

Attention families of the Freedom Girls on the Run team! We have girls who want to participate in Girls on the Run this spring. However, we only have one volunteer who has stepped forward to coach and we need four to five coaches. Both men and women over 18 can be volunteer coaches. Please consider spending one day a week over the season (10 weeks) with these young girls...helping them develop life skills and good health habits. Please see below what it takes to become a Girls on the Run Coach. Then fire up your computer and apply. If you know of others (they don't need to have girls on the team), please share this with them as well.

Here is some key information that you need to know:

- Commit to attending one practice/weekly
 - Practices are conducted at the school immediately following the end of the school day
 - They last 75 minutes but we ask on the days you coach/support the person leading the lesson that you be there 5-10 minutes before the end of the school day to prep for the lesson
- Select/attend National Coach Certification training
 - This is 4.5 hours of in person training
 - You will be assigned one hour of online pre-work prior to the in-person training
 - If you are not able to attend one of the 12 sessions we have set up, then you can still participate as a Running Buddy; you would not be able to lead a lesson
- Lead a healthy lifestyle
 - We aren't looking for track athletes or marathon runners; if you are...that is ok, too
 - We want volunteers who believe in helping young girls become strong young women socially, emotionally, mentally, and physically and who lead by example
- Coaches children will automatically be added to the team roster at schools who are using the Lottery this year

Please take the next step and register to become a GOTR coach. Here is the link: <https://www.raceplanner.com/volunteer/signup/sp-2018-coach-app>

Regards,



Linda Duba

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