

Be a Girls on the Run

COACH!



Girls on the Run coaches are:

- Trained volunteers who lead small teams through powerful and engaging lessons
- Not required to be runners or athletes
- Fully prepared and support by GOTR
- Available for practice 2x/week for 75 to 90-minutes for the 10-week season
- Building confidence, creating healthy habits and deepening social-emotional skills through our evidence-based curriculum
- Encouraging and empowering the next generation

99%

of GOTR coaches agreed that the coaching experience was valuable for them.



Our coaches are at the heart of what makes Girls on the Run a program unlike any other. At every practice, their encouragement inspires girls to live fearlessly.

Remember: No experience is required! Coaches are provided with all of the training and supplies necessary.

Season Begins the week of **February 26** and lasts until the **Celebration 5K on May 18, 2024.**

“ Being a GOTR coach **made a huge impact on my life.** Through the program and my team, I grew into a **more confident version** of myself.”

Coach Nicole



Girls on the Run Site: Murray Lake Elementary

Practice Schedule: Tuesdays & Thursdays 4:00pm – 5:15pm

For More Info, Contact: Amanda Riley (ariley@decc.com or 616-634-0404)