



## Girls on the Run of Puget Sound Coach Position Description

Please read through the Coach Position Description before submitting an application. If you have questions about the position, please contact Katie Glenn, Program Director, at 206-528-2118 or [Katie@girlsrun.org](mailto:Katie@girlsrun.org). Below is a description of volunteer coach requirements and responsibilities.

The coaches act as a team to lead a group of 8-15 girls through the Girls on the Run (GOTR) curriculum. The coaches are expected to participate and be at practices for the entirety of the program (11 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. These volunteers 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 3 volunteer coaches at a site per day.

### Qualifications:

- A strong commitment to girls' positive development.
- The capacity to work in partnership with co-coaches.
- 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.

### Coach Responsibilities:

- Identify one coach who will be the communication point person between the coach team and GOTRPS.
- One coach at each site must be CPR/First Aid certified before the start of the season (GOTR reimburses for cost of certification class).
- Manage the materials kit by receiving it from GOTR at the beginning of the season, taking it to the program site, and then returning it to GOTR when the season is over.
- Commit to attending all practices. Coaches may not miss more than 4 practices during a season. If your schedule precludes you from making this commitment, please consider volunteering as a Practice Partner. Contact [katie@girlsrun.org](mailto:katie@girlsrun.org) for more information.
- Arrive at the program site 15 minutes before the practice starts and remain at the site until all participants have left.



- Work with your team of coaches to split up responsibilities for the following: facilitation of the curriculum, communicating to girls' families, and purchasing/providing healthy snacks (GOTR reimburses for cost).
- Attend required coach meetings.
- Practice positive behavior management.
- Serve as a role model for the participants.
- Act in accordance with the mission of Girls on the Run during practice.
- Communicate with GOTRPS staff members when you or your coach team needs additional assistance.
- Attend the GOTR 5K at the end of the season and supervise program participants.
- Read the Weekly Warm Up email from GOTRPS throughout the season to remain informed about any season changes, key events and coaching tips.

### **Coaching Time Commitment :**

Approximately 5-6 hours per week which includes 3 hours of practice, time on-site before and after practice, commute, curriculum preparation, snack purchasing/preparation, as well as communication with coach team, girls' families, and GOTR office. There is also a 5.5 hour training prior to the season starting for new coaches and some online training as well for both new and returning coaches.

### **Requirements:**

- Submit a coach application to GOTRPS
- Consent to a background check
- There must be at least one coach over 21, and other coaches must be 16 or older
- New coaches are required to attend a 5.5 hour coach training and complete a brief online training
- Returning coaches are required to complete an online training session each season

### **Substitute Coaching:**

If you cannot to being a full-time coach, you have the option to Substitute Coach. Substitutes may be contacted well in advance or day –of-practice; we ask for some flexibility in your schedule to accommodate the occasional last minute request. You must commit to covering at least 5 practices throughout the season, if needed.

### **Requirements:**

- Submit a coach application to GOTRPS
- Consent to a background check
- New substitute coaches are required to attend the 5.5 hour in person training and online training
- Returning substitute coaches are required to complete the online training