



## Head Coach Responsibilities

- Attend mandatory Girls on the Run® pre-season Coaches' Training prior to the fall and spring seasons.
- Must be 21+ years of age.
- Have current CPR/First Aid certification on file with the Council Director by the fourth lesson
- Complete a Volunteer/Coach Application, Volunteer Management Policies and a Health History
- Sign a Non-Compete form
- Prepare and deliver lessons and running activities for GOTR practices two days per week.
  - Practices are held two days per week for 1.5 hours.
  - Each season is 10 weeks long.
  - Fall Season: September – December
  - Spring Season: February – April/May
- Serve as a positive role model for the girls at all times.
- Arrive early to practice prepared and ready to run and interact with the girls.
- Encourage the girls during group discussions, activities/games and while running.
- Coach the girls on proper stretching, running form and power walking and proper hydration.
- Distribute forms and information to participants and parents as directed by the Site Liaison or Council Director and return forms as needed.
- Complete an end-of-season inventory of coaching supplies and return to the GOTRMC Council Director.
- Attend the end of season 5K race (December or April/May)
- Communicate questions or concerns to Site Liaison or Council Director.
- Coordinate end of season banquet and awards for participants and families.

Girls on the Run® of Maricopa County  
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