

Your Coaching Team



The Coaching Team is one of the most important parts of a successful site! The Coaching Team includes a Site Liaison, two to four Coaches, and one to two Practice Partners. Together, these volunteers provide a safe, smooth, and supportive environment for a Girls on the Run practice.

We have found that program sites are most successful when coaches and practice partners are part of the community they serve. Teachers and parents make great GOTR volunteers!

Volunteers do not need to be runners or women; the only requirement is to be enthusiastic and committed to the healthy development of young girls. Girls on the Run supplies all the training and material – you just need to bring your positive energy to each lesson.

Volunteering with GOTR might just change your life as much as the girls you coach!

All Girls on the Run volunteers, must register through our online system each season and be background checked every two years. This ensure the safety of our participants and follows Girls on the Run International's guidelines regarding volunteers.

Each volunteer role plays a key part in the Coaching Team. Below we have outlined the typical roles for a team, however, each team is different and we encourage you to communicate with your Coaching Team to figure out what works best.

Site Liaison

The Site Liaison is a volunteer position that provides a valuable link between the Coaching Team, Girls on the Run staff, and school/site administration. This person should be a staff member of the school or site in order to facilitate the best coordination and communication. The Site Liaison can also be a Coach or Practice Partner.

Main Duties Include:

"I LOVE coaching GOTR!!!! I love the relationships I form with the girls and watching them gain confidence and self-love!"

-GOTR Coach

- Complete the site application each season and gain approval of principal/site administrator to support the hosting of GOTR
- Assist in the recruitment of coaches for the site and pass volunteer contact information along to GOTR Program Manager
- Distribute registration fliers and/or letters and director families to the online registration form and the GOTR office for any questions relating to registration
- Some sites may need to collect registration forms if online access becomes a barrier to registration
- Set up and attend a Coaching Team meeting prior to the beginning of the season in order to assign duties and coordinate schedules
- Communicate with Coaching Team throughout the season to ensure lessons are going smoothly
- Keep in contact with GOTR Program Manager regarding any site changes, coaching needs, team issues, etc.
- Champion the GOTR program at your site and have fun!

Coach

The Coach is a volunteer position that works with a team of coaches to deliver the Girls on the Run or Heart & Sole curriculum to program participants. Coaches work closely with the Site Liaison and GOTR staff in order to ensure team needs are being met. Coaches are expected to attend the majority of the lessons including the first lesson, Practice 5k, Community Impact Project, End of Season Celebration, and the Community 5k.

Requirements

- 18+ years old
- Complete a 40 minute online training and a 4.5 in-person Coach Training prior to first season of coaching
- CPR certification
- Consent to background check every two years

Main Duties Include:

- Understanding and believing in the mission, vision, and core values of Girls on the Run
- Acting as a positive GOTR spokesperson and serving as a role model and mentor for program participants
- Working with the Coaching Team to implement lessons, strengthen your team, encourage program participants, and address behavior issues
- Actively participate in each lesson and give support to other coaches when needed
- Interacting with parents of program participants

- Reviewing and acting on communication from the Girls on the Run staff
- Coordinating team community impact project (during regular lesson)
- Planning and coordinating the end-of-season Celebration

Practice Partner

The Practice Partner is a volunteer position that assists the coaching team in facilitating the Girls on the Run or Heart & Sole lessons. This role provides encouragement and support to the girls during lessons. Practice Partners are expected to consistently attend one lesson per week as well as the Practice 5k, Community Impact Project, End of Season Celebration, and the Community 5k.

Requirements

- 16+ years old
- Consent to background check every two years (if 18+ years old)
- Complete a 40 minute online training and a 4.5 in-person Coach Training prior to first season of coaching (optional)
- CPR certification (optional)

Main Duties Include:

- Understanding and believing in the mission, vision, and core values of Girls on the Run
- Acting as a positive GOTR spokesperson and serving as a role model and mentor for program participants
- Give support to Coaches during lessons while encouraging and motivating all participants
- Participating in games and workouts with the girls as needed