



Girls on the Run® St. Louis Coach Descriptions

Coach Role	Requirements	Responsibilities
Site Liaison (one/site)	<ul style="list-style-type: none"> -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 	<ul style="list-style-type: none"> -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 (max of 2/team)	<ul style="list-style-type: none"> -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 	<ul style="list-style-type: none"> -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	<ul style="list-style-type: none"> -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 	<ul style="list-style-type: none"> -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 (max of 4/team)	<ul style="list-style-type: none"> -woman or man -high school age or older -consent to and complete a background check -able to attend practice once/week 	<ul style="list-style-type: none"> -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.