



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 2012

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, although you need to believe in physical activity!
- 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 review lessons and activities before practice..
- 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.

****New coaches must attend a 3 hour training; all lesson materials are provided and easy to understand****

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 2012 Interested Coach Application



Please fill out the information below and return to:
**Girls on the Run/Girls on Track
 Program**

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

Email: gotr@aplaceforwomen.org
 Phone: 616-502-7530
 Fax: 616-355-9760

An affiliate of:



CENTER FOR
 WOMEN IN
 TRANSITION

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: _____ Specific School: _____

Background Checks:

Please fill out the backside of this information sheet to allow for us to conduct a background check.

Head Coaches are required to be CPR/First Aid certified.

*Are you CPR/First Aid certified? YES or NO

*Are you willing to become CPR/First Aid certified? YES or NO

(Please note that this is a cost that GOTR is unable to reimburse for at this time)

(If you are interested in becoming CPR and First Aid Certified-Please contact the Red Cross)

Training:

Training is required for all new coaches and new assistant coaches. These training dates will be in Early February.

Please note all past coaches are encouraged to attend the first hour of training to become familiar with the new curriculum and to pick up materials and interact with new coaches.

Training Dates

<u>Date</u>	<u>Time</u>	<u>Location</u>
Thursday, February 2	6:00 pm - 9:00 pm	Holland-Center for Women in Transition, 411 Butternut Dr., Holland, 49424
Saturday, February 4	9:30 am - 12:30 pm	Grand Haven-First Presbyterian Church, 508 Franklin Ave., Grand Haven, 49417
Thursday, February 9	6:00 pm - 9:00 pm	Grand Haven-First Presbyterian Church, 508 Franklin Ave., Grand Haven, 49417
Saturday, February 18	9:30 am - 12:30 pm	Holland-Center for Women in Transition, 411 Butternut Dr., Holland, 49424

Please wear comfortable clothing, athletic shoes, and bring your driver's license to training. Snacks will be 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.