High School Program

Overview
Running Start is a nonpartisan, nonprofit organization that trains young women to run for public office. Since 2007, we have trained more than 15,000 young women. Each summer, the High School Program brings 75 high school women from across the country to Washington, DC for an intensive week of political training. Throughout the week, the young women visit the Capitol, the White House, and the offices of their Members of Congress in Washington, DC. Students meet 250+ speakers, trainers, and mentors along the way. They have the opportunity to practice the skills they learn right away as part of a campaign simulation contest that spans the program. See the attached sample agenda for more info about what the program is like! Also, find Running Start on social media (Twitter, Facebook, Instagram) to see all of our programs in action.

Details
Application Process
Below are the application steps. Please see program webpage for the most up to date timeline / application details.

- Online Application
- Parent Permission Form
- Running Start Reviews Applications
- Application Status Notification
- Accepted Participants Complete Acceptance Form & Travel Information Form and Pay Program Fee

Cost to Attend
The $2,000 fee covers a week packed with speakers, trainers, and mentors, as well as visits to Capitol Hill and the White House. Housing at Georgetown University plus all meals and snacks are included in the cost.

Financial assistance is available. Scholarship applications are included within the application to participate.
General Arrival & Departure Information
The program runs Monday – Saturday of one week in June or July. See program webpage for the most up to date details.

General Arrival Information
Monday
12 pm - 5 pm (on-campus arrival window)
Georgetown University

General Departure Information
Saturday
1:30 pm – 3 pm (campus departure window)
Georgetown University

Transportation To & From Georgetown University
Young women are responsible for getting from their homes, the airport, bus, or train station to Georgetown University on their own. There is reliable cab service from the airports, bus, and train stations in the Washington, DC area. Cabs should all accept debit or credit cards or cash. Running Start staff also frequently use the Uber app or the Lyft app to request very inexpensive car service for their own business and personal travel. When using Uber or Lyft, your credit card is charged through the app and you do not need to pay the driver directly or tip the driver. Both services allow riders to send a trip tracker to someone (ex. a parent) who can monitor their progress.

Graduation
Graduation & Light Lunch
Saturday, 10:30 am - 12:30 pm (approx.)
Georgetown University
Families and friends are welcome to attend Graduation on the final day of the program. Running Start collects RSVPs for Graduation as part of the Acceptance Form students must complete. Graduation is usually well attended and attendees seem to really enjoy it. Graduation focuses on and features all of the participants!

Housing
Participants stay in a Georgetown University dorm on campus. The dorms are a short walk from the Lee O'Donovan Cafeteria, where they eat some of their meals, and the Healey Family Student Center where the programming will be. Running Start shares exact dorm room assignments with participants close to the start of the program. Georgetown University provides linens and towels, so participants do not need to bring those items with them. The dorm building is accessed using a key card that participants receive upon arrival and individual dorm rooms are accessed using a key that participants receive upon arrival. If a key card ($50) or room key ($75) are lost, Running Start will ask the participant who lost the key(s) for reimbursement.

Food
Running Start provides all meals (and snacks when needed) from the time participants arrive at Georgetown University on Monday, until their departure on Saturday. Running Start collects information about participants’ dietary restrictions or special food needs as part of the Acceptance Form students must complete. Some meals may be catered. Most meals will be eaten in the Georgetown University Lee O'Donovan cafeteria. We give participants meal vouchers or prepaid debit cards for the meals that will be eaten at campus dining facilities.
Packing List
We encourage participants to bring the following items.

- Business Casual Clothes (for 5 days).
- Comfortable Shoes.
- Backpack or Purse.
- Casual Clothes (for after our programming is done each day and to travel in).
- Toiletries.
- Pajamas.
- Medication (Running Start will collect information about medications as part of the Acceptance Form).
- Work Out Clothes and Sneakers.
- Government Issued Photo ID (like a passport or driver’s license, for potential White House visit).
- School Issued or Other Photo ID (if you do not have a government issued ID).
- Small Amount of Spending Money (to be used while traveling).
- Flip Flops.
- Laptop and Charger (if you have one).
- Cell Phone and Charger.
- Digital Headshot (if you have one).
- Digital Resume (if you have one).
- Talent Show Materials (if you plan to share a talent).
- Reusable Water Bottle.
- Umbrella.

