<table>
<thead>
<tr>
<th>Coach Role</th>
<th>Requirements</th>
<th>Responsibilities</th>
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| **Site Liaison**     | - woman or man  
- at least 21-years-old  
- consent to and complete a background check  
- complete a one-hour online and attend a four-hour in-person coaches training led by GOTR-STL staff and subsequent seasons complete returning coach online refresher | - Act as primary contact with GOTR staff and site  
- Assisting in the recruitment of at least three coaches for the site and setting up a meeting with coaches prior to the start of the season  
- Coordinating practice space at site (indoor and outdoor)  
- Working with site to distribute materials explaining registration to girls and parents  
- Act as primary contact if school/facility or parents have questions  
- Coordinating picking up items from GOTR office such as marketing materials, supplies, t-shirts, etc. a few times throughout the season  
- Participating in the 5k with the team (registration included) |
| **Head Coach**       | - woman  
- at least 21-years-old  
- consent to and complete a background check  
- complete a one-hour online and attend a four-hour in-person coaches training led by GOTR-STL staff and subsequent seasons complete returning coach online refresher  
- able to attend practice once or twice/week | - Serving as a role model for program participants  
- Managing and communicating with assistant coaches and practice partners  
- Preparing, organizing and supervising the weekly lessons and leading the program participants through each lesson  
- Facilitating and participating in the practice 5k, community service project and end-of-season celebration  
- Participating in the 5k with the team (registration included) |
| **Assistant Coach**  | - woman or man  
- at least 18-years-old  
- consent to and complete a background check  
- complete a one-hour online and attend a four-hour in-person coaches training led by GOTR-STL staff and subsequent seasons complete returning coach online refresher  
- able to attend practice once or twice/week | - Serving as a role model for program participants  
- Assisting with all aspects of the facilitation of the Girls on the Run curriculum  
- Helping facilitate and participating in games and workouts with the girls  
- Helping facilitate and participating in the practice 5k, community service project and end-of-season celebration  
- Participating in the 5k with the team (registration included) |
| **Practice Partner Coach** | - woman or man  
- high school age or older  
- consent to and complete a background check  
- able to attend practice once/week | - Encouraging and motivating all participants  
- Assist in facilitating and/or participating in games and workouts with the girls as needed  
- Participating in the practice 5k, community service project and end-of-season celebration  
- Participating in the 5k with the team (registration included) |

There must be two adult, trained coaches per team at practice sessions.

**CPR certification:** One CPR certified coach must be present at every practice.