

## Wood River Women's Foundation Final Grantee Report

Organization: **Girls on the Run of the Wood River Valley**  
Project Title: **Volunteer Coach Training & Support Initiatives**  
Grant Amount: \$8,200

### Objectives & Outcomes

- 1) Create a team of 24-32 of inspired volunteers
  - a. Cara Liberator was hired as a T3 Coach Trainor and Program Coordinator. She receive our Nationally offered T3 training.
  - b. Cara assisted in leading an all coach training in the Fall of 2017 and Spring 2018 seasons.
  - c. 43 coaches served during the fall 2017 and spring 2018 seasons of the program. 10 of which were part of our pilot sites this past spring in Twin Falls and Fairfield.
  - d. Excluding the new sites, of the sites we normally serve 50% were returning coaches from previous seasons.
  - e. 89% of the entire coaching staff received our T3 Training
  - f. All sites were visited at least twice a season by Cara as a Program Coordinator, and more if assistance was needed.
- 2) GOTRWRV will strive to make statistically meaningful improvements for participants on the 5C's + 1 and physical activity indicators.
  - a. 188 girls were served during our two seasons. This is an increase of 57% of our anticipated participation.
  - b. During the Spring 2018 season a pre- and post-season survey was conducted of participant's level of improvements for participants on the 5C's +1 and physical activity indicators. Result showed a statistically significant improvement in these areas.

**Impact** – Our volunteer coaches are the key to the success of bringing the program alive for our participants. Having a new staff person solely dedicated to training, as well as quality control of program implementation, allowed for coaches to bond with the participants and work together as a team to guide them through the experience. One parent shared this about her daughter's experience:

“We noticed an improvement in our daughter's peer-to-peer relationships, confidence at school, self-satisfaction, and physical abilities/habits. It really challenges her physically. We trained as a family on the weekends to prepare for the 5k and that helped her do better at the race.”



### Budget

Expenses	Amt Requested	Actual
Salary*	3843	3581
Contracted services	680	680
Occupancy	402	402
Training/Travel	1243	1243
Insurance	60	60
Equipment/Supplies*	418	1098
Printing/Postage	128	128
Licensing	424	424
Marketing	340	340
Background checks	34	34
Volunteer appreciation	340	340
Admin	288	288



\*Cara spent less hours than planned to complete program coordination job duties. Amount was shifted into additional curriculum supplies.