

# Coach Position Description

# Girls on the Run of SCWI

## Description

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. Check out this [video](#) to learn more about coaching!

## Responsibilities

- Serve as a coach and mentor for a team of program participants (3<sup>rd</sup>-5<sup>th</sup> or 6<sup>th</sup>-8<sup>th</sup> graders)
- Be reliable; consistently arrive on-time and prepared to deliver program as intended.
- Ensure coach/kid ratio is maintained for safety & positive dynamics.
- Review and facilitate lessons, using our research-based curriculum.
- Collaborate and communicate with co-coaches for lesson delivery and to best serve your team.
- Communicate with parents of program participants.
- Have fun while serving as a positive role model for participants.

## Requirements

- Coaches are at least 18 years old.
- Coaches complete an application, background check and training prior to the start of the season.
- Commit to the entire season's schedule, including the 5K event.
- Consistently attend practice each week throughout the season.
- We welcome coaches from all backgrounds, ages, abilities, and gender identities.
- Not a runner? Not a problem! Simply bring your passion for empowering youth!

## Time Commitment

- Teams meet 2x/week for 90 minutes, generally after-school.
- Coaches must attend practices consistently (2x/week is preferred, at least 1x/week is required)
- A coach attending 2x/week will attend 18 practice sessions over the course of the season, and serve approx. 4 hours/week, including lesson preparation and facilitation.

## Training/Resources

- GOTR provides coach training, detailed curriculum books, and all the facilitation supplies needed to confidently deliver every lesson.
- GOTR coach training is hosted prior to the start of every season and includes 1.5 hours of online training, as well as 4.5 hours of hands-on, in-person training.
- At least one coach on every team must be CPR and First Aid certified - we can help!

## Frequency

- Girls on the Run hosts 2 seasons each year; spring and fall. 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-engage the next season if they choose to return as a volunteer.

## How to Apply

- Learn more & sign up on our website: <https://www.girlsontherunscwi.org/coach>
- Contact our local GOTR council by email or phone: [info@girlsontherunscwi.org](mailto:info@girlsontherunscwi.org) 608-831-4687