

Q: What is the role of the coach?

A: Requirements and responsibilities of the coach position can be found in the Coach Summary on our website: www.girlsontherun.org/coach. Girls on the Run coaches are trained volunteers who lead a team of participants through a season of powerful and fun lessons. You do not need to be a runner; you simply need to have a desire to support and encourage the next generation. Coaches receive all the tools and support they need and find that they get as much out of coaching as they give. You can also watch this great [YouTube video](#) that describes the role.

Q: Do coaches create the lessons or is there an established curriculum?

A: Coaches do not create lessons. Coaches facilitate an easy-to-follow, well-researched, copyrighted curriculum that is used by all Girls on the Run councils throughout the United States and Canada.

Q: Do coaches have to provide materials in order to lead the lessons?

A: Coaches do not provide materials to deliver the GOTR curriculum. Girls on the Run provides each site with a "Coach Box", containing detailed curriculum books and all of the supplies necessary to confidently deliver each lesson. Our Girls on the Run council strives to provide coaches with an "out-of-the-box" experience, making our program easy and fun to deliver, at no cost to the coach.

Q: Can men serve as coaches?

A: Yes! Coaches can be of any gender identity and from all walks of life.

Q: Do coaches have to be runners or athletes?

A: Coaches **do not** have to be runners! We welcome coaches from all abilities and fitness levels. Our coaches come from a range of backgrounds, professions and levels of experience. Simply bring your passion for empowering youth!

Q: Can I coach a team with a friend or family member?

A: Absolutely! Each Girls on the Run practice is led by three or four trained coaches. If you would like to coach at an existing site with another coach, mention this in your application and we will do our best to accommodate you.

Q: When is the program offered and how long is the season?

A: The program is offered twice per year, spring and fall seasons. Each season is 8-10 weeks long. The spring season runs from mid-March to early June. The fall season runs from mid-September to early November. Coaches commit to 1 season at a time, and have the opportunity to re-commit if they choose to return the next season.

Q: What is the time commitment for coaches?

A: During the season, teams meet 2x/week for 90 minutes, generally after-school. Coaches attend practices each week throughout the season (2x/week is preferred, at least 1x/week is required). A coach attending 2x/week will attend 16 practice sessions over the course of the season, and serve approx. 4 hours/week, including lesson preparation and facilitation. This includes two 90 min practice sessions, a little time before and after practice, reviewing GOTR curriculum ahead of the lesson, communication with co-coaches and the team's families.

Q: What days and times do teams meet?

A: Teams meet twice weekly for 90 minutes, generally after-school. Practice days and times vary by site. Most teams meet after bell dismissal at school; some practice start as early as 2:30pm, while others start later at 4:30pm.

Q: Do coaches need to attend every practice?

A: For continuity, positive team dynamics and meaningful relationship building with the kids and co-coaches, GOTR expects coaches to **consistently attend practice each week** throughout the season, as well as at the 5K event. Coaches should be sincere in their commitment to their team and their co-coaches. If a coach is unable to consistently attend once or twice each week, they will not be placed on a team.

Q: How many girls and coaches are on a team?

A: Girls on the Run is intentionally designed to be delivered in small groups.

- For a team size of 8-15 kids, 3 coaches are needed at every practice.
- For a team size of 16-20 kids, 4 coaches are needed at every practice.
- Multiple teams are allowed to run concurrently at a site, as long as there are enough dedicated coaches to

each team, and space adequate to host two separate teams.

Q: Do coaches get any perks?

A: YES! We invest in our coaches, because our coaches invest their time, energy and heart into our teams. In addition to receiving the training, supplies and curriculum needed to deliver our program, coaches also receive an official GOTR shirt, complimentary entry into the 5K, priority registration for their child, appreciation gifts, discounted tickets to special events and more!

Q: How does priority registration work for coaches' daughters?

