



## Girls on the Run of Atlanta

*Preparing girls for a lifetime of self-respect and healthy living*

### COACH'S ROLE

#### SUMMARY

Girls on the Run® is a character development program that encourages preteen girls to develop self-respect and healthy lifestyles through running. Girls on the Run® of Atlanta is delivered in two 10-week sessions each year – The Fall program is generally September through early December; the Spring program is generally February through early May. Our teams - which consist of 15 girls - meet twice per week after school for an hour and a half and are led by a minimum of two GOTR-trained coaches. Most teams begin meeting at about 2:30 or 3:00 p.m. We do have a limited number of community organizations with teams that meet on Saturday mornings (8 a.m. or later). Coaches may indicate a preference for the site at which they would like to coach. If coaches do not have a preference, we will assign them to a location.

We provide thorough training for our coaches covering the logistics of the program, general tips about coaching and the program's curriculum. As GOTR® is an international program; there is a well-developed curriculum which we follow that is designed to teach valuable life lessons to girls in third through eighth grades. Lessons include subjects such as emotional health, values, cooperation, and standing up for oneself. The program finishes with a celebration event that includes a 5K run/walk.

#### RESPONSIBILITIES AND VOLUNTEER TIME COMMITMENT

- Attend Coaches Training (6-hour training session)
- Become CPR and First Aid certified (approximately 3-4 hours)
- Attend two mandatory coaches meetings during the season (3 hours total)
- Prepare for and supervise (20) ninety-minute lessons in a manner consistent with the GOTR® of Greater Atlanta philosophy and curricula; this includes attending practice one or two afternoons per week for the duration of the program (approximately 30 hours total including being present 15 minutes before and after practice)
- Serve as a role model for the girls and encourage the girls at all times. Understand and believe in the mission of the organization and exhibit characteristics that keep with the mission
- Wait at the school following all practices until all girls have been picked up
- Plan and coordinate the end of season party for the team
- Distribute the program pre-and post-test as directed
- Lead the girls in the coordination of a community service project
- Participate with the girls in the end of season 5k run/walk
- You will be responsible to maintain and return all curriculum materials at the completion of the season

#### BENEFITS

- Free CPR and 1<sup>st</sup> Aid certification
- Free training by certified Girls on the Run® trainers
- Free entry in the 5k Celebration Run
- Girls on the Run® T-shirt
- Discounts at our local running store partners, Phidippides and WestStride

#### APPLICATION PROCESS

- Complete the **Volunteer Registration Waiver** on Active.com
- Once we receive your completed application we will contact you to arrange an interview
- If coaching is the right match for you, following the interview you will be signed up for a coach training session

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