Overview

Girls on the Run (GOTR) is a character development program that encourages preteen girls to develop self-respect and healthy lifestyles through physical activity, lessons, and mentoring. Girls on the Run is designed for girls in grades 3rd-5th while its sister program, Girls on Track (GOT), is for girls in grades 6th-8th grades. Both groups, which consist of 12 to 15 girls – meet two times per week after school for 90 minutes and are led by coaches who have completed the GOTR coaches training.

We provide thorough training for our coaches before each season – covering the logistics of the program, general tips about coaching and the program’s curriculum. As GOTR is an international program, we follow the well-developed curriculum that is designed to teach valuable life lessons to girls in 3rd through 8th grades. Lessons include subjects such as emotional health, values, cooperation, and standing up for oneself. The program finishes with a celebration event that includes a 5K run/walk.

Coaching is the most hands on way to work with the girls within 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! This volunteer position works closely with the assistant council director and other coaches to facilitate the Girls on the Run curriculum to program participants.

Program Overview

1. Girls on the Run is a non-competitive program. Whether it is walking or running we encourage the girls to keep moving and we teach them how to pace themselves.
2. Coaches are provided with the curriculum, all the required materials, and snacks prior to the season so that they may successfully coach the program.
3. The season is broken down into three sections:
   • **Getting to know themselves**: The girls examine their values, their likes and dislikes, who they envision themselves being and what decisions will make that vision come true.
   • **Being part of a team**: The girls learn how to be positive and supportive of their teammates by participating in lessons about good listening and cooperation. They also learn how to stand up for themselves in a constructive way.
   • **Being part of a community**: The girls learn how they relate to the world at large. This includes messages that we receive from the media and others (awareness to negative media messages and peer pressure). As well as how the girls can contribute to their own community (family, school, community groups, city, etc). To emphasize how they can make a positive affect the girls design and complete their own community project to benefit a person or group in the local community.
   • **5K event**: The season ends with a community 5K event that the girls complete with their assigned running buddies.
4. Each day is broken down into parts also:
   • **Getting on Board**: The topic of the day is introduced usually in the form of a short sitting game and discussion.
   • **Warm-up**: The topic of the day is reinforced in a game that is designed to warm the girls’ muscles up – usually a relay type game. This is followed with some light stretches and a discussion about what they have learned so far.
   • **Workout**: The girls play a game which further elaborates on the topic of the day. The games involve running laps and getting bingo pieces, puzzle pieces, or cards (depending on the game). The lesson ends with stretching and discussion about how the lessons learned play a part in our everyday life. Spirit Awards are given to the girls that have done something above and beyond what is expected of them or something they did out of their comfort zone. Practice then ends with a group cheer and a healthy snack.
Responsibilities and Time Commitment (Approximately 50 hours over 10 weeks)

- Attend coaches training (4 hours)
- Facilitate 20 practices (2 practices a week, for 10 weeks), 90 minutes in length (40 hours)
- Attend 2 midseason Coaches Meetings (2 hours)
- Attend the New Balance GOTR 5K (4 hours) and the end of the season celebration (2 hours)
- Attend the End of the Season Coaches Celebration and Debriefing (2 hours)
- Respond to emails in a timely manor and stay in contact with Girls on the Run administrators

Responsibilities

- Take photos of the girls during practice
- Provide support for the coaches by handing out supplies, participating, and being the girl’s number one supporter, finish line greeter and high fiver, etc.
- Run or walk with the girls and encouraging them to put their best effort into the workouts
- Assist in the coordination of a team community service project
- Give advice on running or speed-walking technique, pacing, proper stretching, hydration, and nutrition
- Serve as a role model for the girls by being on time, coming dressed to workout, listening attentively, having a positive attitude, leading a healthy lifestyle, and encourage the girls at all times
- Be real with the girls and have fun!

Position Requirements

- Women over the age of 21 years old
- Be enthusiastic and supportive to the Assistant Coaches and girls
- Current Child & Adult CPR and First Aid Certification or Sports Safety Training
- Wear a GOTR shirt to every practice
- Arrive 10 minutes early to each practice to help with set-up
- Debrief after each practice with assistant coaches for 5-10 minutes
- Must be drug and tobacco free
- Pass a criminal background check
- Mentor assistant coaches throughout the season
- Excellent communication and organization skills
- Have an interest in the issues facing young women today
- Understand and believe in the mission of GOTR by acting as a spokesperson for the program
- The ability to be flexible and improvise when needed
- Desire to motivate and inspire others to believe in who they are and how they fit into the community

How to Apply
To apply to be a coach receive and submit the following forms to the KidSpirit office at 125 Langton Hall, OSU, Corvallis OR 97331, girlsontherun@oregonstate.edu, 541.737.5437 (phone), 541.737.2788 (fax).

Required Forms:

- Volunteer Head Coaches Application (online at or hard copy)
- Criminal History Background Check (paid for by GOTR)
- Girls on the Run Non-Compete Form
- Coaching Waiver
- Payment of $10 for a GOTR t-shirt to wear to practices (if you don’t already have a GOTR program or race t-shirt/sweatshirt to wear to practices)

You will receive confirmation that your application has been received and directions on setting up an interview. Thank you for volunteering for Girls on the Run and making a difference in the lives of pre-teen girls in your community!