



## Girls on the Run of Portland Metro Volunteer Coach Application

### Please check the position you are applying for:

- Head Coach** (ideally you will serve as an assistant coach for a season before becoming a head coach)
- Assistant Coach**

**Thank you for your interest in coaching with Girls on the Run of Portland Metro.** Once you return your application, we will contact you to arrange for a meeting. We are looking forward to working with you.

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_ M.I. \_\_\_\_\_

Home Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_ Birthdate: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Work Phone: \_\_\_\_\_

Cell Phone: \_\_\_\_\_ Email: \_\_\_\_\_

### Preferred Method of Contact:

- E-mail
- Home phone (time of day: \_\_\_\_\_)
- Work phone (time of day: \_\_\_\_\_)

### Please answer the following questions:

1. I am interested in serving as a volunteer coach for **Girls on the Run**:

\_\_\_\_ East side location

\_\_\_\_ West side location

\_\_\_\_ No preference

2. I prefer to work with **Girls on the Run**:

\_\_\_\_ Weekdays, early afternoons (1:30 p.m.-4 p.m.)

\_\_\_\_ Weekdays, late afternoon or early evening (4 p.m.-7 p.m.)

### Additional Information

3. How did you hear about Girls on the Run of Portland Metro?

- Friend (please share their name with us so we can thank them): \_\_\_\_\_
- Poster/Sign
- Website
- Volunteer Fair/Open House
- Other: \_\_\_\_\_

4. Why do you wish to volunteer with Girls on the Run and/or what attracted you to our program?

5. Please list two individuals who can serve as character references for you:

Name	Contact Information	Relationship to You

As a **Girls on the Run of Portland Metro** policy, coaches must be drug-free and tobacco-free and must not consume excessive amounts of alcohol. In addition, if a Girls on the Run coach has suffered from an eating disorder, that coach must have completed treatment at least one year prior to the date signed below. Girls on the Run of Portland Metro reserves the right to dismiss volunteers for violation of this policy. By signing below, you solemnly swear that you are abiding by all of the above policies and the terms set forth in the head or assistant coach job description.

Signature \_\_\_\_\_ Date \_\_\_\_\_

**Please print clearly and return this form to:**

Girls on the Run of Portland Metro  
2107 NE 51<sup>st</sup> Ave, Portland, OR 97213

Or email to: [metrogotr@gmail.com](mailto:metrogotr@gmail.com)

