



learn dream live run...

*Inspiring girls to be joyful, healthy & confident using a fun experience-based curriculum that creatively integrates running.*

*"I learned that I'm very special and to believe in yourself!"*  
- Girl on the Run, Ketchum

*"Many times I've caught the end of the group's session when picking up my girls, and I myself have walked away feeling a confident and better person because of what you are telling these young impressionable people, that they matter, and to focus on what they're capable of achieving and believing in themselves."*  
- Girls on the Run parent, Hailey

*"To the world, you might be one person, but to one person you just might be the world."*  
- Anon

**EXECUTIVE DIRECTOR:**  
Mary Fauth  
[mary@girlsontherunwrv.org](mailto:mary@girlsontherunwrv.org)

**BOARD MEMBERS:**  
Shanti LaRue  
Melanie Davis  
Mary Kim Deffe  
Naomi Goldberg  
Jenny King  
Jody Stanislaw  
Rachel Wolfe

**P.O. Box 7016**  
**Ketchum, ID 83340**  
**208.788.RUN3**  
[www.girlsontherunwrv.org](http://www.girlsontherunwrv.org)

## 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 3-8. Our mission is to inspire girls to be joyful, healthy & confident using a fun experience-based curriculum that creatively integrates running. 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 ten weeks at Hemingway, Hailey, Woodside, Bellevue and Carey elementary schools, as well as at Wood River Middle School. 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 10-week session.

### Volunteer Requirements

- Commitment to the mission and organization of Girls on the Run and posses at heart and model our core values including:
  - Recognize our power and responsibility to be intentional in our decision making
  - Embrace our differences and find strength in our connectedness
  - Express joy, optimism and gratitude through our words, thoughts and actions
  - Nurture our physical, emotional and spiritual health
  - Lead with an open heart and assume positive intent
  - Stand up for ourselves and others
- Complete an application process including a background check
- Be a positive role model with a reliable, honest and positive outlook on life
- Responsibly commit to the full season program and communicating with fellow coaches when conflicts prevent your participation.

### Coach Responsibilities

- Using the prepared curriculum and working amongst your team of site coaches, 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
- 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
- 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!



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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:

Phone (home):

E-mail address:

Employer:

Birth date:

Phone (work):

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?
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?



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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

## 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



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## 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

## 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

\_\_\_\_\_  
Diver's License State & #

\_\_\_\_\_  
Mailing Address, 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*.

# CAROLINA CONNECTIONS, INC

P.O. BOX 1604 MOUNT AIRY, N.C. 27030  
PHONE: 336-786-7030 FAX: 336-786-7033

## GIRLS ON THE RUN RELEASE FORM

I hereby authorize Carolina Connections, Inc., Girls on the Run of the Wood River Valley, and its agents to conduct a comprehensive review of my background causing a consumer report, MVR, criminal history and other reports as deemed necessary by Girls on the Run International. I understand that the scope of the consumer report/investigative consumer report may include but is not limited to verification of social security number; current and previous addresses; employment history; education; character references; criminal history for all jurisdictions; motor vehicle records; drug screening; and all other public documents required. I further authorize any individual, company, firm, corporation or public agency to divulge any and all information, verbal or written, pertaining to me to Carolina Connections, Inc. for Girls on the Run International. and its agents. I further understand as long as I remain a volunteer for Girls on the Run International, this agreement will be binding.

I hereby release Carolina Connections Inc., and its agents, officials, representatives or assigned agencies, including officers, employees or related personnel both individually and collectively, from any and all liability for damages of whatever kind, which may, at any time result to me, my heirs, family, or associates because of compliance with this authorization and request release.

## **REQUIRED DATA** – Please print clearly

**Full Name:** \_\_\_\_\_  
Last First Middle

Maiden/Other: \_\_\_\_\_ Dates Used: \_\_\_\_\_

Social Security Number: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Driver's License #: \_\_\_\_\_ Exp: \_\_\_\_\_

Present Address: \_\_\_\_\_  
Street City State Zip

How Long at Address: \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_