



Girls on the Run of Gaston County Information for Prospective Coaches



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!

The Head Coach's role:

- Prepare Girls on the Run® lessons each week (curriculum, materials, and supplies are provided)
- Serve as a role model for young girls by being on time, listening attentively, and being positive
- Encourage the girls as they play games and participate in activities
- Run/walk with girls during workouts to coach on stretching, running techniques and hydration

The Assistant Coach's role:

- Assist the Head Coach with setting up/breaking down games and lessons
- Serve as a role model for young girls by being on time, listening attentively, and being positive
- Attend the program on selected days to assist with activities and workouts
- Serve as an encourager, cheerleader and SUPERSTAR-supporter during workouts and 5K runs.

Your Time Commitment:

- Attend a full-day Coaches' training in Gastonia
- Time for preparing lessons (Head Coach)
- Being available twice a week for 12 weeks for about 1.5 hours (includes 15 min before & after)
- Run/walk with girls in the end of season 5K race/walk celebration and CHEER!
- Attend a pre-season Coaches' Meeting, plus 1-2 other meetings
- Attend and give out awards at the end of season banquet

Our Requirements:

- CPR and First Aid certification
- Completed application and non-compete form
- Background check

The **BENEFITS**

- ❖ Free CPR and First Aid certification
- ❖ Free training by certified Girls on the Run® trainers
- ❖ Free entry in a 5K race
- ❖ Free Girls on the Run® T-shirt
- ❖ More fun than you can imagine! WARNING! Girls on the Run® may be life-changing!

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