



Junior Coach Responsibilities

POSITION INFORMATION:

The junior 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 head coach and assistant coaches. This position requires approximately two hours per week during the ten-week season, with additional time required on one weekend day for our 5K run.

QUALIFICATIONS:

- ★16-18 years of age
- ★A strong belief in the mission of Girls on the Run
- ★Willingness to abide by all Girls on the Run policies and requirements
- ★Desire to work with pre-teen girls
- ★Ability to participate in season coach training as determined by GOTR NOVA
- ★Excellent communication and organization skills
- ★Participation in a background check conducted by GOTR NOVA
- ★Able to commit to practice at least once a week

RESPONSIBILITIES:

Assist the Head Coach in:

- ★Preparing, organizing and facilitating two practices per week, using GOTR curriculum and values
- ★When necessary, coordinating pick up of team materials at GOTR NOVA designated location
- ★Reviewing Buddy Runner assignments with GOTR NOVA and participants' parents prior to the 5K
- ★Attending and coordinating team attendance at end of season 5K

BENEFITS:

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

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

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