



Assistant Coach Responsibilities

POSITION INFORMATION

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

QUALIFICATIONS

- ★At least 18 years of age, all gender identities welcome
- ★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
- ★Complete a background check and coach training before the start of the season
- ★Able to commit to at least 95% of practices

RESPONSIBILITIES

Assist the Head Coach in:

- ★Getting the word out about the program prior to the start of registration
- ★Distributing the GOTR or H&S program flyer to the PTA
- ★Reviewing the final roster, including health history info and emergency contact info for every girl
- ★Communicating with parents prior to the first session to set expectations and inform meeting times and location as well as 5K details
- ★Preparing, organizing, and moderating two lessons 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' families 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!
- ★Thank you gift from GOTR NOVA

For more information, email us at info@gotrnova.org

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