

## **HEAD COACH**

Coaching a Girls on the Run program is the most rewarding way to get involved with Girls on the Run. You get to experience the program first hand, feel a sense of accomplishment that you have made a difference in the lives of the girls, and have a ton of fun with your team of coaches and incredible girls!

## **POSITION OVERVIEW**

The Head Coach is a volunteer position that works with a team of coaches to facilitate the Girls on the Run curriculum to program participants. This position works closely with the GOTR Orlando Program Director and entails approximately 4-6 hours per week with additional time required on two to three weekend days for a one-day training, a community race event and for First Aid/CPR training, if necessary.

Major responsibilities include: preparing, organizing, and supervising the weekly lessons; leading the program participants through each lesson; serving as a role model and mentor; coaching program participants on proper stretching, running form, hydration and sports nutrition; attending a community running race with program participants and other volunteers; attending coaches meetings with the Director during the season; interacting with parents of program participants; planning and coordinating the end of season banquet; understanding and believing in the mission of the organization; and acting as a spokesperson for the program.

This volunteer position may be used as a service learning project, internship, or other college credit project upon agreement of the college/university and Director.

## **QUALIFICATIONS**

- A strong desire to work in the field of girl development
- Experience working with youth
- Excellent communication skills
- The ability to be flexible and to improvise when needed
- To inspire and motivate others to believe in the Girls on the Run mission
- High organizational skills
- The ability to recognize conflict and have the skills to help resolve it
- The capacity to work in a partnership with a co-coach and/or assistant coaches
- Attend 1-Day GOTR Coach Certification Training
- First Aid/CPR certification

## **EXPERIENCE**

The ideal candidate will have the following experiences:

- Has worked directly with girls in a girl-positive environment
- Has experience as a runner/walker either recreationally or competitively
- Has volunteered in direct service organizations
- Has awareness of the common and different needs of girls