A: As a thank you to our dedicated volunteers, confirmed coaches and site liaisons will be provided with a link to register their age-eligible daughter. The link will be live during the Priority Registration Period (one week prior to registration opening to the public). Completing registration during this time period will secure coaches' daughters a spot on the team, and they will not be subject to the lottery or waitlist.

Q: What is the lottery registration period?

A: Girls on the Run uses a third-party software called Pinwheel to manage all program registration. This software protects confidential information and is used to conduct a fair and random lottery selection process.

Prior to the start of each season, Girls on the Run will advertise dates for the lottery registration period. *Please see our website for lottery registration period dates.* During the lottery period, registration is open to the public and parents can sign their child up for their preferred team. During this period, anyone who signs up will be entered into the lottery. For best chance to get a spot on your desired team, register anytime during this period.

Here's how lottery selection works:

- When the lottery registration period is over, the system will temporarily close for lottery selection to take place.
- If a team is **over capacity** at the time of lottery selection, kids will be randomly picked by the system and placed on the team. Remaining kids will be placed on the team's waitlist.
- If a team is **under capacity** at the time of lottery selection, all kids will be placed on the team.
- At the time of lottery selection, emails will be sent by the end of the day indicating whether your child has been selected and placed on the team, or placed on the team's waitlist.
- Payments are processed **only if** your child is placed on a team & there is a fee associated with the registration.
- After the selection process, **registration will re-open** for teams with remaining space. Kids will be placed on a first come, first serve basis, until the team reaches capacity.

Q: What if our team fills up and more kids are interested in registering?

A: If your team is at capacity, a wait list will form. Girls on the Run program office manages the waitlist. Waitlisted kids will only be added to a team if a spot becomes available. At that time, GOTR will notify the parent/guardian and will offer a spot.

It is possible for a site to host multiple teams (concurrently or on different days) as long as there is adequate space to safely gather, and enough coaches to support each team (3-4 dedicated coaches per practice, per team).

Q: Are coaches trained?

A: Yes! All coaches are required to complete coach training prior to the start of the season. Coach training consists of two parts, online and in-person. Run time for the online training is approx. 3-4 hours. Online modules are self-paced and accessible by any computer or mobile device. Run time for the in-person training is approx. 2-3 hours. In-person training is hands on and interactive, hosted at our GOTR office, 901 Deming Way Madison WI 53717. New coaches are required to complete training (online and in-person) prior to the start of the season.

Q: Do coaches need to be First Aid/CPR certified?

A: Girls on the Run asks that one coach at practice be certified in First Aid/CPR. We offer an **optional** First Aid/CPR training to coaches who do not have a current certification. If this interests you, please email info@girlsontherunscwi.org to sign up.

Q: Can I bring my other child (non-registered participant), family member or pet to GOTR practice?

A: Sorry, no. As a GOTR coach, you'll be giving all your attention to the team in order to build positive, inclusive relationships, develop a healthy team dynamic and deliver the curriculum as intended. Having non-registered participants or pets at GOTR practice is a liability concern for our organization.

Q: When and where do we get our program supplies?

A: We will announce specific dates for supply pick up in the weeks leading up to the start of the season. Coach box/supply pickup will be located at our office, 901 Deming Way Madison, WI 53717. Supplies will be located on the lower level, in the hallway outside our office (Suite 11). Doors will be open from 6 a.m. to 6 p.m.

Q: Where does the GOTR program take place?

A: Our program is offered at a variety of schools and community centers in South Central Wisconsin. Currently, we serve Dane, Dodge, Columbia, Green, Iowa, Jefferson, Rock and Sauk Counties.

Q: How do I get GOTR in my community?

A: We love serving as many kids as possible with our life changing program! If you do not see your community represented in our map of current program sites (www.girlsontherunscwi.org/Our-Locations), please reach out to us! We can walk you through the steps of bringing GOTR to your community. Visit our website for more information (www.girlsontherunscwi.org/Start-Site)

Q: I have more questions!

A: We are here to help! Contact our local council by email info@girlsontherunscwi.org or call 608-831-4687.