Agenda
See the attached 2018 Agenda for an idea of what the program is like.
Monday, June 18: Orientation

12:00 pm - 5:00 pm  Arrivals & Check In
Social Room, Healey Family Student Center

5:00 pm - 5:30 pm  Introductions, Survey, & Campaign Explanation
Social Room, Healey Family Student Center

5:30 pm - 6:30 pm  Dinner
Social Room, Healey Family Student Center
Dinner in groups with staff, interns and Board Chairs
Tasha Cole, Board Co-Chair, Running Start; Vice President, Congressional Black Caucus Foundation, http://bit.ly/TashaCole
Laura Cox Kaplan, Board Co-Chair, Running Start; Adjunct Professor, American University, http://bit.ly/LauraCoxKaplan

6:30 pm - 7:00 pm  Speaker Finding Common Ground
Social Room, Healey Family Student Center

7:00 pm - 7:30 pm  Speaker Staying Safe in DC
Social Room, Healey Family Student Center

7:30 pm - 8:30 pm  Breakout Sessions Campaign Planning Meetings with Campaign Advisors
Healey Family Student Center

8:30 pm - 9:30 pm  Activity Connecting with Each Other
Social Room, Healey Family Student Center

9:30 pm  Curfew
New South Hall

10:00 pm  Room Check
New South Hall
Campaign Groups

Group 1
Ardel’Paschal Sampson, Bella Braverman, Allison Ryan, Veronica Kim, Isabella Becchi, Kathryn McConnell

Group 2
Charlotte Vincent, Franziska Wild, London Montgomery, Lizeth Mejia, Tarina Ahuja, Grace Heller

Group 3
Olivia Geraci, Olivia Pride, Judy Zhou, Toddiana Jasper, Claire Graham and Perri Easley

Group 4
Josie Futrell, Sophia Chiang, Carolyn Adams, Jocelyn Gama, Gabrielle Henig and Naomi Aisen

Group 5
Neri Martinez, Executive Director, Future Majority Project & Right Women Right Now, Republican State Leadership Committee; http://bit.ly/NeriMartinez
Gigi Aiken, Tyana Ewing, Annie Chambers, Nayeli Escobar, Cara Khalifeh, Sawyer Taylor-Arnold

Group 6
Sabrina McGowan, Sydney Ordway, Kala Tedder, Quinna Molden, Rekha Iyer, Hannah Rose

Group 7
Olivia Di Giulio, Athulya Nath, Chloe Hemsley, Hailey Dirschell, McKenzie Hosey, Lydia Fletcher

Group 8
Sophia Clinton, Cici Carr, Oriana Riley, Zenobia Bey-Braye, Kylah Hughley, Elena Martinez

Group 9
Jordyn Hudson, Maggie Davis, Grace Meredith, Dylan Ward, Nina Luke, Niamh Mayhew

Group 10
Alaina Wheeler, Julia Spoor, Summer Crown, Xintong “Shelly” Chen, Isabella Geraci, Ariyana Yellowbank

Group 11
Rasleen Krupp, Lucy de Lande Long, Rian Nelson, Blaire Williams, Elizabeth Giuffra

Group 12
Nadine Zahiruddin, Anna Barry, Chloe Brettmann, Kathy Tran, Emma Reilly
Tuesday, June 19: Leadership

8:00 am - 9:00 am  Breakfast  
Georgetown University Campus

9:00 am - 9:30 am  Orientation  
Social Room, Healey Family Student Center  
Running Start Staff

9:30 am - 10:30 am  Keynote  The Confidence Code  
Social Room, Healey Family Student Center  

10:45 am - 11:45 pm  Speaker/Activity  IQ vs EQ  
Social Room, Healey Family Student Center  

11:45 am - 1:00 pm  Lunch  
Georgetown University Campus

1:00 pm - 3:00 pm  Breakout Sessions  Leadership Conversation Groups  
Social Room, Healey Family Student Center  
1:00 pm - 1:15 pm  Propose topics  
1:25 pm - 1:55 pm  Breakout 1  
2:00 pm - 2:30 pm  Breakout 2  
2:35 pm - 3:00 pm  Breakout 3

3:15 pm - 4:15 pm  Speaker  Fundraising  

4:15 pm - 5:00 pm  Activity  Fundraising Game  
Social Room, Healey Family Student Center

5:00 pm - 6:00 pm  Breakout Sessions  Campaign Planning Meetings  
Social Room, Healey Family Student Center

6:00 pm - 7:30 pm  Dinner  
Georgetown University Campus

7:30 pm - 9:50 pm  Movie  Miss Representation  
Social Room, Healey Family Student Center  

