



LIFE COMES AT GIRLS FAST. HELP THEM FIND THEIR PACE.

Girls on the Run is dedicated to creating a world where every girl knows and activates her limitless potential and is free to boldly pursue her dreams.



You can make a positive impact as a coach.

Take Action! www.GirlsontheRunPBC.org

When I think about those who helped shape me into the woman I am today, I am reminded of courage and success. As a woman of color, it's my personal goal to impact girls just as other women did for me. I became a volunteer with Girls on the Run because I want to pay it forward by making a difference in the lives of young girls.

Tiffany



Warm-up your spirit fingers, lace up your sneakers, and get ready to inspire a group of girls to be strong and healthy

Serving as a coach is one of the most rewarding ways to get involved with Girls on the Run.

You do not need to be a runner or athlete.

As a successful coach, you need only to serve as a role model for girls by showing up prepared and on time, listening attentively, and demonstrating a positive attitude! We can't do it without YOU.

Amidst the conversation, laughter, hugs and energy awards, you will witness a transformational change in the girls... and don't be surprised if you realize that you are positively changing as well! The program may end in 10 weeks, but for our coaches and girls, the finish line is just the beginning.

The easy-to-follow curriculum uses running and exercise to set goals. As a coach, you'll need to show the girls how to do the exercises, but you need not do all of the repetitions with them.

The heart of the program is the discussions. That's why we are so much more than a running club or exercise program.

So if you are a personable woman who is willing to listen and connect with the girls, then consider coaching.

The experience is rewarding in more ways than you could imagine, but it is also a time commitment

Typically, lessons are delivered over 10 weeks, 2x per week for 75 - 90 minutes per lesson, so the commitment would be for about 3 hours per week in sessions, plus about ½ hour per week prep time for lessons.

As a coach, you are expected to be present at:

- GOTR sessions (We recommend at least 4 coaches per site to account to account for any coach absences)
- the season's 5K event
- three coach meetings per season with coaches from other sites (dates/locations set by the Council):
 1. Coach training before the season begins (We go over information provided by Girls on the Run International, as well as information specific to GOTR Palm Beach - plan on a full day of training)
 2. mid-season (about 3 hours)
 3. season-end (about 3 hours)

At least one female coach must be a woman 21 years of age or older. Other coaches may be male or female over the age of 18. All Coaches must be registered in our online system; a link will be provided to you.

Training

Girls on the Run Palm Beach administration will be responsible for training, communicating with, and providing the materials coaches will need to confidently implement the program.

All coaches must be CPR certified. Coaches may obtain certification on their own or attend a GOTR-offered training.

Site Liaison Generally, the person who brings the program to a site is the Site Liaison. The Site Liaison is responsible for identifying days and times of programming, publicizing the program at her location, and signing the program agreement through the online site application. The site liaison should also provide an email address she will allow the Council to publish on the GOTR website. Oftentimes the Site Liaison is one of the coaches, but does not have to be.