



GIRLS ON THE RUN
P.O. Box 7016
Ketchum, Idaho 83340
208.788.RUN3
www.girlsontherunwrv.org

learn. dream. live. run...

VOLUNTEER COACH JOB DESCRIPTION

THANK YOU for your interest in volunteering to make a difference in the lives of girls through the Girls on the Run program. Your involvement will become one of the most rewarding jobs you may ever have as you help girls discover their inner beauty and learn to be comfortable simply being themselves. And, you will find gifts the girls will give to you as you experience your own personal growth and discover this program is for you too!

Girls on the Run is a life skills program for girls in grades 3-5. Our mission is to educate and prepare girls for a lifetime of self-respect and healthy living. Our curriculum incorporates interactive, uplifting games developed to teach specific life lessons with training for a run/ walk 5K (3.1 mile) event held at the end of each program. Our team of volunteers represents a dynamic group of women, all of whom possess a great enthusiasm for helping to prepare girls for a healthy and happy adolescence and adulthood.

Our programs run each Fall and Spring for six weeks at both Hemingway Elementary and Hailey's Community Campus and are open to all 3-5 grade girls in the valley. We meet twice a week after school for 1 hour, 15 minutes. We also host a 5k event as well as a community service project as part of each 6-week session.

Volunteer Requirements

- Commitment to the mission and organization of Girls on the Run
- Genuine interest in leading a healthy lifestyle
- Interest in the issues facing young women today
- Complete an application process including a background check
- Be a positive role model with a reliable, honest and positive outlook on life

Coach Responsibilities

- Using the prepared curriculum, prepare and organize weekly lessons to mentor your group of girls through focused, interactive discussions and lead them through running games and activities.
- Attend a mandatory, one-day certification training and regularly scheduled coaches meetings
- Current CPR certification
- Help with planning and coordination of our Girls on the Run community 5K event and service project
- Encourage and uplift the girls as they play games and run laps
- Coach the girls on proper stretching, running form, hydration and nutrition
- Mediate disputes among your group in a prompt, respectful manner
- Have fun with the girls and be your own silly and spirited self!

Assistant Coach Responsibilities

- Serve as number-one encourager, cheerleader, and "high-fiver" at each session
- Watch for and help girls who need special attention and extra encouragement
- Run or walk with the girls each day and help them put their best effort into their workout
- Lead stretching during processing time while coach leads discussion
- Assist in planning and coordination of our Girls on the Run community 5K event and service project
- Assist the coach in whatever capacity needed to give the girls a positive experience
- Have fun with the girls and be your own silly and spirited self!

Educating and preparing girls for a lifetime of self-respect and healthy living.



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Volunteer Coach Application

Thank you for your interest in volunteering with Girls on the Run! Please print clearly and return this application with your resume to Mary Fauth at the above address. We look forward to hearing from you and hope to begin an exciting journey together in making a difference in girls' lives!

Name:

Mailing Address:

City, State, Zip:

Birthdate:

Phone Number (H):

Phone Number (W):

E-mail Address:

T-Shirt Size:

1. How did you hear about Girls on the Run, and what attracted you to the program?
2. Why is working with girls and/or running important to you?
3. Describe your experience working with children:
4. Name one of your strengths and one of your challenges, especially in reference to working with girls:
5. How do you envision your coaching style?
6. As a volunteer, what is the one thing you would want the girls to specifically learn from you?

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7. Why would you be a good role model for girls?

8. What special skills/qualifications do you feel you have that would be of value to the program?

9. How would you describe your lifestyle, and what do you do to maintain balance in your life?

10. Please list two individuals (not related to you) who can serve as character references for you:

Name	Contact Information, including phone	Relationship to You

As a Girls on the Run policy, coaches must be drug-free, tobacco-free, and must not consume excessive amounts of alcohol. If a coach has suffered from an eating disorder, that coach must have *completed* treatment at least one year prior to the date signed below. By signing below, you solemnly swear that you are abiding by all of the above policies.

Signature

Date



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Statement of Application and Conditional Hiring

I understand that I do not hold any position within the *Girls on the Run of the Wood River Valley* organization until my completed Application Packet and Resume have been received and reviewed, my references have been checked, I have passed my Criminal Background Check, and the *Girls on the Run of the Wood River Valley* Director has informed me of my conditional position within the *Girls on the Run* organization. I understand that my completion of the application process does not guarantee me a position within the *Girls on the Run* organization and that I may be denied a position within the organization for any reason deemed appropriate by the Executive Director, Board of Directors, or *Girls on the Run International*. I understand and accept that my position as a coach or assistant coach with *Girls on the Run of the Wood River Valley* is conditional and may be terminated at any time deemed appropriate by the Executive Director and Board of Directors. I agree to adhere to the *Girls on the Run* policies and to deliver the *Girls on the Run* curriculum lesson plans as they are written, without material alteration or revision of the curriculum. I understand that it is considered inappropriate to introduce or incorporate my own agenda into my *Girls on the Run* position and agree to abstain from doing so while representing *Girls on the Run* during any *Girls on the Run* sanctioned event.

