

## **ASSISTANT COACH**

Serving as an assistant coach is a fun and rewarding way to get involved with Girls on the Run and learn more about our program. You get to experience the program first hand, feel a sense of accomplishment that you have made a difference in the lives of the girl, and have a ton of fun with your team of coaches and incredible girls! This is a perfect opportunity for people who can't make the time commitment to be 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. The position entails approximately 1.5-3 hours per week for 12 weeks. Assistant Coaches can choose to attend both program sessions per week OR commit to only one day a week. We ask each Assistant Coach to determine which schedule works best for them and to maintain that schedule throughout the program for consistency on behalf of the girls. The Assistant Coach will be responsible for facilitating the Girls on the Run curriculum at the discretion of the Head Coach., plus be there to support the Head Coach and program participants in many ways.

This volunteer position may be used as a service learning project/high school community service credit project, internship, or other college/high school credit project upon agreement of the school and Director.

## **CORE DUTIES & RESPONSIBILITIES**

- Attend program session on selected day(s) 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 portions of lessons) as directed by Head Coach
- Encourage and cheer for all participants
- Participate in games and workouts with the girls as needed by the coaches
- Attend a community running race with coaches, program participants and other volunteers
- Understand and believe in the mission of Girls on the Run
- Special projects as assigned
- Attend 1-Day GOTR Coach Certification Training

## **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