



Make a Difference for Girls Be a **Girls on the Run Coach**

Help girls learn how to stick up for themselves, cope with peer pressure and bullying, and be fit and healthy.

Remember your elementary or middle school years? Who helped you sort things out?

We will train you to coach a small group of girls in positive personal skills, healthy attitudes and physical fitness.

Our research-based curriculum spells out what to do in each 2-hour afterschool session. Training and materials provided. See job description on next page.

Have Fun and Get in Shape Too!

Teams of 3-4 trained Volunteer Coaches lead active games, discussion, running and walking. Groups are small – about 12 girls. New groups begin in January and August. Time commitment- 1 or 2 times a week. **After 12 weeks, you'll feel 12 weeks younger!**



Volunteer Coaches
needed at
Fred Anderson Elementary
Arapahoe Charter School

For more information, contact:
Cynthia Cochran, gotrpamlico@gmail.com

Girls on the Run meets 2 times a week (Mon-Wed or Tues-Thurs) after school for about 1 ½ hours. The Fall Season runs from September through early December. The Spring Season is from late January through April. Groups are limited to about 12 girls. The content of each lesson is detailed in a printed curriculum which also tells you what equipment and materials are needed. Training, curriculum and class materials are provided. New coaches usually begin by assisting an experienced Head Coach.

Coaches do not have to be “runners.” Each coach will run, walk and play with the girls to the extent of her ability. By being a coach, you will gradually increase your fitness and self-confidence, along with the girls!

As an Assistant Coach your role is to

- Be Enthusiastic
- Be Positive
- Support your Head Coach
- Help the girls to pay attention and follow directions
- Supervise the girls at all times: they should always be within sight
- Encourage the girls and say positive things to them
- Nurture the girls
- Model cooperation within coaching team
- Give attention to all the girls
- Be prepared – Look over the lesson before you come
- If asked to lead part of a lesson, prepare by reading and thinking about how to explain the game or activity.
- **Have fun with the girls!**



All Coaches: serve as role models by demonstrating a healthy lifestyle and positive attitude

- must have a clean background check
- must attend training and review sessions
- have fun with the girls and encourage positive behaviors
- listen to the girls and take them seriously



Coaches and girls

