



Girls on the Run of Puget Sound Coach Position Description

Please read through the volunteer Coach Position Description before submitting an application. If you have questions about the volunteer position, please email Erin Gorup, Program Director, at erin@girlsrun.org or call us at 206-528-2118.

Job Summary:

The coaches act as a team to lead a group of 8-15 girls through the Girls on the Run (GOTR) or Heart & Sole curriculum. The coaches are expected to participate and be at practices for the entirety of the program starting early March to late May 2020 (10 weeks). Coaches *do not* have to be runners; they only need to have the desire to serve as role models for the girls by engaging with girls during practice, encouraging girls throughout the lessons and work outs, leading a healthy lifestyle and maintaining positive attitudes. Coaches assist with family communication, girl fundraising, and 5k preparation during the season. Coaches are volunteers that can be faculty, staff, parents or community members. It is mandatory for there to always be 2 volunteer coaches on site with GOTR participants; otherwise, we cannot hold practice. GOTRPS recommends no more than 4 volunteer coaches per team per practice. Coaches attend the 5K at the end of the season.

Qualifications:

- A strong commitment to girls' positive development.
- Willingness to work in partnership with co-coaches and practice partners assigned to your site
 - This may include members of the greater community that GOTR staff places at your site to assist and support.
- Experience working with youth a plus, but not necessary.
- Coaches *do not* have to be runners. Any person who lives a healthy lifestyle and is committed to improving the lives of girls can volunteer as a coach.
- Clear background check.

Time Commitment:

- Approximately 5-6 hours per week, which includes:
 - 1.5 hours of practice 2x a week
 - Time on-site before and after practice which can include your commute, curriculum preparation, snack purchasing/preparation, as well as communication with coach team, girls' families, and GOTR staff.
- 5 hour NEW COACH training and 1 hour online training in Winter 2020 or 1 hour RETURN COACH online training
- Attend the end-of-season celebratory 5k



Coach Responsibilities:

- Commit to attending all practices. Coaches may not miss more than 4 practices during a season.
 - If you can only attend one practice a week, you must discuss this with GOTR Staff prior to committing to a team.
- Communicate with GOTRPS staff and co-coaches in a timely manner or if you need extra assistance throughout the season.
- Purchase healthy snacks for your team and **save receipts to be reimbursed** up to \$18/girl per team at the end of the season.
- One coach at each site must be CPR/First Aid certified before the start of the season (GOTR reimburses for cost of certification class for ONE coach per team).
- Arrive at the program site 15 minutes before the practice starts and remain at the site until all participants have left.
- Help communicate about the GOTR Season to families through email and distribution of hard copy letters given to you.
- Practice positive behavior management and foster a non-competitive environment that embodies Girls on the Run values.
- Attend the GOTR 5K at the end of the season with your team.
- Read the Weekly Warm Up email from GOTRPS throughout the season to remain informed about any season changes, key events and coaching tips.
- Please return GOTR Curriculum at the end of the season **without damage or writing on pages to avoid being charged** since we reuse the GOTR Curriculum from season to season.

Requirements:

- Submit Online Coach Application
- Consent to a background check
- Must be 18 years or older
- New coaches are required to attend a 5 hour coach training and complete a brief online training
- Returning coaches are required to complete an online training session each season

Practice Partner:

If you are unable to fulfill the time commitment and responsibilities of being a Girls on the Run Coach, please consider staying involved by volunteering as a **Practice Partner!** Contact a GOTR Program staff member to learn more about this role.