



## **GOTR of NOVA Head Coach Job Description**

*Coaching a Girls on the Run program is the most rewarding way to get involved with Girls on the Run. Coaching provides a first hand experience of the program and a sense of accomplishment that you have made a difference in the lives of the girls.*

**POSITION INFORMATION:** The head coach is a volunteer position that works with a team of coaches to teach the Girls on the Run curriculum to program participants, and prepare participants for 5k run. This position works closely with the council's program staff and requires approximately three hours per week during the ten week season with additional time required on two weekend days for: a one-day coaches training and our 5k run. An additional one hour meeting is required mid-season to pick up program materials and learn about the 5k. Coaches are also required to pick up race materials prior to the 5k run.

### **QUALIFICATIONS:**

- A strong belief in the mission of Girls on the Run
- Excellent communication and organization skills
- Ability to work with pre-teen girls
- Ability to work as a team with assistant coaches and GOTR NOVA
- Consent to a background check conducted by GOTR NOVA
- CPR certified which must be current throughout entire season
- Must be a female at least 21 years of age
- Agree to abide by all GOTR policies and requirements

### **RESPONSIBILITIES:**

- Understanding and believing in the mission of the organization.
- Preparing, organizing and moderating two weekly lessons in a manner consistent with the requirements of Girls on the Run International and GOTR NOVA.
- Coaching program participants on proper stretching, running form, hydration, nutrition and race etiquette.
- Complying with administrative requirements of GOTR NOVA and maintaining communication with GOTR NOVA.
  - If head coach is not able to attend practice, an assistant must be identified that meets the GOTR NOVA head coaches qualifications

including being a female of at least 21 years, CPR certified and having attended GOTR NOVA coaches training.

- If a program does not have an assistant that meets the above criteria, practice must be cancelled in the absence of the head coach.
- Attending mandatory coaches training and mid-season meeting, and the GOTR NOVA 5k with program participants.
- Interacting and communicating with parents of program participants.
- Planning and coordinating the end of season celebration.
- Organizing and distribution of race packets for the 5k run.