



BECOME A GIRLS ON THE RUN



# Coach

**Empowering girls for over 10 years in Cache, Davis, Salt Lake, Summit, Tooele, Utah, Wasatch and Weber Counties**

As a Girls on the Run Coach, you get to experience the program firsthand and feel a sense of accomplishment that you have made a difference in the lives of local girls. You will also have tons of fun and rewarding experiences with your awesome team of coaches.

- Teams of volunteer coaches facilitate our easy to follow curriculum with about 15 girls over the course of 12 weeks
- Running and coaching experience is not required
- Each team meets 1-2 times a week right after school for an hour (2 hours for once a week)
- Girls on the Run provides a thorough training for all coaches plus curriculum, supplies, running incentives and snacks
- ★ • Coach Training either 2/24/18 in Murray or 3/3/18 in Pleasant Grove
- Our volunteer coaches are the key to making the program a success



**We are looking for enthusiastic, dedicated and positive women and men**

- Spring program runs from March 12-June 2, 2018 (5K run is on June 2nd) ★
- Complete a volunteer application on our website and we will contact you and get you placed at a site that works best for you and your schedule

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