

Girls on the Run®

Volunteer Agreement – Coaches/Mentors

Serving as a Coach/Mentor is the most rewarding way to get involved with Girls on the Run and learn more about our program. 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 fun with your team of coaches and incredible girls!



Job Summary:

This 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 Council Director and entails approximately 1-5 hours per week depending on placement location. Additional time required for: one day six hour training; a community race event; and First Aid/CPR training, if not currently certified.

Core Duties/Responsibilities include the following:

- Understanding and believing in the mission and acting as a spokesperson for the program.
- Serving as a role model and mentor
- Leading the program participants through each lesson (*training & materials provided*)
- Interacting and relaying site specific information to parents of program participants
- As able attend coaches meetings for ongoing training and support
- Coordinating the community project at your designated school site
- Attending the end of season community 5K event with program participants and other volunteers

Qualifications:

- Experience working with youth
- Good communication skills
- Ability to be flexible and to improvise when needed
- 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 a full day coach's training with the Council Director and other GOTR Topeka coaches
- First Aid/CPR certification

Experience:

The ideal candidate would have the following experiences:

- Has worked directly with girls ages 8-11 in a girl-positive environment
- Strives to lead a healthy lifestyle
- Has volunteered in direct service organizations
- Has awareness of the common and different needs of girls

YES – I understand what is asked of me and I want to serve as a Girls on the Run Coach/Mentor

Coach/Mentor Signature: _____ Date: _____

Council Director Signature: _____ Date: _____