

## **Girls on the Run of Portland Metro Volunteer Coaching Commitment**

Volunteer Coaches are the backbone of the Girls on the Run organization. Coaching requires a commitment of both time and energy and it is an extremely rewarding experience as you become an active role model to these young girls.

Each of the Girls on the Run sites will have one Head Coach and two Assistant Coaches. Each coach must commit to attending all of the sessions during the season. Ideally every program has a minimum of three coaches per location and coaches share the coaching responsibilities. The timeframe is late-afternoon and early evening, two days a week for twelve weeks. Coaches are also required to attend a one-day training session where they learn the curriculum and the tools they need to be a successful coach.

Coaches do not need to be competitive runners, but they do need to possess a positive view of fitness and healthy living. Each week, coaches work directly with program participants ages 3<sup>rd</sup> –5<sup>th</sup> grade to discuss a variety of topics, including self-esteem building and healthy habits. Coaches also inspire and work with the girls to successfully complete the community 5K run/walk event that is held at the end of the 12 weeks.

Overall, the time commitment for coaches is about 3 hours each week working directly with the girls, twice a week, for 12 weeks. Weekly preparation time is about one additional hour each week. Coaches are also required to attend the end-of-the-season community run/walk with the participants, which is the most inspiring day of the session for program participants and coaches.

Finally, consistency is extremely important to program participants so all coaches are required to attend practices for the entire 12-week season. If you are considering becoming a coach, we ask that you do not take this commitment lightly.

Please carefully review the Head Coach and Assistant Coach job descriptions for more information.

Interested in Becoming a Coach? Typically we ask volunteers to serve as an Assistant Coach for one full season before becoming a Head Coach. Please download, complete and send in the Coach Application located on our website: [www.girlsontherunpdx.org/volunteer](http://www.girlsontherunpdx.org/volunteer).

If you have any questions, please send an email to [metrogotr@gmail.com](mailto:metrogotr@gmail.com) or call 503-318-5212.

