



MENTORS & COACHES NEEDED

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 a local team one or two days a week
- CPR Certified (can be provided by GOTR)
- Background check (provided and paid for by GOTR)
- Participate in an in-person Coach Training
- Participate in the end-of-season 5k!

WHAT IS GIRLS ON THE RUN?

Girls on the Run is a 10-week program for girls in 3rd-5th grades while Heart & Sole is our program for girls in 6th-8th grades. Both programs inspire girls to be joyful, healthy, and confident using a fun, experience-based curriculum which creatively integrates running. Coaches lead small teams through our research-based curriculum which includes dynamic discussions, activities and running games. **The Fall Season runs from the week of Sep. 9 through Dec. 7, 2024.**



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! I love watching the girls learn about themselves through the curriculum."

-Coach Nikki

No previous teaching or running experience required.
You do NOT need to be a runner to be eligible to coach.

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Parents are welcome to coach! Receive **FREE** registration for your child by committing to one or two practices a week.

