



Girls on the Run® of Charlotte Junior Coach Job Description

Serving as a junior coach is a fun and rewarding way for individuals under 18 to get involved with Girls on the Run (GOTR) and make a difference in the lives of girls throughout their community. You get to experience the program first hand, feel a sense of accomplishment and have a ton of fun with your team of coaches and incredible girls!

Job Summary:

The Junior Coach is a volunteer position for individuals under 18 years of age to assist the Head and Assistant Coach(s) at a Girl on the Run program site. The position entails approximately 1.5-3 hours per week for 12 weeks. Junior Coaches can choose to attend both program sessions per week OR commit to only one day a week. We ask each Junior Coach to determine which schedule works best for them and to maintain that schedule throughout the program for consistency on behalf of the girls. While the Junior Coach is not responsible for facilitating the Girls on the Run curriculum, they are responsible for supporting the Head and Assistant Coach(s) while overseeing the program participants.

This volunteer position may be used as a service learning project/high school community service credit project, internship, or other high school credit project upon agreement of the school and GOTR Program Coordinator or Program Director.

Core Duties/Responsibilities include the following (other duties may be assigned):

- Understand and believe in the mission of Girls on the Run
- Serve as a role model and mentor for program participants
- Attend program session on selected day(s) on a consistent basis
- Encourage and motivate all participants
- Assist the head and assistant coach(s) with games and lessons
- Participate in games and workouts with the girls encouraging them to put their best effort into the workouts
- Provide one-on-one attention to girls
- If desired, lead an activity with assistance and under the supervision of a head or assistant coach

Qualifications:

- A strong desire to work in the field of youth character development
- Excellent communication skills
- Flexible / ability to accommodate to a changing environment
- Attend a full day coach's training with the Program Director and/or Program Coordinator
- Strives to lead a healthy lifestyle
- Complete and clear a background check verification.

How to Apply:

The easiest way to apply is by filling out a Volunteer Information Sheet at www.gotrcharlotte.org. The Volunteer Information Sheet can also be mailed, faxed, dropped-off or emailed to the following:

Lisa Keller, Program Coordinator
Girls on the Run of Charlotte
120 Cottage Place, Charlotte, NC 28207
Fax: 704.376.1039, Phone: 704.837.0088
Email: Lkeller@gotrcharlotte.org