



A Message to Coaches:

Thank you for your interest in coaching with Girls on the Run!

We understand volunteers make intentional choices about where to spend their time and talent. At Girls on the Run, we value your contributions and strive to provide an excellent volunteer experience. We provide volunteers with all of the tools and resources needed to be successful coaches and positive role models. Coaches receive certified training, detailed curriculum books, the supplies needed to deliver each lesson, complimentary entry to our culminating 5K event, and a GOTR "Coach" shirt. Additional coach perks include, priority registration for their age-eligible daughters, free access to First Aid/CPR training, exclusive discounts to area merchants, on-going communication, and support throughout the season! We invest in our coaches, because our coaches invest their energy, spirit and heart in our program participants.

There are a few important points to consider as a volunteer coach.

Girls on the Run is not just a "running program." While it's true that coaches help participants set goals and prepare physically to complete a 5K, our intentionally designed curriculum also focuses on the child's social and emotional growth. Through the lessons, participants will grow as individuals and as a team. They'll feel confident in who they are, develop strength of character, learn to respond to others with care and compassion, create positive connections, and make a meaningful contribution to their community.

In order for participants to experience these outcomes, **coaches must be whole-hearted in their commitment to their team and to delivering the program as intended.** Coaches are required to have consistent attendance each week throughout the season and facilitate the lessons as written. Doing so will ensure continuity, positive team dynamics, and meaningful relationship building.

- A coach commitment of 2x/week is preferred.
- While we allow coaches to make a commitment of 1x/week, we require consistency each week.
- Coaches who are unable to attend 1x/week will **not** be placed on a team.
- Coaches are expected to attend and support the team in the culminating 5K event.

We require coaches to complete an application, background check and training prior to the start of the season. Training for *new* coaches utilizes a blended learning approach, with online and in-person experiences.

- Online training modules (approx. 1.5 hours),
- In-person training session (4.5 hours). Hosted at the GOTR office, 901 Deming Way, Madison WI 53717

Serving as "Coach" is extremely rewarding *and* is an important responsibility. Kids and co-coaches will rely on you to show up for them each week. Your consistency will build trust, show that you value the team, and create a sense of connection & belonging.

Thank you for considering coaching with Girls on the Run!

With gratitude,
Annie

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