



Volunteer Coach Descriptions



Girls on the Run coaches are volunteers who lead a team of participants through a season of powerful and fun lessons. They have a desire to support and encourage the next generation and no running experience is necessary. All coaches are required to complete a volunteer application, background check, and attend National Coach Training before the season begins.



Head Coach

The Head Coach collaborates with other coaches to successfully implement the provided curriculum. They are the primary point of contact for the Girls on the Run staff and caregivers. **All gender identifications are welcomed.** The Head Coach may also be the Mentor Coach for a Junior Coach on the team.

The commitment for this role is a minimum of four hours each week (two sessions per week) over the 10-week season. Coach training requires an additional 1 to 5 hours.

Requirements

- At least 18 years old
- Current CPR & First Aid certification
- Must complete a background check within the past 24 months
- Attend all required Girls on the Run coach trainings & meetings
- Attend all sessions for the duration of the season
- Attend the Celebratory 5K Event with program participants



Major Responsibilities Include:

- Facilitate communication and collaboration within the coaching team to prepare, organize, and deliver each lesson successfully
- Designate leadership for each activity and ensure materials are prepped ahead of time
- Facilitate communication with caregivers of program participants
- Mentor the participants by being nurturing, dependable, patient, open-minded, and inspiring, honest, intentional, trustworthy, and fun
- Confirm families register for the 5K and each girl on the team has a Running Buddy
- Help the team prepare for and complete their Community Impact Project
- Coordinate and attend the team's post 5K Final Celebration
- Maintain open communication with the Site Liaison and Girls on the Run RI staff about any issues with injuries, safety, attendance, behavior, coach changes, etc.

Inform Program Staff as soon as possible if you need to withdraw your application.



Volunteer Coach Descriptions



Coach

The Coach works with the Head Coach and other coaches to deliver the provided curriculum. All gender identifications are welcomed.

The commitment for this role is approximately four hours each week (two sessions per week) over the 10-week season. Coach training requires an additional 1 to 5 hours.

Requirements

- At least 18 years old
- Must complete a background check within the past 24 months
- Attend all required GOTR coach trainings and meetings
- Attend most sessions for the duration of the season
- Attend the Celebratory 5K Event



Major Responsibilities Include:

- Collaborate with co-coaches to prepare, organize, and deliver each lesson successfully
- Participate in games and workouts
- Build relationships with and between all of the participants on the team
- Mentor the participants, by being nurturing, dependable, patient, open-minded, and inspiring, honest, intentional, trustworthy, and fun.
- Help coordinate and confirm a 5K Running Buddy for each participant on the team
- Help to coordinate Community Impact Project and attend the post-5K Final Celebration

Substitute Coach

The Substitute Coach fills in at a site when a standing Head or Co-Coach cannot be present. Substitute Coaches must be available and “on-call” at least one day a week for the duration of the 10-week season.

Requirements

- At least 18 years old
- Must complete a background check within the past 24 months
- Attend program sessions when a Coach is in need of coverage
- Support co-coaches as they lead activities and participate with the girls
- Encouraging and motivating all girls
- Attend the Celebratory 5K, schedule permitting



Inform Program Staff as soon as possible if you need to withdraw your application.



Volunteer Coach Descriptions



Junior Coach

The Junior Coach is a high school student who collaborates with and supports coaches at a program site. Junior Coaches have a unique role as adult coaches and receive additional support by a Mentor Coach to develop new leadership skills. The commitment for this role is approximately 1.5 to 3 hours each week over the 10-week season.

Requirements

- 15 -18 years old and identify as female, non-binary, or gender non-conforming
- Complete Girls on the Run Coach Training
- Attend at least one session a week on a consistent basis
- Attend the 5K event with program participants



Major Responsibilities Include:

- Serve as a positive role model for program participants in their words and actions
- Understand and believe in the mission of Girls on the Run
- Demonstrate a respectful manner during and outside program (including social media)
- Foster a positive, inclusive environment to build relationships, encourage and motivate participants while actively participating in activities.
- Support the Coaches in the preparation, organization, and delivery of each lesson.
- Lead an activity with assistance and supervision of the Head Coach
- Attend the team's post-5K Final Celebration
- Review the Mentor Coach Guide and commit to weekly or bi-monthly check-ins

Mentor Coach

The Mentor Coach guides the growth and development of the Junior Coach and is typically the Head Coach or any of the other adult coaches on a team. The Mentor Coach provides opportunities for the Junior Coach such as lesson facilitation while modeling an open and supportive relationships, listening and giving constructive feedback on growth points. The pair can expect to check in weekly or bi-monthly.

(Mentor Coach Guide).



Girls on the Run Coaches

LEADERS. VOLUNTEERS. MENTORS.

Girls on the Run and Heart & Sole Coaches:

- Complete National Coach Training and attend Season Specifics webinar
- Receive season-long support, resources and tools from GOTR
- Create positive, trauma-sensitive and inclusive environments
- Lead teams through curriculum with co-coaches
- Do not have to be runners or athletes
- Can be from within or beyond your site community
- Are committed to seeing girls in their community grow, have fun, and become the leaders of tomorrow.



What Makes a Great GOTR Coach:

- Believe in the inherent power within every girl
- Have a desire to help girls learn, grow and have fun
- Want to leave a lasting impact on the lives of girls in their community
- Serves as a role model to girls and mentor to Junior Coaches
- Dependable - Makes a commitment to the season.



Complete Applications Online

- New Coach - [Link](#)
- Returning Coach - [Link](#)
- Junior Coach - [Link](#)

Questions?

We are here for you!

Elizabeth McGann, Program Manager
elizabeth.mcgann@girlsontherun.org
(401) 753-3374



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