



Assistant Coach Responsibilities

The Assistant Coach's main responsibility is to serve as an encourager, cheerleader and supporter during workouts and the 5K run. The Head Coach will need your assistance in many of the activities and workouts.

Responsibilities:

- ✓ Attend mandatory Girls on the Run® pre-season Coaches' Training prior to the fall and spring seasons
- ✓ Must be at least 18+ years of age
- ✓ Attend practice at least one day per week and assist the Head Coach with various activities and workouts.
 - Practices are held two days per week for 1.5 hours.
 - Each season is 10 weeks long.
 - Fall Season: September – December
 - Spring Season: February – May
- ✓ Run and/or walk with the girls during workouts to provide encouragement
- ✓ Provide advice on running, speed-walking and pacing
- ✓ Help Head Coach prepare and deliver lessons as needed
- ✓ Provide administrative assistance as needed
- ✓ Serve as a positive role model for the girls at all times.
- ✓ Attend and support the girls at the end-of-the-season 5K event
- ✓ Assist in the planning of the end of the season banquet and attend
- ✓ Complete a Volunteer/Coach Application, Volunteer Management Policies, a Health History form and a Non-Compete form
- ✓ Agree to a criminal background check
- ✓ Have current CPR and First Aid certification on file with the Council Director by the fourth lesson
- ✓ May be a male