



Girls on the Run of Portland Metro Assistant Coach Job Description

Serving as an Assistant Coach is a fun and 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! This is the perfect opportunity for women who don't have a lot of experience working with girls to build up their confidence before serving as a Head Coach.

Position Information:

The Assistant Coach is a volunteer position that assists the Head Coach(s) at a Girls on the Run program site. This position requires approximately 4 hours per week for twelve 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. Assistant Coaches must come to the position with current First Aid/CPR certifications.

Responsibilities include facilitating the Girls on a Run curriculum at the discretion of the Head Coach and supporting the Head Coach and program participants in a variety of ways.

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.

Core Duties and Responsibilities:

- Attend one day Girls on the Run Coach Certification Training
- Attend program session days on a consistent basis
- Serve as a role model and mentor for program participants
- Assist coaches with setting up/breaking down games and lessons
- Lead lessons (or portion of lessons) as requested by Head Coach
- Encourage and cheer for all participants
- Participate in games and workouts with the girls as needed by the coaches
- Create and organize the Scavenger Hunt for lesson #11
- Attend the end-of-season community run/walk with coaches, program participants and other volunteers
- Understand and believe in the mission of Girls on the Run
- Special projects as assigned
- Purchase (using GOTR funds) and distribute healthy snacks after each session
- First Aid/CPR certification

Qualifications:

- A strong commitment to girls' positive development
- Excellent verbal communication skills
- Experience working with youth a plus
- Flexible/ability to accommodate to a changing environment
- 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, faxed 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