

FUNDING APPLICATION

GENERAL INFORMATION

Organization Information

Legal Name: Girls on the Run Bexar County		Federal Tax ID#: 27-3619254		501(c)(3) Public Charity 509 (a)(1)	
Address: 231 E. Rhapsody, Ste. 136		City: San Antonio		State: TX	
				Zip Code: 78216	
Website: https://www.gotrsanantonio.org/		Fax: (210) 901-0167		United Way Funded: No	

Fiscal Year:

July 01 to June 30

Head Of Organization

Name: Minka Misangyi		Title: Executive Director	
E-Mail Address: minka.misangyi@girlsontherun.org		Phone: (210) 901-0167	

Application Contact

Name: Minka Misangyi	Title: Executive Director	E-Mail Address: minka.misangyi@girlsontherun.org	Phone: (210) 901-0167
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Previous Najim Funding

Year	Funding \$
2018	\$10,195
2019	\$20,000
Total	\$30,195

Has the organization applied to the Najim Charitable Foundation in the past and been declined?

No

Grant Amount Requested \$: \$13,000	Total Project Budget \$: \$26,426	Organization's Annual budget \$: \$381,800
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Mission Statement:

We inspire girls to be joyful, healthy, and confident using a fun, experience-based curriculum which creatively integrates running.

PROJECT INFORMATION

Program / Project Title:

Girls on the Run of Bexar County (GOTRBC) Financial Assistance for Girls in Underserved Communities

PROJECT TIMELINE

Start Date 07/01/2021	End Date 06/30/2022
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Harvey E. Najim Charitable Foundation Priorities:

Education

Education Priorities:

After School

Program / Project Description:

This project will provide financial assistance for 80 girls, 40 during Fall 2021, and 40 during Spring 2022 semesters. It will ensure participation of 3rd-8th grade girls who may not typically have access to GOTRBC programming, in person or virtually. Girls from underserved communities often have limited access to afterschool programming due to barriers such as socio-economic factors and limited volunteer support, which has been exacerbated by the pandemic. Furthermore, girls from low-income backgrounds are more susceptible to adverse health outcomes such as social-emotional problems and poor physical health, issues addressed by the GOTRBC curricula.

GOTRBC programs are fee-based, but no girl is ever nor will be turned away based on economic need or physical ability. Financial aid is available to any girl who needs it and is based on family income. The cost per girl is \$260; only a \$150 registration fee is asked, though most girls do not pay the full fee. Historically, 65% of all participants require partial or full scholarships, but that rate is increasing to 70%+ since March 2020, when the pandemic began.

Typically, GOTRBC offers two 10-week programs twice a year delivered in Fall and Spring, coinciding with the school semesters. However, to address pandemic concerns, the programs were adapted to an 8-week season for the 2020-2021 academic year and were facilitated virtually or in person. Regardless, the programs are facilitated by volunteer coaches who are trained in the curricula. Girls on the Run is the name of the elementary school program that serves girls in 3rd through 5th grade. Heart & Sole is the name of the middle school program for girls in 6th through 8th grade.

Girls on the Run and Heart & Sole are both physical activity-based positive youth development programs that use a detailed weekly evidence-based curriculum emphasizing character development, self-esteem, respect toward self and others, perseverance in the face of adversity, teamwork, confidence-building, community service, and exercise and healthy eating habits through running-based activities.

The programs are facilitated by volunteer coaches, with at least two screened and GOTRBC-trained adults per team. The programs culminate with girls positively impacting their communities through a service project and being physically and emotionally prepared to complete a celebratory 5K event.

Girls on the Run and Heart & Sole are the vehicles through which GOTRBC connects with girls, their families, schools, and the community. Each program focuses on teaching concepts and developing life skills that will help each girl establish a healthy relationship with herself and others, navigate her world, and reach her limitless potential. The various life skills taught by the curriculum have changed behaviors. For example, the curriculum teaches girls skills for handling bullying. As a testament to the power of these skills, one parent posted on social media: "My daughter participated in Girls on the Run for two years.... They teach girls how to stop it when they are being bullied, how to confront someone who is bullying, and how to help someone who is being bullied...she feels empowered to intervene and help others."

Girls on the Run is the only national physical activity-based positive youth development program for girls with compelling evidence of program impact that focuses on the whole girl. It is GOTRBC's research-based curricula, trained coaches, and a commitment to serve all girls that sets GOTRBC apart as an exemplar program. Girls on the Run was recently included in a guide of Top Research-Based Social Emotional Learning Programs by a Harvard University/Wallace Foundation study (Navigating SEL from the Inside Out, 2017), as well as recognized as one of the National Afterschool Association's 2017 Most Influential in Health and Wellness afterschool programs. Additionally, Girls on the Run was featured as a Bright Spot organization in the U.S. Health and Human Services' National Youth Sports Strategy (2019), selected as a U.S. National Youth Sports Strategy Champion (2020), and was a finalist for the prestigious Robert Wood Johnson Sports Award (2020).

Many girls lack self-worth or life skills to make good choices on a daily basis. Some choices impact their future and their health. In economically disadvantaged communities, the rate of obesity for young men and women of color is twice as high as their white counterparts in more affluent communities (CDC, 2018). Limited access to healthy and affordable food, public green space, and organized recreation contribute to negative health outcomes and behaviors (CDC, 2016). Girls often face the additional challenge of balancing responsibilities at home and at school, while navigating gendered expectations that influence body image, self-esteem, and physical activity.

