



# COACHES NEEDED FOR FALL 2018

*Be a role model for young girls and gain valuable leadership skills!*

## WHAT DOES IT TAKE TO BE A COACH?

- A commitment to empowering girls with valuable life lessons
- **Coach two days per week at Joyner Elementary (Tues./Thurs. 3:15pm - 4:30pm)**
- CPR and First-Aid Certification (reimbursable)
- Background check (provided and paid for by GOTR)
- Participate in a one-day coach training session
- Participate in the Reindeer Romp 5k on Sat., December 8, 2018

## WHAT IS GIRLS ON THE RUN?

Girls on the Run is a 10-week program for girls in 3rd-8th grades. The program inspires girls to be joyful, healthy, and confident using a fun, experience-based curriculum which creatively integrates running. Trained coaches lead small teams through our research-based curriculum which includes dynamic discussions, activities and running games. Coaches consistently say they learn as much from participating as the girls! Learn more: [www.gotrtriangle.org](http://www.gotrtriangle.org). The Fall 2018 season runs from the week of Sep. 24th through the week of December 3rd.



## WHAT OUR COACHES ARE SAYING:

"This program is a 'bucket filler' for me! I always leave feeling energized and positive about the healthy environment that we are creating for our girls! The impact is felt school-wide and that feels really good!"

- GOTR Coach and Teacher

**No previous teaching or running experience required.**

You do **NOT** need to have a girl in the program to be eligible to coach.

**Sign up by 6/1 to coach for the Fall 2018 season:**

# WWW.GOTRTRIANGLE.ORG/COACH