

## **Girls on the Run of Southeastern Wisconsin Coach 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 passion for the mission of Girls on the Run. Coaches receive all the tools and support they need and find that they get as much out of coaching as they give.

### **Responsibilities**

- Serve as a coach and mentor for a team of program participants (3rd-5th or 6th-8th graders)
- Be reliable; consistently arrive on-time and prepared to deliver the 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 must be 18 years or older. Girls who are 16 or 17 may apply to be junior coaches.
- 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 75-90 minutes, generally right after-school.
- Coaches must attend practices consistently (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. 3.5-4 hours/week, including lesson preparation and facilitation.

### **Training/Resources**

- GOTR provides training, detailed curriculum books/lesson plans, and all the facilitation supplies needed to confidently deliver every lesson.
- All coaches are required to complete coach training prior to the start of the season. Training consists of two parts, online and in-person. Online training is approximately 3-4 hours; modules are self-paced and accessible by computer or mobile device. In-person training is 3 hours.
- 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 mid-May. 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: [www.girlsontherunsoutheasternwi.org/coach](http://www.girlsontherunsoutheasternwi.org/coach)
- Contact our local GOTR council by email or phone: [alisa.karweik@girlsontherun.org](mailto:alisa.karweik@girlsontherun.org) or 414-293-3160