



Inspiring girls to be joyful, healthy and confident

Volunteer Today!

Head Coach – 1 per team, required

- The Head Coach is a volunteer who is responsible for making sure each session is conducted in accordance with the curriculum. Two trained coaches can share head coaching responsibilities. Major responsibilities include: preparing for and delivering the weekly lessons; leading the program participants through each lesson; serving as a role model and mentor; coaching program participants on proper stretching, running form, hydration and sports nutrition; participating in the end-of-season 5K; planning and coordinating the end of season event; and communicating regularly with the Council Director during the season.
- Time commitment: Approximately 4 hours per week to prepare for and run each session.
- Must attend 3-hour coach training and be CPR and First Aid certified (training provided). Clear background check required. Head coaches must be female (the only position with this requirement).

Assistant Coach – at least 1 per team, more is better

- The Assistant Coach is a volunteer position that assists the Head Coach. Assistant Coaches can choose to attend both program sessions per week OR commit to only one day a week. Ideally, an Assistant Coach will choose a schedule and maintain it throughout the program for consistency on behalf of the girls.
- The Assistant Coach is not responsible for facilitating the Girls on the Run curriculum; they are there to support the Head Coach and program participants.
- Time commitment: 1.5-3 hours per week for 12 weeks.
- Must attend 3-hour coach training. Must pass a background check or furnish clean report.

Running Buddy – age 18+ (or 16+ if family member)

- Each girl gets a Running Buddy who acts as her own personal cheerleader. This can be a family member, adult friend or can be matched with an adult from our pool of Running Buddy volunteers.
- The Running Buddy provides encouragement and support to their buddy throughout the course of the season by sharing weekly notes of encouragement. The Running Buddy completes the 5K with their buddy and expresses support and enthusiasm for her accomplishment!
- Running Buddies are invited to sessions but this is not a requirement for participation.
- Time commitment: 2-3 hours a month for the length of at least one Girls on the Run season.

Junior Coach – Under 18

- The Junior Coach is a volunteer position for individuals under 18 years of age to assist the Head and Assistant Coaches.
- This volunteer position may be used as a service learning project/high school community service credit project, internship, or other high school credit project upon agreement of the School and Council Director.
- The position entails approximately 1.5-3 hours per week for twelve weeks. Junior Coaches can choose to attend both program sessions per week OR commit to only one day a week.
- The Junior Coach is not responsible for facilitating the Girls on the Run curriculum; they are there to support the Head and Assistant Coaches and program participants.

General Volunteers – Anybody, Any Age, Any Skills!

- **Girls on the Run Capital Region** is a new council serving Albany, Rensselaer, and Schenectady counties. We're growing fast as word spreads of this exciting program. We welcome volunteers who want to help in any capacity.

More information and volunteer registration forms can be found at www.gotr-cr.org or contact LuAnn McCormick, Council Director, luann.mccormick@girlsontherun.org, (518)635-0828.

WWW.GOTRCR.ORG
Learn. Dream. Live. *Run.*