

# Girls on theRun<sup>®</sup> silicon valley

become a  
coach



## Our Coaches

Our programs would not be possible without the amazing **spirit and dedication of our volunteer coaches**. They are the ones on the tracks and grassy fields cheering on the girls during practice and equipping them with the tools they need to be joyful, healthy, and confident individuals.

Our coaches come from all walks of life: runners, non-runners, women, men, college students, teachers, working professionals, moms, dads, retirees, and more. **We embrace diversity in our volunteers** because it gives the girls a range of role models and celebrates that each of us is unique.

## Coach Requirements

All coaches are volunteers and must:

- Have an enthusiasm for the Girls on the Run mission and want to **be a positive role model for girls**
- Be 18 years or older; female OR male
- Provide three personal references
- Submit fingerprints for a background check
- Complete all required training  
(This includes a 1-hour online training and 4.5 hours **in-person training** in November)
- Commit to being at **both 90-minute lessons each week** during the season  
(Lessons take place after school from March through May)

## Coach Perks

The benefits of becoming a coach include:

- Making a **difference in the lives of the girls** in your community
- A guaranteed spot for one girl on your team (if you have multiple daughters, all receive spots)
- A discount on your daughter's program registration fee
- Coach training and skill-building that prepare you to lead your team of girls
- Complete lesson plans and materials for each practice
- Complimentary registration into the Girls on the Run 5K for all current coaches

## Register To Be A Coach

Visit [www.gotrsv.org/coach](http://www.gotrsv.org/coach) and submit your coach application. If you have any questions about coaching requirements, please contact our Program Directory, Denise Pang, at [denise@gotrsv.org](mailto:denise@gotrsv.org).



*"You cannot teach the Girls on the Run lessons without learning them yourself. I can say that I am a kinder, stronger, healthier, more confident person than I was before Girls on the Run."*