



# Girls on the Run® of Puget Sound

## Head Coach Description

### Description

The Head Coach is a volunteer position that leads a team of coaches to facilitate the Girls on the Run curriculum to a group of 8-15 participants. The position works closely with the Program Coordinator and entails approximately 5 hours per week.

### Requirements

- Submit a Coach Application to GOTRPS
- Be Child CPR & First Aid certified before the start of the session (GOTR can reimburse cost)
- Consent to a background check
- Must be 21 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 2 days a week
- Attend required coach meetings
- Lead your team of coaches in decisions regarding the facilitation of the Girls on the Run Curriculum, communicating to girls' families, and purchasing and providing healthy snacks (GOTR reimburses for snacks).
- Serve as a role model for the girls by being on time, dressing appropriately, having a positive attitude, and by leading a healthy lifestyle.
- Coach participants on proper running, stretching, pacing and hydration techniques.
- Arrive at the program site at least ten minutes before the lesson begins and wait to leave until all girls have been picked up.
- Communicate with the Program Coordinator on behalf of the site's coach team.
- Read weekly email from Program Coordinator
- Manage program materials
- Attend the final 5k event and supervise program participants
- Practice positive behavior management.
- Understand and believe in the mission of Girls on the Run.

### Qualifications

- A strong commitment to girls' positive development
- Experience working with youth
- The capacity to work in a partnership with a co-coach and/or assistant coaches
- Coaches *do not* have to be elite runners. Any woman who lives a healthy lifestyle and is committed to improving the lives of girls can serve as a 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@girlsrn.org](mailto:amber@girlsrn.org)