will not be allowed to return to the Club that same day. **Children are required to check-in and check-out and our front counter staff and volunteers monitor this process. This does not replace parental responsibility of clear instructions to your children as to your desires for their safety.**

We are concerned about this issue and we encourage you to join the staff in helping your child/children grow during the time spent at their Club. You can do this by enrolling them in one or more of our quality programs and setting the ground rules concerning the coming and going from your local facility.

INCLEMENT WEATHER POLICY

When a School District is closed due to weather, the corresponding Club will also be closed. When the School District is delayed in the morning, a Club's morning program will either be closed, or will be delayed the same amount of time the school is delayed. (i.e., if the district opens an hour late, the Club's morning program will open an hour late.) Clubs may need to cancel programs based on availability of power, conditions in immediate vicinity of the Club, and other factors not related to school district closures. Any changes in hours of operation or delay in program times will be communicated through your local Club's voicemail system as well as through any available media outlets.

ATTENDANCE

The Boys & Girls Clubs of Central Oregon - Bend Branch works closely with the Bend La-Pine School District on promoting education and attendance at school. **If your child does not attend school due to suspension, expulsion, sickness, or just does not go, then your child will not be able to attend the Boys & Girls Clubs that day.**

PHONE CALLS

The Boys & Girls Clubs of Central Oregon - Bend Branch does provide our members with the use of our Club phones. While we prefer that the phone is used only for emergency calls, our members are allowed to make one phone call to their Parents/Guardians, during their time at the Club. However, phone calls to friends are not allowed at the Club and any special arrangements need to be made outside of the Club.

DISCIPLINE POLICY

The Boys & Girls Clubs of Central Oregon strive to keep the consequences for unacceptable behavior clear, appropriate, and timely. The safety of all members is of the utmost importance to us. Our standards, along with the expectation that all members use good common sense, exist to ensure that your child and every other child at the Club can safely enjoy the Club's activities. Any member who disrupts programs or creates a dangerous situation will be disciplined appropriately.

Disciplinary actions may include, but are not limited to, the following:

- Verbal warnings
- Club service
- Time outs
- Misconduct Notices:

If a member at the Club misbehaves towards a fellow member or staff member, the staff will issue a warning followed by the saying, "if the behavior continues, you will receive a write up." If the behavior does in fact continue, the member will receive a write up. Write ups remain in the members' file for one year. Please note that if a member hits, kicks, pushes, or does something out of the ordinary to put themselves or others in danger, they will receive an automatic write up, without a warning. Here is how the system works:

- If the member receives 3 write ups, they will be suspended for a day or days depending on the behavior.
- If the member has already been suspended once (3 write ups) and receives another 3 write ups, they will receive another suspension and there will be a meeting with the Parent/Guardians and Program Director.
- If the member has already been suspended 2 times (6 write ups) and they receive 3 more, the member may be asked to discontinue their membership with the Club.

PERSONAL BELONGINGS

All personal belongings brought to the Club by a youth, are the responsibility of that youth. The Boys & Girls Clubs of Central Oregon is NOT responsible for lost, damaged, or stolen items. Please discourage your child from bringing anything to the Club that is not completely necessary, especially money. Necessary items, such as backpacks and jackets should be clearly marked with the member's name. Items that are not collected from our lost-and-found in a timely fashion will be donated to a local charity. **CELL PHONES AND OTHER ELECTRONIC DEVICES MUST BE CHECKED IN TO THE CLUB OFFICE (IPOD, PSP, MP3 PLAYERS, HAND HELD GAMES)**

MEDICATIONS

Due to insurance restrictions, Club staff can not administer prescription drugs to children. We suggest a phone call to your child, at the Club, as a reminder. Staff can remind youth to take medications if the parent calls each day as a reminder. Youth medications may be stored at the Club's front desk. Your help and understanding is most appreciated.

COMMUNICABLE DISEASE

1. Any person with open sores or lesions will be sent home and can only return with proof of current treatment for the infectious process.
2. Any person with a fever (temperature greater than 100.4) will be sent home until free of fever for 24 hours.
3. Any person who is ill prior to coming to the Club should stay home until reasonably well.
4. The Club should be advised if a person has exposed others to a communicable disease such as: Measles, Rubella, Chickenpox or Meningitis.
5. Any person with vomiting and/or diarrhea should remain at home until symptoms subside (absence of fever, vomiting and diarrhea). This also includes persons diagnosed with Hepatitis A.
6. The Boys & Girls Club should be notified when anyone at the Club exhibits signs of tuberculosis and/or has a positive PPD (tuberculin skin test) so that all contacts may have a PPD test. The Club should also be notified if any household members have recently been diagnosed as having tuberculosis.
7. Anyone having head and/or body lice or nits (eggs) must be sent home and may return only after being treated with a product recommended by their doctor, pharmacist and/or the Health Dept. and after all nits have been removed with a very fine tooth comb.
8. Once a Club member has been diagnosed with any of the above communicable diseases please contact your local Club to give us the opportunity to contact other parents that their child may have come in to contact with any particular disease. Thanks.