

★ BECOME A ★



COACH

LIFE COMES AT GIRLS FAST. HELP THEM FIND THEIR PACE.

Girls on the Run is dedicated to creating a world where every girl knows and activates her limitless potential and is free to boldly pursue her dreams.



You can make a positive impact as a coach.

www.gotroac.org



A GOTR COACH...

- ✦ Believes in the inherent power within every girl
- ✦ Wants to leave a lasting impact on the lives of girls and the community
- ✦ Will receive training and support along the way
- ✦ Doesn't have to be a runner
- ✦ Has a desire to help girls learn, grow and have fun
- ✦ Can be YOU!

"I am grateful to see first-hand how much of an impact this program has on girls. It not only unites girls of different backgrounds, but it also teaches them how to respect and accept each girl—and themselves—for who she is."

- Coach Erin



Girls on the Run® of Ottawa and Allegan Counties



Coaches Needed for Spring 2019!

What is it?

Girls on the Run and Heart & Sole are after-school character development programs for girls in grades 3-5 and 6-8. The program uses the power of running to teach girls about being healthy emotionally, socially, mentally and physically. Girls make new friends, experience what it is like to be part of a team, learn life-long healthy habits, and gain the knowledge and confidence to lead healthy lifestyles. Girls are encouraged to run, however they may run, hop, skip, walk, or dance their way towards their goals!

What does it look like?

Over the course of 10 weeks, each team of 8-15 girls meets with their certified coaches on Mondays/Wednesdays or Tuesdays/Thursdays. Practices start 10 minutes after school dismisses and last for an hour and a half. Our nationally recognized curriculum provides lessons that emphasize healthy fun through activities that promote character building. The easy-to-follow curriculum and all supplies are provided to coaches. Practices start the first week in March and the program ends with a 5K Celebration run/walk for all coaches and participants in June.

Commitment:

Coaches must be available 2x per week (M/W or T/TH) for a commitment of 10 weeks. Coaches must be able to arrive to the practice location on time and stay for the entire practice. Each team must have at least 2 coaches available at each practice. In some cases, we can accommodate a commitment of 1x per week. Coaching is open to women/men 18+. Each team must have 1 female coach, 21+. A Junior coach must be ages 16-18. Please see our website for details.

Sign Up:

Coach registration will take place online! **To sign up to be a coach and for additional information, visit our website at www.gotroac.org**

Background Checks/CPR:

All Coaches are required by GOTR International to complete a background check. At least one coach per team is required to be CPR/First Aid certified. This person must be at every practice. Additional information to come.

Training:

All coaches will need to complete online training. An additional In-Person training is required for all NEW coaches. This is also where materials and coach bags will be distributed. Returning coaches, join us for a fun returning coach kick off event, with content specifically for you!

<u>Date</u>	<u>Time</u>	<u>Location</u>
Tuesday, February 5	6:00pm - 9:00pm	Holland-Center for Women in Transition, 411 Butternut Dr.
Saturday, February 9	9:00am - 12:00pm	Holland-Center for Women in Transition, 411 Butternut Dr.
Tuesday, February 12 **Returning Coach Kickoff**	6:00pm- 7:30pm	Holland-Center for Women in Transition, 411 Butternut Dr.



Girls on the Run of Ottawa and Allegan Counties

Center for Women in Transition
411 Butternut Drive
Holland, MI 49424

616.494.1719 *phone*
616.355.9760 *fax*
shylan@cwitmi.org

If **you** had the

POWER to change the world
one girl at a time, **what would you**
do?