

# FUNDING APPLICATION

## GENERAL INFORMATION

### Organization Information

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

### Head Of Organization

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

### Application Contact

<b>Name:</b> Minka Misangyi		<b>Title:</b> Executive Director		<b>E-Mail Address:</b> minka.misangyi@girlsont herun.org		<b>Phone:</b> (210) 901-0167	
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### Previous Najim Funding

Year	Funding \$
2018	\$10,195
<b>Total</b>	\$10,195

**Has the organization applied to the Najim Family Foundation in the past and been declined?**  
No

<b>Grant Amount Requested \$:</b>	<b>Total Project Budget \$:</b>	<b>Organization's Annual budget \$:</b>
\$20,000	\$38,578	\$536,087

**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:**  
To support Program Scholarships for 130 girls in Title I Schools.

### PROJECT TIMELINE

Start Date	End Date
07/01/2019	06/30/2020

**Harvey E. Najim Family Foundation Priorities:**  
Education

**Education Priorities:**

**Program / Project Description:**

This project will provide scholarships for 130 girls who attend Title I schools (where at least 40% of students are from low-income families) over the Fall 2019 and Spring 2020 semesters. Most Title I schools are located in neighborhoods where many children do not have access to or cannot afford afterschool programming. Lifestyle factors and individual behaviors are important risk factors for chronic diseases like obesity and diabetes, and access to healthy foods and physical activity are limited in lower income areas.

Girls on the Run of Bexar County (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 \$297, but 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, as 61% of the schools GOTRBC serves are classified as Title I. GOTRBC consistently has a 91% retention rate each season, and 40% of the participants repeat the program from season to season.

GOTRBC offers physical activity-based positive youth development programs for 8- to 12-year-old girls (3rd-8th graders) through two 10-week programs, Girls on the Run (3rd-5th grade) and Heart & Sole (6th-8th grade). Programs are offered twice a year, in fall and spring, during which teams of 15 girls led by 2-3 volunteer coaches meet biweekly for 90 minutes. Girls engage in GOTRBC-specific curricula that emphasize character development, confidence-building, teamwork, community service, and exercise and healthy-eating habits, culminating in a 5k running event. The curricula provide girls with tools to make healthy life choices, teaching them to persevere in the face of adversity. Girls develop strength of character and learn to intentionally choose actions that demonstrate respect toward themselves and others. The curricula also provide girls with skills to handle tough situations, such as those that require saying "no" to a risky situation, or to pause and take a moment to think before reacting.

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, such as those around the Title I schools GOTRBC serves, 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.

In addition to the self-esteem issues facing young girls today, San Antonio is currently in the throes of a childhood diabetes and obesity crisis, with 17.9% of girls ages 6-11 overweight, and 24.4% obese between the years of 2009-2015 combined (Foster et al., 2017). Low self-esteem is related to poor academic achievement, early onset of sexual activity, and drug and alcohol use, among other risky behaviors. Bexar County has some of the highest school attrition rates (28%; Intercultural Development Research Association, 2016) and teen pregnancy rates (30.2% vs. 20.3% national average; City of San Antonio Metropolitan Health District Report, 2016) in the country. Low self-esteem also may impact mental health. In Texas, 34.2% of students reported feeling sad or hopeless, 17.8% have contemplated suicide, and 12.3% have attempted suicide (TDSHS, 2018).

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 at Title I schools who might not otherwise benefit from afterschool programming. Though a healthy self-esteem can be derived from high self-confidence, GOTRBC focuses on the whole girl by offering tools to combat external influences that threaten girls' self-esteem and tools to make healthy fitness and nutritional choices, while instilling in them a love for themselves.

GOTRBC programs culminate in two major events: 1) The Community Impact Project for 3rd-5th graders and 2) a 5k race for all girls in the program. The Community Impact Project teaches girls how to give back to their communities in a fun and collaborative setting. Girls work in teams to find a need they can fulfill for their communities and then implement their ideas into a service-learning project. The 5k race is a non-competitive running event, which is open to the community, that the girls complete with the support of their coaches and a running buddy. Training for the race teaches the girls the importance of setting and achieving goals while also developing their athletic and emotional stamina. The 5k event is the culminating experience of the programs' curricula. Completing it gives girls a tangible understanding of the confidence that comes through accomplishment as well as a framework for setting and achieving life goals. Crossing the finish line is a defining moment when girls realize that even the seemingly impossible IS possible.

