



Girls on the Run®

of Ottawa and Allegan Counties

Educating and preparing girls for a lifetime of self-respect and healthy living.

Coaches Needed for Spring 2010

What is it?

Girls on the Run is an after-school character development program for girls in grades 3-5. The program uses the power of running to teach girls about being healthy emotionally, socially, mentally and physically. Girls make new friends, experience what it is like to be part of a team, learn life-long healthy habits, and gain the knowledge and confidence to lead healthy lifestyles. Girls are encouraged to run, however they may run, hop, skip, walk, or dance their way towards their goals!

What does it look like?

Over the course of 10 weeks, each team of 8-15 girls meets with their certified coaches on Mondays and Wednesdays or Tuesdays and Thursdays. Practices start 10 minutes after school dismisses and last for an hour and a half. Our nationally recognized curriculum provides lessons that emphasize healthy fun through activities that promote character building. The easy-to-follow curriculum and all supplies are provided to coaches. Practices start the first week in March and the program ends with a 5K Celebration run/walk for all coaches and participants in May.

What are the coaching requirements? Do I have to be a Runner?

- You don't have to be a runner, you only have to have the desire to serve as a role model for the girls by showing positive behavior, being interactive with them, and listening attentively.
- To encourage and cheer-on the girls as they play games and run laps.
- To coach the girls on proper stretching, healthy lifestyle, and exercise.
- To keep the morale of the group up and communication open.
- To attend scheduled training with the program coordinator and other area coaches.
- To dress neatly and casually— athletic clothing is preferred.
- To work with group dynamics, and practice creativity with young girls.
- To complete the end of the season 5K Celebration Run with the girls (walking or running).

****New coaches must attend a 3.5 hour training; all lesson materials are provided and easy to understand****

Spring 2010 Participating Schools

<u>Holland</u> Black River Corpus Christi Eagle Crest Charter Holland East K-7 Holland Heights Holland West K-7 Jefferson Pine Ridge Chr. Rose Park Chr. Vanderbilt	<u>West Ottawa</u> Glerum Great Lakes Lakeshore Lakewood North Holland Pine Creek Sheldon Woods Waukazoo Woodside	<u>Zeeland</u> Lincoln Elem. New Groningen Quincy Elementary Roosevelt Elem. Woodbridge Elem. Innocademy	<u>Hudsonville</u> Bauer Elementary Forest Grove Elem. Georgetown Elem. Hudsonville Chr. Jamestown Elem. Park Elementary South Elementary	<u>Grand Haven</u> Ferry Elementary Grand Haven Chr. Griffin Elementary Lake Hills Elem. Mary A. White Elem. Peach Plains Elem. Robinson Elem. Rosy Mound Elem.	<u>Spring Lake</u> Holmes Elementary Jeffers Elementary Spring Lake Int. St. Mary's Walden Green Day WMAAA
<u>Wayland</u> Steeby Elementary Pine Street Elem.	<u>Hamilton</u> Hamilton Elem. Bentheim Elem. Blue Star Elem. Sandyview Elem.	<u>Allendale</u> Evergreen Elem. Springview Elem. Allendale Chr. Allendale Middle	<u>Jenison</u> Bauerwood Elem. Bursley Elementary Pinewood Elem. Rosewood Elem. Sandy Hill Elem.	<u>Fennville</u> Fennville Elem.	<u>Coopersville</u> Coopersville East St. Michael's
		<u>Hopkins</u> Hopkins Elementary Sycamore Elem.		<u>Saugatuck</u> Douglas Elem.	<u>Allegan</u> Dawson Elementary North Ward Elem. Pine Trails Elem. West Ward Elem.
				<u>Glenn</u> Glenn Elem.	

An affiliate of:



CENTER FOR
WOMEN IN
TRANSITION

Girls on the Run of Ottawa and Allegan Counties

Center for Women in Transition
411 Butternut Drive
Holland, MI 49424

616.494.1719 *phone*
616.355.9760 *fax*
gotr@aplaceforwomen.org

Proud Partners:



Spring 2010 Interested Coach Application



Please fill out the information below and return to:

Girls on the Run Program
Center for Women in Transition
411 Butternut Drive, Holland, MI 49424
 Email: gotr@aplaceforwomen.org
 Phone: 616-494-1719
 Fax: 616-355-9760
 Website: www.gotroac.org

An affiliate of:



Proud Partners:



First Name: _____ Last Name: _____
 Address: _____
 City: _____ State: _____ Zip _____ Date of Birth: _____
 Phone Number: _____ Alternate: _____ Shirt Size (Circle): S M L XL XXL
 Email Address: _____ (very important for GOTR correspondence)
 Coaching preference: Head Coach Assistant Coach No Preference Have you been trained by GOTR? Yes No
 Have you been a GOTR coach in the past? Yes No Which School(s)? _____
 Do you have somebody you would like to coach with? (Name, phone number, email address): _____

Days available to Coach (Circle all that apply): Monday/Wednesday Tuesday/Thursday
 Preferred School District (Circle all that apply): Allegan Allendale Coopersville Fennville Glenn
 Grand Haven Hamilton Holland Hopkins Hudsonville Jenison Saugatuck
 Spring Lake Wayland West Ottawa Zeeland Specific School: _____

First Aid/CPR Certified? Yes No
 * All Head coaches are now required per international GOTR policy to be First Aid/CPR certified. The Red Cross offers many training day options. Please go to their website at "www.ottawaredcross.org/healthSafety_schedule.php" and register for the Adult CPR/ AED class if you are not certified or if your certification is lapsed. The cost is \$30. You must complete this certification before practices begin.

New Head and Assistant Coaches:
 Must attend a free training. Please put a (1) next to your first choice and a (2) next to your second choice.
Returning Coaches:
 Must come in to fill out paperwork and pick up supplies.

Training/Supply Pick Up Dates and Locations

<u>Date</u>	<u>Time</u>	<u>Location</u>
Wednesday, February 3	4:00 pm - 7:30 pm	Holland Center for Women in Transition, 411 Butternut Dr., Holland, 49424
Saturday, February 6	9:00 am - 12:30 pm	Holland Center for Women in Transition, 411 Butternut Dr., Holland, 49424
Wednesday, February 10	4:00 pm - 7:30 pm	Grand Haven Center for Women in Transition, 300 N. Ferry St., Suite C, 49417
Saturday, February 13	9:30 am - 1:00 pm	TBD in Grand Haven

Supply Pick Up Dates and Locations for Returning Coaches

Supplies can be picked up at the Holland Center for Women in Transition from February 2nd to February 12th between the hours of 9:00 am—5:00 pm. They can also be picked up during any of the above training hours at the location listed. Supplies can also be picked up at the Grand Haven Center for Women in Transition on February 10th between 9:00 am and 7:30 pm.

Please wear comfortable clothing, athletic shoes, and bring your driver's license to training. Breakfast/Dinner is provided. You will receive GOTR programming supplies for your school at the training. Practices will begin at the beginning of March, exact dates will be given to you at the training.