



Girls on the Run of Portland Metro Head Coach Job Description

Serving as a Head Coach is the most rewarding way to get involved with Girls on the Run and directly learn about our program. You will experience the program first-hand, feel a sense of accomplishment that you have made a difference in the lives of the participants, and have a ton of fun with your team of coaches and incredible girls!

Job Summary:

The Head Coach 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 Coach Coordinator and requires approximately 4 hours per week for 12 weeks with additional time required on two weekend days: a one day coach training prior to the season starting and a community 5K run/walk at the end of the season. Head Coaches must come to the position with current First Aid/CPR certifications.

Major responsibilities include: preparing, organizing, and supervising the weekly lessons; leading the program participants through each lesson; serving as a role model and mentor; coaching program participants on proper stretching, running form, hydration and sport nutrition; attending a community 5K run/walk with program participants and other volunteers; attending coaches meetings periodically during the season; interacting with parents of program participants; planning and coordinating the end of season banquet; understanding and believing in the mission of the organization; and acting as a spokesperson for the program.

This volunteer position may be used as a service learning project, internship, or other college credit projects upon agreement of the college/university and GOTR Board of Directors.

Qualifications:

- A strong desire to work in the field of girl development
- Experience working with youth
- Excellent communication skills
- The ability to be flexible and to improvise when needed
- To inspire and motivate others to believe in the Girls on the Run mission
- Strong organizational skills
- 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 prior to the season starting
- 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
- Has experience as a runner/walker either recreationally or competitively
- Has volunteered in direct service organizations
- Has awareness of the common and different needs of girls
- Must be 21 years or older

How to Apply:

The easiest way to apply is by filling out an application at www.girlsontherunpdx.org. Applications can also be mailed or emailed to the following:

Nancy Fleck, Board President
Girls on the Run of Portland Metro
3439 NE Sandy Blvd, #129. Portland, OR 97232
Phone: 503-318-5212
Email: metrogotr@gmail.com