GOTR Internship Description

Appalachian Institute for Health and Wellness
Division of Outreach and Education

Organization Description

The Appalachian Institute for Health and Wellness (AIHW), Division of Outreach and Education, operates under the Beaver College of Health Sciences at Appalachian State University. Girls on the Run of the High Country (GOTR-HC) is an affiliated program of AIHW. The mission of GOTR-HC is to prepare girls in the 3rd-8th grade for a lifetime of self-respect and healthy living.

Girls on the Run believes that all girls and communities should have access to our programs. We strive to eliminate barriers to participation, to continue creating programming that engages all communities, to be intentional about staff and volunteer diversity and to promote a culture of inclusion across the organization.

Internship Summary

The primary responsibility of the GOTR-HC intern is to serve as a Girls on the Run coach and to work with the Council Director and Program Coordinator to implement a successful summer program. Coaching with Camp GOTR is a rewarding way to get involved with the Girls on the Run program. Coaches inspire girls to learn skills they will use now and as they grow. Three interns will work together as a team to plan and facilitate the Camp GOTR curriculum and other camp activities. Camp GOTR Coaches will develop meaningful connections with a team of participants and co-coaches, help girls develop new skills, and create a positive, inclusive environment where all girls feel free to be themselves.

Other summer internship responsibilities include working on various aspects of marketing, fundraising and program development for Girls on the Run. The internship experience provides a unique opportunity to execute knowledge based in child development, health promotion and health education, as well as gaining experience in non-profit management and organization.

Essential Job Functions:

- Deliver the Camp GOTR curriculum
- Provide a positive, inclusive environment for campers
- Provide direct care and supervision of campers to ensure safety
- Comply with the GOTR policies, including safety/risk management, access & inclusion, and youth protection policies
- Report safety/risk incidents to camp site and GOTR using accident/incident forms
- Assist with GOTR-HC public relations and social marketing
- Assist with GOTR-HC program development including making preparations for the fall GOTR season and documenting summer camp activities
- Assist with other projects and programs at AIHW

Key Responsibilities

- Prepare for and lead daily Camp GOTR lesson(s)
- Plan all aspects of afternoon camp activities
- Attend meetings and trainings
- Exhibit GOTR Core Values and serves as a role model for girls

Qualifications-

- Experience working with girls ages 8-11 from a range of backgrounds
- Work or volunteer experience in a direct service organization
- A strong desire to promote the physical, social and emotional development of children
- Adapts quickly to a changing environment and can improvise when needed
- Demonstrated organizational skills
- Excellent communication skills; can adjust communication style to fit each situation
- Able to recognize signs of intra/inter-personal conflict and is comfortable guiding participants through healthy resolutions
- Able to work in partnership with team members
- Successfully passes a background check
- Ability to inspire and enthusiastically motivate others
- **Passion for empowering girls to reach their limitless potential!**

This internship requires the availability of a minimum of 140 hours up to a maximum of 240 hours. Internship start and end dates are flexible depending on program requirements. Each intern successfully completing an evaluation at the end of the internship will receive a stipend of $300-$500.

For Information and to apply: Please visit the volunteers/internships webpage at https://appwell.appstate.edu/outreach/exercise-nutrition/gotr/volunteers/

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