



## **Girls on the Run of Sussex County**

**Serving Bergen Passaic Hudson and Sussex**

**Counties**

### **High School Ambassador Program**

**What/Who:** A program for high school girls who are looking to make a difference for a worthy cause while gaining community service hours per season in a leadership position. Ambassadors may or may not have participated on GOTR when they were younger.

**Goal of the Ambassador Program:** To raise awareness and spread the mission of GOTR while promoting and encouraging a healthy lifestyle for girls of all ages.

#### **Program Components:**

- **Volunteer-** Volunteer with Girls on the Run. Options include volunteering as a Junior coach, volunteering with Team Adelaide, or staff support.
- **Fundraise-** Create a fundraising campaign on your own to raise a minimum of \$150 to sponsor a girl in the program. Ambassadors can also participate in the Solemates program (please see website for more information).
- **Healthy Role Model-** Keep a log of 20 healthy choices made throughout the season. Sign a pledge to not drink, do drugs or use tobacco.
- **Fitness-** Accumulate 20 hours of exercise time of any activity throughout the semester-keep a log of activities.
- **Invite/Expand/Grow-** hang up posters promoting GOTR events and program. Schedule and speak with a group at your school about GOTR. Recruit a friend to be a GOTR Ambassador for the following season.

***Serving as a Junior coach fulfills volunteer, healthy role model and fitness components!***

#### **Requirements:**

- Commit to being a GOTR ambassador for the full season
- Fulfill the 5 program components during the semester using the provided journal
- Meet with Team Adelaide October meeting
- Write a testimonial of your experience at the conclusion of the season

**When:** Fall season 2012

**Cost:** Free!

**How:** Fill out an application and mail it to P.O. Box 195, Sparta, NJ 07871 by September 9<sup>th</sup>. We will be accepting 5 Ambassadors for the Fall 2012 season.