



## **Girls on the Run of Northeast Tennessee, Inc.**

### ***Head Coach Job Description***

Coaching a Girls on the Run or Girls on Track program is the most 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!

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#### **POSITION INFORMATION:**

##### *Job Summary/Responsibilities:*

The Head Coach is a volunteer position that works with a team of coaches to facilitate the Girls on the Run or Girls on Track curriculum to program participants. This position works closely with the Northeast Tennessee Council Director and entails approximately 2.5 - 3 hours per week with additional time required on two to three weekend days for: a one day six hour training; a community race event; and for First Aid/CPR training, if necessary.

This volunteer position may be used as a service learning project, internship, or other college credit project upon agreement of the college/university and Director.

#### **CORE DUTIES:**

- Prepare, organize and supervise the weekly lessons
- Lead program participants through each lesson
- Serve as role model and mentor
- Coach program participants on proper stretching, running form, hydration and sports nutrition
- Attend the community running race with program participants and other volunteers
- Attend one coaches meeting with the Director during the season
- Communicate specific site needs to Director and Site Liaison
- Cheer and encourage participants of the program
- Complete and return attendance, health history forms, race registration forms, and pre/post session evaluation forms
- Interact with parents of program participants
- Plan and coordinate the end of season banquet
- Understand and believe the mission of the organization and act as a spokesperson for the program

#### **QUALIFICATIONS:**

- A strong desire to work in the field of girl development
- Experience working with youth
- 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
- High organizational skills
- The ability to recognize conflict and have the skills to help resolve it
- The capacity to work in a partnership with a co-coach and/or assistant coaches
- First Aid/CPR certification

#### **EXPERIENCE:**

The ideal candidate will have the following experiences:

- Has worked directly with girls ages 8-13 in a girl-positive environment
- Has experience as a runner/walker either recreationally or competitively
- Has volunteered in direct service organizations
- Has awareness of the common and different needs of girls