



**Girls on the Run of New Jersey North**  
**Serving Bergen, Passaic, Hudson and Sussex**  
**Counties**  
**High School Ambassador Application**

Girls on the run is a national organization with over 200 chapters in the United States. The Girls on the Run program serves girls in 3<sup>rd</sup> through 8<sup>th</sup> grade. The program focuses on issues relevant to these ages including body image, self esteem, confidence and peer pressure. Our goal is to build confident, strong young woman from the inside. The lessons are delivered through the use of running/walking games and workouts with the goal of completing a 5k while celebrating their uniqueness and honoring their voice. The goal of each session is to encourage positive emotional, social, mental, spiritual and physical development in a noncompetitive environment. For more information on the program, please visit [gotrnjn.org](http://gotrnjn.org)

**We are seeking dedicated high school volunteers to serves as Ambassadors for Girls on the Run throughout the season.** Please see attached program requirements. Girls on the Run is a non-profit 501 c3 organization.

**Please mail applications to P.O. Box 195 Sparta, Nj, 07871**

Name: \_\_\_\_\_ DOB \_\_\_\_\_

School: \_\_\_\_\_ Grade: \_\_\_\_\_

Shirt size: \_\_\_\_\_ Email: \_\_\_\_\_

Address: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Cell: \_\_\_\_\_

Please give 2 references which we may contact:

Name: \_\_\_\_\_ Relationship \_\_\_\_\_ Phone \_\_\_\_\_

Name: \_\_\_\_\_ Relationship \_\_\_\_\_ Phone \_\_\_\_\_

In accordance with the Girls on the Run code of ethics, all ambassadors must be drug-free, alcohol-free and tobacco free. In addition, if a Girls on the Run ambassador has suffered from an eating disorder, that ambassador must have completed treatment at least one year prior to the date below. Girls on the Run of New Jersey North reserves the right to dismiss volunteers for a violation to the code of ethics. By signing below, you acknowledge an agreement to uphold all above mentioned policies and maintain the goal to serve as a mentor for these young girls through both your words and your actions.

Signature of applicant \_\_\_\_\_ Date \_\_\_\_\_

Signature of parent or legal guardian \_\_\_\_\_ Date \_\_\_\_\_