



JUNIOR COACH JOB DESCRIPTION

Position Profile

Serving as a Junior Coach is a fun and rewarding way for individuals under 18 years of age to get involved with Girls on the Run® and make a difference in the lives of girls throughout their community. You get to experience the program first hand, feel a sense of accomplishment and have a ton of fun with your team of coaches and incredible girls!

Job Summary

The Junior Coach is a volunteer position for individuals under 18 years of age to assist the Head and Assistant Coaches at a Girls on the Run program site. The position entails approximately 1.5-3 hours per week for twelve weeks. Junior Coaches can choose to attend both program sessions per week OR commit to only one day a week. We ask each Junior Coach to determine which schedule works the best for them and to maintain that schedule throughout the program for consistency on behalf of the girls. While the Junior Coach is not responsible for facilitating the Girls on the Run curriculum, they are there to support the Head and Assistant Coaches and program participants in many ways.

This volunteer position may be used as a service learning project/high school community service credit project, internship, or other high school credit project upon agreement of the School and Program Coordinator or Executive Director.

Core Duties / Responsibilities include the following (other duties may be assigned):

- Understand and believe in the mission of Girls on the Run
- Serve as a role model and mentor for program participants
- Attend program session on selected day(s) on a consistent basis
- Encourage and motivate all participants
- Assist the head and assistant coaches with games and lessons
- Participate in games and workouts with the girls, encouraging them to put their best effort into the workout
- Provide one-on-one attention to girls
- If desired, lead an activity with assistance and under the supervision of a head or assistant coach

Qualifications

- A strong desire to work in the field of youth character development
- Excellent communication skills
- Flexible / ability to accommodate to a changing environment
- Attend a full day coach's training with the Executive Director and/or Program Coordinator
- Strives to lead a healthy lifestyle