



# Life comes at girls fast. Help them find their pace.



Girls on the Run is dedicated to creating a world where every girl knows and activates her limitless potential and is free to boldly pursue her dreams.

**You can make a positive difference as a Coach.**

Learn more and sign up at  
[gotrstl.org/Coach](http://gotrstl.org/Coach)

## Every GOTR Coach

- Believes every girl has power and potential
- Wants to leave a lasting impact on girls
- Supports recruitment of girls and Coaches
- Receives training and support throughout the entire season
- Doesn't have to be a runner
- Can be YOU!!

### Head Coach

GOTR sites must have a minimum of two trained **Head Coaches**. The Head Coaches are responsible for preparing, organizing and delivering weekly lessons. Head Coaches must:

- Complete GOTR Coach Training
- Be at least 21 years old
- Complete a background check
- Attend both practices consistently
- Communicates with participants' families

### Coach

Volunteers who have not yet attended in-person training are called **Coaches**. The Coaches assist the trained Head Coaches in facilitating activities, games and workouts while building positive relationships with and motivating girls. Coaches must:

- Be High School age or older
- Complete background check
- Able to attend at least one practice per week