



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.

When I think about those who helped shape me into the woman I am today, I am reminded of courage and success. As a woman of color, it's my personal goal to impact girls just as other women did for me. I became a volunteer with Girls on the Run because I want to pay it forward by making a difference in the lives of young girls.

Tiffany



Warm-up your spirit fingers, lace up your sneakers, and get ready to inspire a group of girls to be strong, joyful and healthy

We can't do it without YOU! Serving as a coach is one of the most rewarding ways to get involved with Girls on the Run.

As a successful coach, you need only serve as a role model for girls by showing up prepared and on time, listening attentively, and demonstrating a positive attitude. You do not need to be a runner or athlete.



Amidst the conversation, laughter, hugs and energy awards, you will witness a transformational change in the girls...

And don't be surprised if you realize that you are positively changing as well! The program may end in weeks, but for our coaches and girls, the finish line is just the beginning.

The easy-to-follow curriculum uses running and exercise to set goals and explore specific topics that empower girls to learn about themselves and others. As a coach, you'll need to show the girls how to do the exercises, but you need not do all of the repetitions.

The heart of the program is the discussions. That's why we are so much more than a running club or exercise program.

So if you are a personable person who is willing to listen and connect with the girls, then coaching is for you.

At least one coach during each lesson must be a woman 21 years of age or older. Other coaches may be male or female over the age of 18. All Coaches must be registered in our online system; a link will be provided to you.

The experience is a rewarding volunteer experience -- in more ways than you could imagine -- but it is also a time commitment

The curriculum contains impactful lessons to coach for 60 - 90 minutes per lesson, so the commitment would be for about 60- 90 minutes per lesson, plus about 15 – 20 minutes per lesson prep time.

As a coach, you are expected to be present at:

- sessions with the girls (We recommend at least 4 coaches per site to account for any coach absences)
- the season's 5K event
- Coach meetings with coaches from other sites or your own site (dates/locations set by the Council), which could include:
 1. New Coach training before the season begins, Or If you've already been trained, simply Coach materials pick-up & maybe a half an hour or so of season information
 2. mid-season (Pick-up T-shirts and check-in with how the season is going. Learn 5K details)
 3. season-end (coach materials drop-off and season wrap-up)

Training

Girls on the Run Palm Beach wants you to be successful! GOTR will be responsible for training and providing access to the GOTR Learning Academy online training and resources, communicating with, and providing the materials coaches need to confidently implement the curriculum.

New Coach Training – We use the national Coach Training model and materials. We go over information provided by Girls on the Run International, as well as information specific to GOTR Palm Beach - plan on a full day of training.

Coaches may obtain CPR/First Aid certification on their own or attend a GOTR-offered training.