



# Girls on the Run® of Puget Sound

## Coach Position Description

The Lead Coach and Co-Coaches act as a team to lead a group of 8-15 girls through the Girls on the Run (GOTR) curriculum. The Lead and Co-Coaches are expected to participate and be at practices for the entirety of the program (12 weeks). Please read through the Coach Position Description before submitting an application. If you have questions about the position, contact Katie Glenn, Program Manager, at 206-528-2118 or [katie@girlsrun.org](mailto:katie@girlsrun.org).

### 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:

#### Both Lead Coach and Co-Coaches

- Attend the program 2 days a week, for the entire 12 weeks of the program.
- Regularly attend practices. Coaches may not miss more than 4 practices during a season. If your schedule precludes you from making this commitment, please consider substitute coaching (see below).
- Arrive at the program site 15 minutes before the practice starts and remain at the site until all participants have left.
- Practice positive behavior management.
- Attend required Coach meetings.
- Read the *Weekly Warm Up* email from Pacer throughout the season.
- Attend the GOTR 5k event at the end of the season and supervise program participants.
- Serve as a role model for the participants.
- Understand and believe in the mission of Girls on the Run.
- One Coach at each site must be CPR/First Aid certified before the start of the season (GOTR reimburses for cost).

#### Lead Coach Responsibilities

- Lead your team of coaches in decisions regarding the following: facilitation of the curriculum, communicating to girls' families, and purchasing/providing healthy snacks (GOTR reimburses for cost).
- Communicate with the Program Manager when you or your coach team needs additional assistance.
- 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.

#### Co-Coach Responsibilities

- Work with your team of coaches to accomplish the following: facilitate the GOTR curriculum, communicate with girls' families, and purchase/provide healthy snacks (GOTR reimburses for cost).
- Communicate with the Program Manager as needed.

#### Time Commitment

- Approximately 4- 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.

#### Requirements

- Submit a Coach Application to GOTRPS
- Consent to a background check
- Lead Coaches must be 21 years or older. Co-Coaches must be 16 years or older

*New Coaches are also required to:*

- Attend a five-hour coach training (all coaches must attend)

*Returning Coaches are also required to:*

- Attend the pre-season kick-off celebration
- Attend coach training

**Substitute Coaching**

If you cannot commit to being a full-time Lead or Co-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.

**Requirements**

- Submit a Coach Application to GOTRPS
- Consent to a background check

*New Substitute Coaches are also required to:*

- Attend a five-hour coach training

**Evaluation**

GOTR staff and/or GOTRPS Pacers (volunteers) administer one program site visit during the season to ensure that the curriculum is being delivered properly without material alteration and in a manner that is consistent with the Girls on the Run mission and values. The primary purpose of this visit is to provide support to the coaching staff and to identify and assist with any issues regarding participants, parents, curriculum, materials, or program sites.