9:50 pm  Curfew  
New South Hall

10:00 pm  Room Check  
New South Hall
**Wednesday, June 20: Politics**

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
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<tbody>
<tr>
<td>8:30 am - 9:30 am</td>
<td><strong>Breakfast</strong>&lt;br&gt;Georgetown University Campus</td>
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<tr>
<td>9:30 am</td>
<td><strong>Get in Small Groups</strong>&lt;br&gt;Social Room, Healey Family Student Center</td>
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<tr>
<td>9:30 am - 11:00 am</td>
<td><strong>Travel to Capitol Hill</strong></td>
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| 11:00 am - 12:00 pm | **Congressional Reception**<br>Rayburn House Office Building Room 2247  
|              | 11:15 am: Congresswoman Cheri Bustos                                     |
|              | 11:40 am: Congressman Will Hurd                                          |
|              | 11:50 am: Congresswoman Dina Titus                                       |
| 12:00 pm - 1:00 pm | **Lunch in Small Groups**<br>Various Capitol Hill Restaurants           |
| 1:00 pm - 5:00 pm | **Activity**<br>Individual Office Visits with Members of Congress         |
| 5:00 pm - 6:00 pm | **Dinner in Small Groups & Travel to Softball Game**<br>Various Capitol Hill Restaurants |
| 6:00 pm - 8:30 pm | **Congressional Women’s Softball Game**<br>Watkins Recreation Center, 420 12th Street SE |
| 9:00 pm - 9:30 pm | **Travel to Georgetown**                                                  |
| 9:50 pm     | **Curfew**<br>New South Hall                                              |
| 10:00 pm    | **Room Check**<br>New South Hall                                          |
Thursday, June 21: Skills Building

8:45 am - 9:45 am  Breakfast
Georgetown University Campus

9:45 am - 10:15 am  Orientation
Social Room, Healey Family Student Center
Running Start Staff

10:15 am - 11:00 am  Speaker How to Be a Powerful & Effective Speaker
Social Room, Healey Family Student Center

11:00 am - 11:15 am  Speaker Writing a Great Elevator Pitch
Social Room, Healey Family Student Center

11:15 am - 12:30 pm  Breakout Sessions Defining Your Issue in 30 Seconds
Social Room, Healey Family Student Center
Break into groups with facilitators

12:30 pm - 2:00 pm  Lunch
Georgetown University Campus

2:00 pm - 2:45 pm  Speaker Media Training
Social Room, Healey Family Student Center
Tiffany D. Cross, Managing Editor, Curator, & Publisher of The Beat DC, http://bit.ly/TCrossbio

2:45 pm - 4:00 pm  Activity Campaign Planning Meeting
Social Room, Healey Family Student Center

4:15 pm  Get in Small Groups
Social Room, Healey Family Student Center

4:15 pm - 5:15 pm  Travel to Microsoft

5:15 pm - 6:00 pm  Speaker Building a Diverse Network
Microsoft Innovation & Policy Center, 901 K Street, NW, 11th Floor

6:00 pm - 8:00 pm  Networking Reception
Microsoft Innovation & Policy Center, 901 K Street, NW, 11th Floor

8:00 pm - 9:00 pm  Activity Dessert
Travel to various dessert locations or The Asia Group in small groups

9:00 pm - 9:30 pm  Travel Back to Georgetown

9:30 pm  Curfew
New South Hall

10:00 pm  Room Check
New South Hall
Elevator Pitch Groups

Group 1 Winnie Bradfield-Harvey
Ardel'Paschal Sampson, Josie Futrell, Olivia Geraci, Sydney Ordway, Jordyn Hudson, Alaina Wheeler, Olivia Di Giulio, Niamh Mayhew

Group 2 Neishmy Rodriguez
Bella Braverman, Sophia Chiang, Olivia Pride, Sabrina McGowan, Athulya Nath, Tyana Ewing, Maggie Davis, Emma Reilly

Group 3 Danni Hyman
Allison Ryan, Carolyn Adams, Judy Zhou, Kala Tedder, Chloe Hemsley, Annie Chambers, Grace Meredith, Elizabeth Giuffra

Group 4 Kimerlee McMillan
Veronica Kim, Jocelyn Gama, Quinna Molden, Dylan Ward, Nayeli Escobar, Hailey Dirschell, Lizeth Mejia, Elena Martinez, Isabella Geraci

Group 5 Emani Johnson
Isabella Becchi, Rekha Iyer, Claire Graham, Gabrielle Henig, Nina Luke, Cara Khalifeh, McKenzie Hosey, Tarina Ahuja

Group 6 Sara Blanco
Charlotte Vincent, Sophia Clinton, Gigi Aiken, Rasleen Krupp, Nadine Zahiruddin, Kathryn McConnell, Sawyer Taylor-Arnold

Group 7 Jess Kelly
Franziska Wild, Cidi Carr, Julia Spoor, Lucy de Lande Long, Anna Barry, Naomi Aisen, Lydia Fletcher, Kylah Hughley

