



# Be a Girls on the run coach!



## Coaching Goals

- Build the girls' self-esteem
- Educate and inspire girls to live healthy lives
- Create a fun and uplifting atmosphere that inspires the girls to enjoy the lessons
- Inspire the girls to exercise - running, skipping, or leaping

## Head Coach

- Attend mandatory coach training
- Prepare, organize, and supervise 2 weekly 75 minute lessons
- Become CPR certified
- Attend the end-of-season 5k event
- Understand and believe in GOTR mission
- Learn, grow, and have fun

## Assistant Coach

- Attend mandatory coach training
- Assist the head coach at the GOTR site
- Collaborate with Head Coach with lessons
- Attend both weekly lessons
- Attend end-of-season 5k event
- Understand and believe in GOTR

## Who we are looking for!

- Enthusiastic, dedicated and positive volunteers
- Those who run AND those who do not run
- Commitment to empower girls with strategies of valuable life lessons
- Genuine interest in leading healthy lifestyle
- Have a sincere desire to help girls overcome the many difficult issues they face today

*Coaching Experience is not required!*

## How It Works!

Coaches meet 2 times per week for 10 weeks with 3<sup>rd</sup>-5<sup>th</sup> grade **Girls on the Run** program girls or 6<sup>th</sup>-8<sup>th</sup> grade **Heart & Sole** program girls. Program sites meet after school, and program days/times vary per site. Each program has a scripted lesson plan for you and includes a materials list. GOTR provides the supplies, snacks and handouts.

**Girls on the Run uses the power of running to help prepare girls for a lifetime of self-respect & Healthy living.** It's a place where girls learn how to celebrate being girls by building self-esteem and improving emotional and physical health, while also training for an end of season 5k run/walk celebration.

Learn more about becoming a coach, contact:  
[deidre.dodd@girlsontherun.org](mailto:deidre.dodd@girlsontherun.org)