Coach Job Description

Becoming a coach is the most rewarding way to get involved with Girls on the Run. At each program location, at least two volunteer coaches (a Lead and Co-Coach) work together to deliver the Girls on the Run curriculum, twice a week for 90 minutes to groups of 8-17 girls. You don’t have to be a runner to be a coach - coaches simply must be passionate about the mission of Girls on the Run, committed to working with a group of girls throughout the ten week season (March – May) and able to bring energy and joy to each practice.

Girls on the Run strives to have our programming be consistent, providing the best possible experience for each girl. Our coaches are the most integral part of making that happen. We ask that you truly consider the responsibilities listed below prior to making the commitment to be a mentor to a team of girls.

Teams meet twice a week for ten weeks (March – May) for an hour and a half and are led by two coaches, whom are trained by Girls on the Run staff. Most teams meet directly afterschool, between 3:00pm and 5:30pm. Coaches may indicate a preference for the site at which they would like to coach. If coaches do not have a preference, we will assign them to a location.

**Lead* and Co-Coach Responsibilities:**

Submit a volunteer coach application

Consent to a background check

Attend a mandatory Coach Summit

At least one full time coach must become CPR/First Aid certified or provide proof of current certification. Girls on the Run will provide CPR and first aid training for one coach per site (class is free but space is limited to first come/first serve)

Prepare for and lead twenty 90-minute lessons in a manner consistent with the Girls on the Run philosophy and curriculum

Purchase and prepare a healthy snack for each participant at each lesson (you will receive a visa gift card to purchase healthy snacks and any additional supplies needed)

Arrive at your site at least 10 minutes prior to the start time and stay until every participant has been picked up
Ensure that each participant receives a water bottle and has proper shoes (if a participant is in need of running shoes please contact our program director)

Ensure that our participants are supervised and safe at all times

Serve as a role model and encourage the girls at all times

Always be positive, encouraging and inclusive with participants

Distribute the program pre- and post-surveys as directed

Lead the girls in the coordination of a community service project

Plan and coordinate the mock 5k (request support from family/teacher volunteers if needed)

Plan and coordinate the end of season celebration for the team (to be held the week after the Girls on the Run 5K event)

Communicate with the families of the participants at your site (via phone, letters home, emails and at pick up and drop off) – help them feel welcome, answer any questions they may have, address any concerns and when appropriate invite them to help

Provide direction to family or teacher volunteers to ensure they are offering encouragement, participating in games and work-outs, and generally being cheerleaders for the team.

Support your team at the culminating Girls on the Run 5K event – help them warm up and stretch, run with them, and be there to congratulate them at the finish line

Check email regularly and respond to any GOTR related correspondence in a timely manner

Commit to reading the weekly Coaches’ Corner e-newsletter

Communicate with the Program Coordinator immediately if you have any concerns, challenges or accidents at your site

Be yourself and HAVE FUN!

*In addition to these duties, the role of the Lead Coach will be to ensure Co-Coach(es) are receiving communications and updates from GOTRSEMI, work with the Co-Coach(es) to create a schedule for snacks, lessons, and plan communication with participants families, serve as the main communicator with the Program Coordinator and ensure the return of the materials (coaches box, curriculum) at the conclusion of the season.

**Time Commitment:**

Approximately 4-5 hours per week for 10 weeks, with additional time required for the coaches’ training, mid-season meeting and t-shirt pick up, and the culminating 5K event

**Frequently Asked Questions:**

**Do coaches have to pay for their daughters if they participate in the program?** All full time coaches, who attend training, will have the option to choose to receive a waived fee for their daughter, or to contribute toward the cost of their daughter’s participation in the form of a tax-deductible donation.
Two waived program fees are available for each team 8 – 15 girls. Each full time, trained coach may opt to have their daughter’s program fee waived or if you have one full time coach and two part-time coaches, who each attend training and coach at least one day a week, the part-time coaches may opt to receive one 50% waived fee each. Coaches also receive a t-shirt, water bottle and a complimentary entry into the Girls on the Run 5k.

**Do I have to be a runner to coach for Girls on the Run?** Not at all! In the Girls on the Run program, we have a variety of girls who sign up including, walkers, sprinters, joggers and cart-wheelers! We want coaches who are healthy, positive role models for our girls regardless of their shape, size or abilities.

**Can I bring my younger children with me to our Girls on the Run sessions?** Our sessions are only 90 minutes and we want the girls to have our coaches’ full attention the entire time, we ask that young children not be brought to ‘hang out’ with the group as they can serve as a distraction to both the girls and the coaches.

**Do I need to register for the Girls on the Run 5k event?** Each coach receives a complimentary 5k registration. When you submit your coaches’ application, you are automatically registered for the Girls on the Run 5k event.

**What if I can’t coach for the entire season?** Because our lessons are designed to encourage team building, bonding and a trusting relationship between the girls and coaches, we ask that if you cannot commit to coaching through to the end of the season that you consider other volunteer opportunities with Girls on the Run.

**What if I don’t like the volunteer with whom I am assigned to coach?** Two of Girls on the Run’s six core values are – “Lead with an open heart and assume positive intent” and “Embrace our differences and find strength in our connectedness”. Just as some of our girls may not get along with someone on their team, there may be a fellow coach with whom you do not connect or see eye to eye with. This is a great opportunity to show girls how important it is to ‘lead with an open heart and assume positive intent’ and that even if someone has qualities we are uncomfortable with we can ‘embrace our differences and find strength in our connectedness’. We ask that coaches do everything they can to be polite, respectful and kind to their co-coaches and do not allow any differences of opinion to impact the girls at their site.

Thank you for your interest in helping Girls on the Run empower the girls in our community! If you have any further questions don’t hesitate to contact dana@girlsontherunsemi.org.