



Roles and Responsibilities

Coach

The Girls on the Run Camp Coach is a volunteer position that works with a team of coaches to facilitate the Girls on the Run curriculum to program participants. This position entails approximately 18 hours over a period of 1 week. Coaches attend ALL practices DURING the week. Additional time required on one weekend day for in-person coach training and First Aid/CPR training if necessary. All materials and training is provided by GOTRSD free of cost.

Core Duties/Responsibilities include the following:

- Preparing, organizing, and supervising the daily lessons
- Leading program participants through each lesson with the help of Junior Coaches
- Interacting with parents of program participants
- Supporting Junior Coach in their role of assisting and facilitating the curriculum
- Collaborating with GOTRSD staff for support

Junior Coach

The Junior Coach is a volunteer position for high school individuals who identify as female and are 16 to 18 years of age. They will assist the Coach at a Girls on the Run Camp site. The position entails approximately 18 hours over a period of 1 week. This volunteer position may be used as a service learning project/high school community service credit project, internship, or other high school credit project upon agreement of the School and Program Coordinator or Executive Director.

Core Duties/Responsibilities include the following:

- Preparing for daily lessons prior to practice
- Assisting the team coach in facilitating the curriculum as intended
- Creating positive relationships with participants, coaches and other junior coaches
- Collaborating with the coach and GOTRSD staff for support