Boys & Girls Clubs of America + Girls on the run®

Empowering today's youth—together





Girls on the Run is more than an after-school program—it's a **transformational experience for girls** in grades 3-8. Our researched-based curriculum integrates **physical activity and social-emotional learning,** giving girls the tools to build confidence, healthy habits, and life skills that last.

Our partnership is powerful and here's the proof! Over the past 20 years...

- GOTR has partnered with more than **235 Boys & Girls Clubs** throughout the country
- BGCA has helped GOTR serve more than **7,400 girls**

How offering GOTR benefits your Club:

Attract and Engage Families

GOTR brings new participants and strengthens community ties to your Club.

Enhance Your Youth Programming

Offer a nationally recognized program that has empowered more than 2.7 million girls since 1996.

Receive Turn-Key Resources and Support

GOTR provides resources to recruit girls, train coaches, and deliver the curriculum ensuring every season is set up for success.

Increase Revenue Opportunities

Clubs can boost earned income and diversify funding opportunities.

Learn more here!

Building girls' confidence: It's what we do.

Join us in creating spaces of belonging —girls need them now more than ever

Unlike other after-school programs or extracurricular activities, Girls on the Run focuses on **the whole girl:**

- **Mind**
- **Body**
- **Social Connection**
- **And More!**

Through a blend of **movement-based activities, team-building games, and group discussions** on timely topics, our programming helps girls build the confidence to be themselves, do hard things, and share their thoughts, ideas, and feelings.





Empowering girls and aligning with institutions like the Boys & Girls Clubs has never been more critical.

The data supporting the need for our program (and joining forces) speaks for itself:

Only 16.5% of girls get the recommended amount of daily physical activity

Girls start sports later and drop out earlier than boys

Girls' confidence begins to drop when they reach pre-adolescence

Research reveals that girls are navigating increasing mental health challenges

Are you ready to help inspire more local girls to follow their dreams?

Reach out today to become a part of the movement!
alliances@girlsontherun.org

Girls on the Run®