

Running Buddy Orientation Agenda

(Approximately 1 hour)

- Arrive & check-in with Volunteer Coaches at front of site
- Play the Name Game in Lesson 1
- Give GOTR introduction & review GOTR values
- Review Running Buddy Expectations
- Reveal the Practice 5k Plan & Girl/Buddy match up
- Go over general tips to motivate girls
- Give a brief site orientation
 - Where to check-in on Practice 5k Day
 - Location of Bathrooms
- Walk the Practice 5k course
 - At this time, Coaches will float and give specific tips on how to motivate your “Girl Buddy”

****Remember: Coaches are volunteers too, so please arrive on time!****