



COACHES NEEDED FOR SPRING 2019

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 Heartwood Montessori (3:00-4:15pm) Days TBD**
- 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 Spring 2019 Girls on the Run 5k

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. The Spring 2019 season runs from the week of Feb. 5th through the week of April 29th.



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 12/21 to coach for the Spring 2019 season:

WWW.GOTRTRIANGLE.ORG/COACH