**Evaluation Plan:**

GOTRBC is currently developing a new evaluation tool, under the direction of Dr. Tara Wright. This new tool will be piloted during the Fall 2019 season and refined in the Spring 2020 season. Full evaluation will begin in Fall 2020. The pre- and post-season tool, which will measure the expected changes in girls' confidence, caring, connection, character, contribution to their community, competence, and physical activity, will be used to assess the GOTRBC programs to ensure that the program curricula is being implemented as it is intended. 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 other volunteers), and the end-of-the-season 5k.

**Plans to sustain project beyond the term of this request:**

In mid-January 2019, GOTRBC began working with consultants Burnam | Gray to strengthen GOTRBC's fundraising capacity. The 9-month contract will culminate in several deliverables, such as an annual fundraising plan; processes, policies, and procedures around donor stewardship; and a fundraising marketing plan. The anticipated result of work with Burnam | Gray is not only stronger donor relationships, but also increased giving by existing donors as well as new individual and corporate donors. GOTRBC is in the process of setting the metrics they intend to meet in 2019-2020 donor giving, but they are confident that funding will increase to an extent that will help sustain programming in those areas of the city where poverty is high.

**Children Impacted:**

<b>How many unduplicated children will the TOTAL PROJECT INITIATIVE impact?</b>	<b>How many unduplicated children will NFF REQUESTED FUNDS impact?</b>
130	130

**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%.**

<b>A. Population Served Age</b>		<b>B. Population Served Ethnicity</b>	
Infants (0-5)	0%	African American	5%
Children (6-13)	100%	Asian American	1%
Young Adults (14-18)	0%	Caucasian	20%
<b>TOTAL:</b>	<b>100%</b>	Hispanic/Latino	63%
		Native American	0%
		Other and Define	11%
		<b>TOTAL:</b>	<b>100%</b>

**City Council District for Which Children are Being Served:**

District1, District5, District6, District7, District8

**Line item Budget:**

<b>Line Item Description</b>	<b>Total Project Funds Allocation</b>	<b>Najim Funds Allocation</b>
Program Expenses	\$17,646	\$17,646
5k Expenses	\$4,954	\$0
Shoes/Clothing	\$2,354	\$2,354
Office Expenses	\$780	\$0
Salaries/Professional Fees	\$7,932	\$0
Insurances	\$1,890	\$0
Website & Marketing	\$924	\$0
Rent/Utilities	\$1,418	\$0
Volunteer Appreciation	\$680	\$0
<b>TOTAL:</b>	<b>\$38,578</b>	<b>\$20,000</b>

### **OTHER FUNDING RESOURCES**

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

#### **PROJECT - PENDING**

<b>Funder Name</b>	<b>Amount Requested</b>
Individual Donors	\$6,800
HEB	\$1,575
<b>TOTAL:</b>	<b>\$8,375</b>

#### **PROJECT - COMMITTED**

<b>Funder Name</b>	<b>Amount Requested</b>
GOTRBC Board of Directors	\$6,000
Sonterra Ophthalmology	\$7,500
<b>TOTAL:</b>	<b>\$13,500</b>

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

#### **ALL OTHER ORGANIZATION REQUESTS - PENDING**

<b>Funder Name</b>	<b>Amount Requested</b>
HEB	\$7,875
Camp Gladiator	\$5,000
Capital Group	\$5,000
Individual Donors	\$12,200
Broadway Bank	\$2,000
Valero	\$5,000
<b>TOTAL:</b>	<b>\$37,075</b>

#### **ALL OTHER ORGANIZATION REQUESTS - COMMITTED**

<b>Funder Name</b>	<b>Amount Requested</b>
GOTRBC Board	\$5,000
Jordan Ford	\$1,000
Anonymous Donor	\$80,000
<b>TOTAL:</b>	<b>\$86,000</b>

## 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 events (December and May). Each member makes a meaningful, annual monetary contribution.

### LIST OF BOARD DIRECTORS

<b>Name &amp; Office Held</b>	<b>Corporate Affiliation</b>
Sally Seeker, Chair	Social Security Administration
Yvonne Kuykendall, Secretary	Educational Testing Services
Hermine Williams, Treasurer	Retired, Scott & White Hospital
Neale Parker	Chromosome 18
Rosie Siller	Northside Independent School District
Jenna Cantwell	USAA
J'Leen Manning-Saeger, Vice Chair	Trinity University
Anita Moreno-Navarro	Texas Research and Technology Foundation
Sarah Ellison	Dykema Cox Smith
Susan O'Brien	Mama Margie's
Melissa Tamayo	Marriott

**Signature**

Minka Misangyi