To counter the threats to body image, self-esteem, and long-term health consequences associated with obesity and chronic diseases, GOTRBC programs instill in girls a love of physical activity that can help to relieve these crises. Studies show that girls who participate in sports demonstrate higher self-image, confidence, and communication skills; increased graduation rates; and leadership skills that translate into better grades and greater opportunities (Her Life Depends On It iii). This project is designed to make healthy living achievable and affordable for the girls who might not otherwise benefit from after-school programming.

Evaluation Plan:

Prior to the COVID-19 pandemic, GOTRBC was developing a new evaluation tool, under the direction of Dr. Tara Wright. This new tool was to be piloted during the Fall 2019 season and refined in the Spring 2020 season. GOTRBC was able to pilot the tool, but unable to fully refine the survey due to the pandemic. However, Dr. Wright has worked with GOTRBC to develop a survey tool that will measure the expected changes in girls' confidence, caring, connection, character, contribution to their community, competence, and physical activity. The questions of the survey have been edited to accommodate curricula delivery in person, virtual, or the hybrid version. Furthermore, surveys that have been created and validated in previous seasons will be used to evaluate the coaches, the GOTRBC program (i.e., evaluations provided by parents, coaches, and volunteers), and the end-of-the-season 5k for all participants no matter the mode of curricula delivery.

Plans to sustain project beyond the term of this request:

With the goal of expanding its footprint across Bexar County and continuing to offer programming to more girls within the community, GOTRBC has been proactive in developing a fundraising plan to strengthen the organization's fundraising capacity. For future support beyond this grant to aid in funding program scholarships, GOTRBC will target existing program partners for renewed funding, and continue to pursue new fund sources including corporate sponsorships, individual and group contributions, and foundation and corporate grants. In addition, GOTRBC remains aware of the importance of balancing full-pay participants with scholarship participants to ensure financial sustainability. The GOTRBC model of collecting registration fees from participants who are able to pay, while providing financial aid to participants with a demonstrated financial need, is a model with proven long-term financial sustainability. Lastly, the organization will continue to encourage repeat program participation in its participants to maximize the positive impact of the curriculum.

Children Impacted:

How many unduplicated children will the TOTAL PROJECT INITIATIVE impact?

80

How many unduplicated children will NCF REQUESTED FUNDS impact?

80

Please provide the percentage of each group below that will be served by the project in which funds are being requested. Do not leave any area blank. If that specific group will not be served, include zero. The percentage should total 100%.

A. Population Served Age		B. Population Served Ethnicity	
Infants (0-5)	0%	African American	6%
Children (6-13)	100%	Asian American	1%
Young Adults (14-18)	0%	Caucasian	22%

TOTAL:	100%	Hispanic/Latino	59%
		Native American	0%
		Other and Define	12%
		TOTAL:	100%

City Council District for Which Children are Being Served:

District1, District5, District6, District7, District8

Line item Budget:

Line Item Description	Total Project Funds Allocation	Najim Funds Allocation
Program Expenses	\$12,088	\$12,000
5K Expenses	\$3,394	\$1,000
Shoes/Clothing	\$1,612	\$0
Office Expenses	\$534	\$0
Salaries	\$5,434	\$0
Insurances	\$1,294	\$0
Website & Marketing	\$632	\$0
Rent/Utilities	\$972	\$0
Volunteer Appreciation	\$466	\$0
TOTAL:	\$26,426	\$13,000

OTHER FUNDING RESOURCES

For Project being Requested: Funding sources and amounts, pending and committed.

PROJECT - PENDING

Funder Name	Amount Requested
Individual Donors	\$5,000
Starbucks	\$2,500
TOTAL:	\$7,500

PROJECT - COMMITTED

Funder Name	Amount Requested
GOTRBC Board of Directors	\$5,000
Immaculate Heart of St. Mary	\$1,000
TOTAL:	\$6,000

Other funding sources and amounts, pending and committed not specific to this request.

ALL OTHER ORGANIZATION REQUESTS - PENDING

Funder Name	Amount Requested
Frost Bank	\$1,000
Jordan Ford	\$1,000
Capital Group	\$7,500
Individual Donors	\$19,000
Broadway Bank	\$500
Quality Safety Services, Inc.	\$500

TOTAL:	\$29,500
ALL OTHER ORGANIZATION REQUESTS - COMMITTED	
Funder Name	Amount Requested
GOTRBC Board	\$5,000
Mama Margie's	\$5,000
Anonymous Donor	\$130,000
TOTAL:	\$140,000
BOARD OF DIRECTORS	
What percentage of your board contributes financially to the organization?	
100%	
If Board giving is not at 100%, please explain why?	
N/A	
How are board members expected to participate in your organization?	
The Board actively participates in fundraising and strategic planning. Board members are required to secure program and/or 5K sponsors; participate in meetings with funders and foundations; participate in fundraisers through planning, executing, or giving; and organize, lead, and participate in each season's-end 5K event (November and May). Each member makes a meaningful, annual monetary contribution.	
LIST OF BOARD DIRECTORS	
Name & Office Held	Corporate Affiliation
Sally Seeker, Chair	Social Security Administration
Susan O'Brien, Vice Chair	Mama Margie's
Hermine Williams, Treasurer	Retired CRNA; Retired Nonprofit CEO
Neale Parker	Chromosome 18 Registry & Research Society
Anita Moreno-Navarro, Secretary	Texas Research and Technology Foundation
Sumiti Green	Stone Harbor Investment Partners
Chris Cabrera	USAA
Delaina Frias	Beary Bands
Signature	
Minka Misangyi	