

SITE LIAISON

Volunteer Summary

The Site Liaison is a volunteer position that works with their site's community and the Girls on the Run of Central Illinois office to ensure the implementation of the program. This position works closely with GOTR staff and serves as a link between school/site administration, coaches, parents/guardians, and participants. The Site Liaison is responsible for determining their team's program dates and times, securing appropriate lesson space, marketing the program, and recruiting coaches and girls. During the season, the Site Liaison ensures all aspects of the program are running smoothly by checking-in and attending lessons. Site Liaisons are also welcome to join their team at the Community 5k.

NOTE: Site Liaisons can dual-volunteer as Coaches or Practice Partners.

Expected Time Commitment

- Fall Season: August to November | Spring Season: Mid-January to May
- 10 hours pre-season + 5-10 hours throughout the season + Community 5k (optional)

Requirements

- Employed at the school/site
- Attend New Site Meeting with Girls on the Run of Central Illinois staff (first season only)
- Submit online volunteer registration form each season, includes Non-Compete and Liability Waiver
- Complete background check every two years through Girls on the Run of Central Illinois

Responsibilities

- Gain approval of principal/site director to support hosting a Girls on the Run and/or Heart & Sole team
- Submit Site Renewal Application each season (when school/site is participating)
- Arrange and manage site-specific program logistics including securing adequate and reliable lesson space, distributing program materials from GOTR, etc.
- Recruit and manage Coaches and Practice Partners for each team (2-4 Coaches + 1-2 Practice Partners per team of 15 girls)
- Recruit girls and families, informing them of the registration process, financial assistance, and season dates
- Maintain regular communication with Coaches and participant families regarding program and season progress
- Read and respond to all Girls on the Run of Central Illinois communication and emails; adhere to all important deadlines
- Attend and provide a positive 5k experience for the team including coordination of transportation to and from the event (if applicable)
- Be a champion for GOTR at your site and ensure the program is fun for all involved!

Qualifications

- Believe and support the mission, vision, and core values of Girls on the Run
- The ability to be flexible and work with a team of Coaches
- Excellent communication skills, organizational skills, and conflict resolution skills
- A strong desire to work towards positive girl development, inspiring, and motivating others to believe in the Girls on the Run mission and core values



COACH

Volunteer Summary

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.

NOTE: Each team of 15 girls is required to have a minimum of two (maximum of four) coaches.

Expected Time Commitment

- Fall Season: August to November | Spring Season: Mid-January to May
- 40 - 50 hours per season
 - 1.5 - 2 hours per lesson x 2 lessons per week x 10 weeks + Community 5k

Requirements

- 18 years or older
- Girls on the Run Coach Training certification (provided free of charge by GOTR)
 - Includes a refresher training every year
- CPR certification (provided free of charge by GOTR)
- Submit online volunteer registration form each season which includes Non-Compete and Liability Wavier
- Complete a background check through GOTR every two years

Responsibilities

- Be a positive role model and mentor for the girls on your team
- Communicate and collaborate with Site Liaison and Coaching Team to arrange site logistics: lesson days/times, program materials, 5k details, etc.
- Attend at least one lesson per week for the entirety for the season
 - * *It is preferred that Coaches attend both lessons each week for consistency and relationship building*
- Arrive on time and prepared for each lesson including reading the day's lesson ahead of time and preparing any materials needed
- Actively participate in each lesson with your team
- Assure safety of participants, adhere to GOTR and site policies and procedures, take accurate attendance at each lesson, ensure all girls are released to an authorized individual after lessons
- Read and respond (if necessary) to all Girls on the Run of Central Illinois communication and emails; adhere to all important deadlines
- Communicate regularly with Coaching Team, Site Liaison, and participant families regarding season progress
- Attend and provide a positive 5k experience for the team

Qualifications

- Believe and support the mission, vision, and core values of Girls on the Run
- Have a positive attitude and a want to leave a lasting impact on the lives of girls in the community
- The ability to work in a partnership with co-coaches and be flexible
- Excellent communication skills, organizational skills, and conflict resolution skills
- A strong desire to work towards positive girl development, inspiring and motivating others to believe in the Girls on the Run mission and core values

Educators can now receive five professional development hours (aka CEUs, CPDUs, PD hours) for successfully completing National Coach Training through the Sangamon County Regional Office of Education.



PRACTICE PARTNER

Volunteer Summary

The Practice Partner is a volunteer position that assists the coaching team with logistics and safety during Girls on the Run and/or Heart & Sole lessons. Practice Partners are not considered Coaches and are not authorized to facilitate our curriculum.

NOTE: Teams are not required to have Practice Partners, but there can be maximum of two per team of 15 girls.

Expected Time Commitment

- Fall Season: August to November | Spring Season: February to May
- 20 - 30 hours per season
 - 1.5 - 2 hours per lesson x 1 lesson per week x 10 weeks + Community 5k

Requirements

- 16 years or older
- Submit online volunteer registration form each season which includes Non-Compete and Liability Wavier
- Complete a background check through GOTR every two years (if 18+)

Responsibilities

- Be a positive role model and mentor for the girls on your team
- Determine and maintain a consistent schedule and communicate schedule with Site Liaison and Coaches. Practice Partners are required to attend at least one lesson per week for the entirety for the season
- Arrive on time and ready to be fully present with your team during the entirety of the lesson
- Assist Coaches with lesson activities and workout
- Give one-on-one support to the girls on your team
- Assure safety of participants, adhere to GOTR and site policies and procedures, ensure all girls are released to an authorized individual after lessons
- Read and respond (if necessary) to all Girls on the Run of Central Illinois communication and emails; adhere to all important deadlines
- Attend and provide a positive 5k experience for the team

Qualifications

- Believe and support the mission, vision, and core values of Girls on the Run
- Have a positive attitude and a want to leave a lasting impact on the lives of girls in the community
- The ability to work in a partnership with Coaching Team and be flexible
- Excellent communication skills, organizational skills, and conflict resolution skills
- A strong desire to work towards positive girl development, inspiring and motivating others to believe in the Girls on the Run mission and core values

