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
   1. Cara Liberator was hired as a T3 Coach Trainor and Program Coordinator. She receive our Nationally offered T3 training.
   2. Cara assisted in leading an all coach training in the Fall of 2017 and Spring 2018 seasons.
   3. 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.
   4. Excluding the new sites, of the sites we normally serve 50% were returning coaches from previous seasons.
   5. 89% of the entire coaching staff received our T3 Training
   6. 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.
   1. 188 girls were served during our two seasons. This is an increase of 57% of our anticipated participation.
   2. 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.”

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**Budget**

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| 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.