

## Site Liaison Position Description

## Girls on the Run of SCWI

### Girls on the Run Overview:

We inspire girls to be joyful, healthy and confident using a fun, experienced-based curriculum which creatively integrates running. Girls on the Run uses running and other physical activities as a platform for teaching life skills and promoting holistic health outcomes for kids. The innovative lessons are specifically targeted to help improve competence, caring, character, connection and contribution, in addition to teaching critical life-skills such as how to manage emotions, help others, make intentional decisions and resolve conflict. The program culminates with a team led community impact project and completion of a celebratory 5K (3.1 mile) event. Crossing the line at the 5K gives kids a tangible sense of achievement as well as a framework for setting and achieving life goals.

### Site Liaison Description

Girls on the Run Site Liaison are people who are passionate about improving the lives and opportunities of girls. Site Liaisons have a deep connection to the host site as an employee, highly engaged parent, and/or community member. Liaisons partner with the Girls on the Run to ensure success and sustainability of the team.

### Responsibilities

- Champion the Girls on the Run program at your site and have fun!
- Identify safe, accessible outdoor space to facilitate practice (lessons and running activities)
- Identify indoor space to be used in the event of severe weather (thunder/lightening)
- Identify practice days and times (2x/week for 90 min)
- Assist in the recruitment of a coaching team (3-6 volunteer coaches)
- Assist in the recruitment of participants through broad & inclusive outreach
- Understand the GOTR registration process and assist families when needed
- Share awareness of financial assistance and resources available for participants facing barriers
- Meet with coaches prior to the start of the season to review team logistics

### Requirements

- Site Liaisons are at least 18 years old
- Site Liaisons from all backgrounds, abilities, and gender identities are welcomed
- Complete Site Application & Council Onboarding (background check, virtual meeting & email) prior to season
- Gain approval from principal/site director in support of hosting GOTR
- Serve as the point of contact between GOTR, site, and coaches
- Commit to supporting the team for the entire season's schedule
- Not a runner? Not a problem! Simply bring your passion for empowering youth!

### Time Commitment

- Seasons are 10 weeks long. Teams meet 2x/week for 90 minutes, generally after-school
- Liaisons may serve as a coach, if they choose to do so, although it is not required
- Coaches attend practices consistently (2x/week is preferred, at least 1x/week is required)

### 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.
- Site Liaisons commit to 1 season at a time, and have the opportunity to re-engage the next season if they choose to return and host a team for the following season.
- For continuity and site sustainability, we love having Liaisons partner with us for a number of seasons and identify a successor when the time comes.

### Training/Resources

- GOTR provides Site Liaisons with individualized support, training and ongoing communication.
- Liaisons receive a number of resources such as: Site Info Packet, FAQs, customized team marketing materials/graphics, registration instructions, best practice resources, GOTR Policy documents, etc,
- We encourage Site Liaisons to attend coach training prior to the start of the season so they understand and appreciate what coaches are facilitating at practice. Coach training is a combination of 1.5 hours of online training, and 4.5 hours of in-person training.
- Coaches receive training, detailed curriculum books, and all the facilitation supplies needed to deliver lessons.

**Steps to Become a Site Liaison & Support a Team:**

- Learn more: <https://www.girlsontherunscwi.org/start-team>
- Contact our local Director of Programming: [Annie.Taff@girlsontherun.org](mailto:Annie.Taff@girlsontherun.org)
- Contact our local GOTR council by email or phone: [info@girlsontherunscwi.org](mailto:info@girlsontherunscwi.org) 608-831-4687