



Head Coach Responsibilities

POSITION INFORMATION:

The head coach is a volunteer position within the Girls on the Run of Northern Virginia program that works with a team of coaches to facilitate the Girls on the Run curriculum to program participants.

This position works closely with the assistant coaches and requires approximately three hours per week during the ten-week season, with additional time required on one weekend day for our 5K run.

QUALIFICATIONS:

- ★Female at least 21 years of age
- ★CPR certified (must be current throughout entire season)
- ★A strong belief in the mission of Girls on the Run
- ★Willingness to abide by all Girls on the Run policies and requirements
- ★Excellent communication and organization skills
- ★Complete a background check and coach training before the start of the season
- ★Able to commit to at least 95% of practices

RESPONSIBILITIES:

- ★Act as a liaison between GOTR NOVA and the school principal and PTA lead
- ★Assist the school in getting the word out about the program prior to the start of registration
- ★Distribute the GOTR or H&S program flyer to the PTA
- ★Review final roster, including health history info and emergency contact info for every girl
- ★Communicate with parents prior to the first session to set expectations and inform meeting times and location as well as 5K details
- ★Prepare, organize and moderate two lessons per week, using GOTR curriculum and values
- ★When necessary, coordinate pick up of team materials at GOTR NOVA designated location
- ★Review Buddy Runner assignments with GOTR NOVA and participants' parents prior to the 5K
- ★Attend and coordinate team attendance at end of season 5K
- ★Coordinate with school administration to determine status of the program for the next season and communicate that information to GOTR NOVA

BENEFITS:

- ★The reward of building connections with other amazing coaches and the girls on your team!
- ★Thank you gift from GOTR NOVA

For more information, contact Nicole Harrison at nharrison@gotrnova.org.

Girls on the Run of Northern Virginia
10560 Main St. Suite 514 Fairfax VA 22030
703.273.3153
www.gotrnova.org