



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.

Take Action! www.GirlsontheRunPBC.org

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 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'll 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, 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. As a coach, you'll need to show the girls how to do the exercises, but you don't need to do all of the repetitions with them.

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.

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

Typically, the lessons are delivered for 50 - 90 minutes per lesson, depending on if you are delivering the lessons on-site or virtually, plus a commitment of about 15 minutes prep time for each lesson.

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

- sessions with the girls (We recommend at least 3 trained coaches per site to account for any coach absences)
- the season's 5K event, in-person or virtual
- completing the assigned on-line coach training modules
- two coach meetings per season with coaches from other sites (dates/locations set by the Council):
 1. mid-season (up to 2 hours, with t-shirt distribution)
 2. season-end wrap-up (up to 2 hours)

At least one coach present with the girls at each lesson must be a woman at least 21 years of age. 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.

Training

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

Coaches on-site must be CPR certified. Coaches may obtain certification on their own or attend a GOTR-offered training.

Site Liaison

The Site Liaison is responsible for identifying days and times of programming, publicizing the program at her location, obtaining approval from the site administrator for hosting the program, and signing the program agreement through the online site application. Oftentimes the Site Liaison is one of the coaches, but does not have to be.

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