



Girls on the Run of the Grand Valley Junior Coach Application/Confirmation of Commitment

Please print clearly and return this application/confirmation of commitment to:

Girls on the Run of the Grand Valley

202 North Avenue #284

Grand Junction, CO 81501

Email: info@girlsontherungv.com

Phone: 970.257.9267

THANK YOU for your interest in volunteering with Girls on the Run! As a Junior Coach you will have the opportunity to serve as a role model for girls throughout Western Colorado. Congratulations on making this decision. We are looking forward to having you join our team!

LAST NAME: _____ FIRST NAME: _____ M.I. _____

HOME ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____ BIRTHDATE (MM/DD/YYYY): _____

HOME PHONE: _____ CELL PHONE: _____

EMAIL: _____ T-SHIRT SIZE: _____

PREFERRED METHOD OF CONTACT:

- E-mail (please check regularly)
 Home phone (time of day : _____)

Junior Coach Expectations

Serving as a Junior Coach in a Girls on the Run program is an incredibly rewarding way to get involved with Girls on the Run. You get to experience the program first hand, feel a sense of accomplishment that you have made a difference in the lives of the girls and have a ton of fun with your team of coaches and incredible girls!

POSITION INFORMATION:

Job Summary:

The Junior Coach is a volunteer position that works with a team of coaches to facilitate the Girls on the Run curriculum to program participants. This position works closely with the lead and assistant coaches and entails approximately 3 hours per week with additional time required on two to three days for: a coaches training; a coaches' season kick-off meeting; and a culminating 5K race event.

Core Duties/ Responsibilities:

- Support the lead and assistant coaches.
 - This may include, but is not limited to:
 - Setting up cones etc. for games
 - Helping to carry and or distribute supplies
 - Leading stretching
 - Always participating with enthusiasm - Running & Lessons
 - Being respectful of coaches at all times

- Serve as a role model and mentor by being on time, having a positive outlook, and leading a healthy lifestyle.
- Attend GOTR practice 2 days each week. Contact lead coach if emergency arises and you will not be able to attend.
- Encourage girls!
- Attend a culminating 5K race with program participants and other volunteers.
- Be an asset to your team. Use your strengths and skills to help the girls on your team to be the best they can be. Do not participate in gossip, complaining or any other behaviors that would detract from your ability to be an asset to your team.
- Interact with parents of program participants.
- Be your real self and above all HAVE FUN!

Qualifications:

- A strong desire to help the girls on your team have a great GOTR experience
- Excellent communication skills
- The ability to be flexible and to improvise when needed
- To inspire and motivate others to believe in the Girls on the Run mission
- Responsible and Reliable
- The capacity to work in a partnership with lead and assistant coaches

Commitment:

I am familiar with the core duties and responsibilities of a Girls on the Run Junior Coach. I commit to meet these responsibilities in an acceptable manner. I believe I possess the qualifications necessary to serve in a Junior Coaching capacity. I understand that if a situation arises where I am not considered by my lead and assistant coaches to be an asset to our team that I may be asked to resign from my position as Junior Coach. I am excited to help our group be the best Girls on the Run team we can be.

Signature

Date

Want to join an amazing group of women and young women and serve as a Girls on the Run Junior Coach?

- Please mail or e-mail completed application/confirmation of commitment to:
 Melanie Steele, Program Director
 Girls on the Run of the Grand Valley
 202 North Avenue #284
 Grand Junction, CO 81501
 Phone: 970.257.9267
 Email: melanie@girlsontherungv.com