STRENGTH IN OUR CONNECTEDNESS

Girls on the Run Coaches Training Spring 2015
BEAUMONT ROYAL OAK

8:00am Registration/Breakfast open

8:15am Group Exercise Sponsored by Athleta "Optional"

9:00am “Finding Strength in our Connectedness”— Keynote

9:45am Intro to Girls on the Run

10:15am Beware of Bullies

11:00am Girls on the Run Program Basics Break Outs :30 ea
  Policies and Procedures
  Coaching 101
  5K Logistics and Race Etiquette

12:30pm Lunch with your YMCA liaison, provided by Beaumont

1:15pm Afternoon Workshops (Pick 2) :40 each
  Group Management in an Urban Setting
  Basic Group Management
  Fueling our Healthy Pace
  Working with children with ASD

2:40pm Break

2:45pm Girls on the Run/Girls on Track Curriculum (pick one)
  GOTR Lesson 4: Positive Self Talk
  GOTR Lesson 2: Plugging in
  GOTR Lesson 9: Standing up for Myself
  GOT Lesson 6: Empowered Bodies

4:00pm Closing/Supply Pickup
Group Exercise  Sponsored by Athleta  *optional*
"Power to the She!" Get motivated for coaches training with an invigorating workout with other coaches! Led by a YMCA certified trainer, all ability levels welcome!

The Empathy Experience—"The greatest skills anyone can have in life are empathy and gratitude and those should be carried into wherever life leads you." -Christy

This year's training is based on our core value, "Embracing our differences and finding strength in our connectedness". Our opening speaker, Christine Kondogiani, a veteran coach of GOTR, philanthropist, and enthusiast for the human spirit will tell us her story and how we can connect with ourselves, each other, and most importantly our girls.

Intro to GOTR
Learn the Basics of GOTR, how it started, and how it came to be in Detroit. Learn about the "Girl box" and how we can break free of it!

Beware of Bullies
Twenty-three percent of elementary school students in grades 4-6 described being bullied "several times or more" over a given year. Join us in an in-depth discussion of Lesson 14 led by NoBLE. Learn more shocking statistics about bully's, their victims, and what you can do to help with this crisis.

Session 1 Workshop—Program Basics Breakouts
Policies and Procedures—Sure to be the most exciting session of the day, learn how to manage bathroom breaks, transportation, and emergency procedures! It's always good to be prepared!
Coaching 101—Learn what you can expect as a new coach. How to prepare for the first day and some best practice tips including communicating with parents, liaisons, and snack time.
5K Logistics and Race Etiquette—For many of the girls and parents, this will be the first run they have ever participated in. Learn the unwritten etiquette of large runs and how to prepare your families for the big day. Learn how to plan a Mock 5K for your school to prepare your girls. We will also be discussing the logistics of our 5K scheduled for Kensington Metro Park, May 17th.

Session 2 Workshops (Pick 1)
Group Management in an Urban Setting—Learn and prepare for challenges you may face while coaching in an urban setting. This session will prepare you for what to expect from your girls, their families, and what resources you have available to you.
Basic Group Management—Learn the Basics of managing children in groups. We will be discussing the dynamics of small and large teams of girls. Learn tips on how to center their attention as well as fun processing games.
Fueling our Healthy Pace—This in-depth discussion of Lesson 5 will cover the importance of healthy choices. Lead by Hannah Reising, she is the Program Coordinator for Beaumont's "Project Healthy Schools" Initiative.

Session 3 Curriculum Breakouts
Learn how lessons are broken down, how to present materials, and how to incorporate physical activities into your sessions.

Closing
-Taking any questions, and talking about the additional resources available to you.
-Jackie will be around to take questions individually after dismissal.
-If you registered to receive SCECHs, you MUST sign out to receive credit!

Thank You:
Beaumont Health System
Athleta Somerset
Raffles provided by Beauty Collective and Garmin