

# RUN WITH US!

## Girls on the Run and STRIDE of Coastal Carolina! COACH JOB DESCRIPTIONS

**ABOUT:** Girls on the Run and STRIDE of Coastal Carolina is a nonprofit organization aimed to help pre-teen girls (GOTR) and boys (STRIDE) develop healthy lifestyles and self-respect through running. Life lessons learned through participation in these 10-week programs include nutrition and fitness, goal setting, communication skills, making a difference, working as a team, and character development. The program cumulates in a celebratory 5K!

We invite you to run with us - and support these boys and girls as they accomplish great things!



### HEAD COACH

#### Requirements:

- 21 years or older
- CPR/AED/First Aid Certified
- Consent to and complete a background check
- Attend Coach Training and attend Coach Meeting each season
- Attend all (two) practices a week

#### Responsibilities:

- Serving as a role model for program participants
- Managing and communicating with assistant coaches
- Preparing, organizing and supervising the weekly lesson and leading the program participants through each lesson
- Facilitating and participating in the the practice 5k, community service project, and end-of-season celebration
- Participating in 5k with team

### ASSISTANT COACH

#### Requirements:

- 18 years or older
- Consent to and complete a background check
- Attend Coach Training
- Able to attend practices once or twice/wk

#### Responsibilities:

- Serving as a role model for program participants
- Assisting with all aspects of the facilitation of the curriculum
- Help facilitate and participate in games and workouts
- Help facilitate and participate in practice 5k, community service project, and end-of-season celebration
- Participate in 5k with team

### JUNIOR COACH

#### Requirements:

- 16 years or older
- High school student
- Consent to and complete a background check
- Attend Coach Training
- Able to attend practices once or twice/wk

#### Responsibilities:

- Serving as a role model for program participants
- Assisting with all aspects of the facilitation of the curriculum
- Help facilitate and participate in games and workouts
- Help facilitate and participate in practice 5k, community service project, and end-of-season celebration
- Participate in 5k with team

### ALSO RECRUITING

Running Buddies & Race Day Volunteers



For more information about the program or how to get involved please contact **Adrienne Payton** at

[apayton@trymca.org](mailto:apayton@trymca.org)