



Coach Application

Background Information

Name: _____

Address: _____

City/Zip: _____

Preferred Phone: _____ (please circle: home/work/cell)

Alternate Phone: _____ (please circle: home/work/cell)

E-mail: _____

Race/Ethnicity: _____ Date of Birth: ____/____/____

Educational Background: _____

Please list languages other than English in which you are fluent: _____

T-Shirt Size: _____

Employment

Please list current employer:

Current Employer: _____

Current Position: _____

Address: _____

Duties: _____

Length of Employment: _____

Getting to Know You

What attracted you to Girls on the Run?

Do you have previous experience as a volunteer? If so, please list the programs/organizations with which you have worked.

What experience do you have working with children? Please list age and activities with which you have experience:

Please list two to three personal references (name & phone number) who we may contact regarding your ability to coach:

- 1) _____
- 2) _____
- 3) _____

Availability

Girls on the Run-Chicago sites are located throughout the Chicagoland area, and each site identifies a time that works best for them. We try to place coaches at locations and times most convenient for them. **Coaching requires a flexible afternoon schedule-nearly all sites meet between the hours of 2pm and 5pm.**

1) What days and hours are you available?

- Monday _____
Tuesday _____
Wednesday _____
Thursday _____
Friday _____

2) Often our coaches have an existing relationship with a GOTRC site-are you already affiliated with a specific site? If so, what site?

3) Do you have a vehicle?

4) Are you able to commit to all the responsibilities on the coach responsibilities list?

**FAX or EMAIL application to:
Emily Sladek
Volunteer & Community Outreach Coordinator
Girls on the Run-Chicago
1643 N Milwaukee Ave, 2nd Floor
Chicago, IL 60647
FAX 773-342-1266**

Please direct any questions you may have to Emily at 773-342-1250
or by email at esladek@gotrchicago.org.



Coach Responsibilities

Pre-season

- Attend a one-time Girls on the Run-Chicago coach training
- Become CPR/First Aid certified or maintain certification for entire season duration
- Contact site coordinator to discuss site logistics (dates, times, day of first session)
- Pick up coach bin from Girls on the Run - Chicago

During the season

- Purchase healthy snacks using Jewel gift card
- Prepare for each session by reading the lesson and reviewing coach bin materials
- Arrive at site at least 15 minutes early for each session
- Attend GOTRC sessions twice a week
- Read weekly Coach Notes emails and respond when appropriate
- Record attendance at each session
- Wait until all girls are picked up after each session
- Administer pre and post survey evaluation and arrange mailing back to the GOTRC office
- Arrange for a substitute coach if you cannot attend a session (consult list of substitutes) and inform GOTRC staff when a substitute is identified
- Return any materials (i.e., paper 5k registration forms, Wondergirl nomination forms, and consent forms and money) to the GOTRC office
- Help recruit running buddies to run the 5k with your girls
- Attend the end of season 5k with your girls
- Provide a fun end of season celebration for the last session
- Demonstrate a positive encouraging demeanor and a healthy lifestyle
- Be your wonderful self with the girls at all times and above all have fun with them!

Post season

- Return coach bin at the 5k or to the GOTRC office
- Turn in receipts with reimbursement form for end of season party expenses

I agree to perform the above responsibilities to the best of my ability.

Print Name _____

Signature _____ **Date** _____