



# Girls on the Run® of Puget Sound

## Assistant Coach Description

### Description

The Assistant Coach is a volunteer position that works with a team of coaches to facilitate the Girls on the Run curriculum to a group of 8-15 program participants. This position works closely with the Head Coach and entails approximately 2-4 hours per week.

### Requirements

- Submit a Coach Application to GOTRPS
- Consent to a background check
- Must be 16 years or older

If it's your first time coaching you are also required to:

- Attend a group interview with the Program Coordinator prior to the coach training
- Attend a day-long coach training

### Responsibilities

- Attend the GOTR program 1 or 2 days a week
- Support the Head Coach by handing out supplies, snacks, setting up for activities, filling water bottles, leading activities, etc.
- Provide one-on-one attention to girls as needed
- Run or walk with the girls and encourage them to put their best effort into the running activities
- Attend the final 5k event at the end of the season
- Read weekly emails from the Program Coordinator
- Serve as a role model for the girls
- Understand and believe in the mission of Girls on the Run

### Qualifications

- A strong commitment to girls' positive development
- Experience working with youth a plus, but not necessary
- The capacity to work in a partnership with a Head Coach

### Evaluation

All coaches will undergo a program site visit administered by the Program Coordinator 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 vision.

To receive a Coach application or if you have any further questions about the position, please call or email Amber Swim, Program Coordinator, at 206-528-2118 or [amber@girlsrun.org](mailto:amber@girlsrun.org)