Group 8 Natalie Caraballo
London Montgomery, Oriana Riley, Summer Crown, Rian Nelson, Chloe Brettmann, Perri Easley, Toddiana Jasper

Group 9 Susannah Welford
Zenobia Bey-Braye, Shelly Chen, Blaire Williams, Kathy Tran, Hannah Rose, Grace Heller, Ariayna Yellowbank

Networking Reception Groups

Group 1 Jess Kelly
Elizabeth Giuffra, Claire Graham, Cara Khalifeh

Group 2 Noelle Stockwell
Isabella Becchi, Charlotte Vincent, Oriana Riley

Group 3 Sudaraka Ariyaratne
Jordyn Hudson, Lizeth Mejia, Elena Martinez

Group 4 Melanie Wolfe
Allison Ryan, Maggie Davis, Dylan Ward

Group 5 Christina Hulik
Nina Luke, Kala Tedder, Sophia Clinton

Group 6 Reniya Dinkins
Hailey Dirschell, Ardel'Paschal Sampson, Chloe Hemsley

Group 7 Emani Johnson
Gabrielle Henig, Julia Spoor, Kylah Hughley

Group 8 Kimberlee McMillan
Summer Crown, Gigi Aiken, Naomi Aisen

Group 9 Lauren Landers
Athulya Nath, Franziska Wild, Josie Futrell

Group 10 Hailey Fischer
Sydney Ordway, Isabella Geraci, Tyana Ewing

Group 11 Neishmy Rodriguez
Bella Braverman, Anna Barry, Olivia Geraci

Group 12 Nina Hankins
Hanna Rose, McKenzie Hosey, Zenobia Bey-Braye

Group 13 Katie Freeman
Kathryn McConnell, Lucy de Lande Long, Nayeli Escobar

Group 14 Alex Hammond
Rian Nelson, Sabrina McGowan, Jocelyn Gama

Group 15 Zoe Kelly
Annie Chambers, Toddiana Jasper, Chloe Brettmann

Group 16 Lyndsey Antos
London Montgomery, Carolyn Adams, Olivia Pride

Group 17 Starr Haas
Lydia Fletcher, Perri Easley, Blaire Williams

Group 18 Winnie Bradfield-Harvey
Quinna Molden, Rasleen Krupp, Sawyer Taylor-Arnold

Group 19 Samantha Herdman
Cici Carr, Alaina Wheeler, Emma Reilly

Group 20 Sarah Taketa
Tarina Ahuja, Sophia Chiang, Rekha Iyer

Group 21 Sabrina Liu
Niamh Mayhew, Veronica Kim, Kathy Tran, Judy Zhou

Group 22 Ao Yin
Nadine Zahiruddin, Grace Heller, Xintong "Shelly" Chen

Group 23 Natalie Caraballo
Olivia Di Giulio, Grace Meredith, Ariayna Yellowbank
Friday, June 22: Life After High School

8:15 am - 9:15 am  Breakfast  
Georgetown University Campus

9:15 am - 9:30 am  Orientation  
Social Room, Healey Family Student Center  
Running Start Staff

9:30 am - 10:15 am  Activity Setting & Defining Priorities  
Social Room, Healey Family Student Center  

10:15 am - 11:30 am  Panel Intersectional Leadership  

11:30 am - 1:00 pm  Lunch  
Georgetown University Campus

1:00 pm - 2:30 pm  Workshop Strong Body, Strong Mind  
Social Room, Healey Family Student Center  
Zainab Drammeh, Women’s Initiative for Self-Empowerment (WISE), www.womenofwise.org/

2:30 pm - 4:00 pm  Speaker Video Production  
Social Room, Healey Family Student Center  

4:00 pm - 7:30 pm  Dinner & Continue Campaign Planning  
Georgetown University Campus

7:30 pm - 9:30 pm  Talent Show!  
Social Room, Healey Family Student Center

9:30 pm  Curfew  
New South Hall

10:00 pm  Room Check  
New South Hall
Saturday, June 23: Graduation

7:00 am - 8:00 am  Pack & Check Out of Dorm Rooms
  New South Hall

8:00 am - 9:00 am  Breakfast
  Social Room, Healey Family Student Center

9:00 am - 10:30 am  Survey & Closing Remarks
  Social Room, Healey Family Student Center
  Running Start Staff

10:30 am - 12:30 pm  Graduation & Campaign Simulation
  Social Room, Healey Family Student Center
  Campaign Advisors and Family Members invited

12:30 pm - 1:00 pm  Lunch
  Social Room, Healey Family Student Center

1:00 pm  Depart from Georgetown
  Running Start staff leaving campus. All students must be signed out of the program.