Signature

Date

Non-Compete Clause

I, _____ [print name], as a volunteer or employee of the *Girls on the Run of the Wood River Valley* organization agree to the following:

1. I will not deliver the *Girls on the Run* program unless I am working as a volunteer or employee of *Girls on the Run of the Wood River Valley*.
2. I may not create or help develop a program that has similar goals and structure to that of *Girls on the Run* within a ten-year period of my service or employment with *Girls on the Run of the Wood River Valley*.
3. I understand that all printed materials given to me are under copyright law and may not be reproduced in any way unless written permission is received. This does not include materials that must be copied for the delivery of specific activities for the lesson plans during my service or employment with *Girls on the Run of the Wood River Valley*.
4. It is possible to purchase the *Girls on the Run* curriculum and enter into a licensed contract with *Girls on the Run International*. Only after purchase of the curriculum may I deliver the program as a non-volunteer or non-employee of *Girls on the Run of the Wood River Valley*. *Girls on the Run of the Wood River Valley* has purchased the rights for Blaine County, therefore to deliver the *Girls on the Run* program within this county, you must be a volunteer or employee of *Girls on the Run of the Wood River Valley*.
5. I understand the curriculum book given to me for the purpose of coaching *Girls on the Run* does not belong to me. It is property of *Girls on the Run of the Wood River Valley*. If I ever stop coaching the program in Blaine County, then the curricula must be returned to *Girls on the Run of the Wood River Valley* within two months.

Signature

Date



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Arrest Affidavit

I, _____ [print name], solemnly swear that I have never been arrested for charges of child abuse, assault, child neglect, or sexual misconduct, nor have I ever been charged with or convicted of any crime related to children or involving violence.

Signature

Date

Social Security Number

Driver's License State and number

PO Box, City, State, Zip

Telephone

Any applicant found to have been convicted of, or having charges pending for, a felony or misdemeanor involving sex offense, child abuse or neglect, or related acts that would pose risks to children or Girls on the Run credibility will not be accepted as a volunteer or employee of Girls on the Run of the Wood River Valley.



IDAHO STATE POLICE BUREAU OF CRIMINAL IDENTIFICATION



NON-CRIMINAL JUSTICE CRIMINAL HISTORY RECORDS CHECK REQUEST of the Idaho Central Repository of Criminal History Records

A separate form must be used for each request. Do not use staples on the forms. A \$10 processing fee must be included. Make checks payable to the Idaho State Police. A \$20.00 fee will be charged for any returned checks. Please Print clearly in blue or black ink only.

REQUEST

Please provide an Idaho Criminal History on the individual named below.

Last Name		First Name		Middle Name	
Alias Names (Include Maiden/prior Married Names)			Date of Birth (Month/day/year)	Sex	Race
			/ /		Social Security Number (optional)
					- -

CONSENT TO RELEASE INFORMATION

I hereby give permission for the requester, named below, to receive any information maintained by the Idaho Bureau of Criminal Identification concerning myself.

Signature

Date

The consent signature date must be within 180 days of the request submission.

TO BE COMPLETED BY COMPANY OR PERSON REQUESTING BACKGROUND INFORMATION

Requesting Person or Company	Address of Requester (Results will be mailed to this address)
Signature of Requester or Representative of Requesting Company	Request Date

Results of Non-Certified Record Search

Record attached No Record Found BCI Initials _____ Date _____

General Information:

Idaho law does **not** require a person to give consent, however, without a signed release from the subject of the record, any arrest more than 12 months old, **without** a disposition, cannot be given to a non-criminal justice agency.

Criminal history record information furnished as a result of a non-fingerprint based computerized search is based solely on a search of identifiers provided in the request. Be aware it is not uncommon for criminal offenders to use alias names and false dates of birth, which would adversely affect the completeness and accuracy of a non-fingerprint based search of the Idaho Central Repository of Criminal History Records. No other state or federal agency records can be searched under current law. The bureau does not telephone or fax responses. Please allow ample time for processing this request. Requests are processed on a first come basis.

The records maintained by the Idaho Bureau of Criminal Identification (BCI) are based upon the felony and serious misdemeanor arrests reported to BCI from other Idaho criminal justice agencies. If a person disputes the accuracy of information obtained, that person may challenge the information by writing to the address on this form.

Idaho code 67-3008 (6) states, "A person or private agency, or public agency, other than the department, shall not disseminate criminal history record information obtained from the department to a person or agency that is not a criminal justice agency or a court without a signed release of the subject of record or unless otherwise provided by law."

P.O. BOX 700 MERIDIAN, ID 83680-0700 - (208) 884-7130 - FAX 884-7193