



Girls on the Run of Greater Knoxville Assistant Coach Job Description

Our mission: *To educate and prepare girls for a lifetime of self-respect and healthy living!*

POSITION INFORMATION:

Objectives:

- Develop a positive relationship between yourself and all participants for your specific site
- Create and foster a non-competitive program
- Encourage positive behaviors and reinforce good self-esteem
- Facilitate program with objectivity
- Follow programming workouts to ensure that each girl can complete the 5k run/walk event

Job Summary:

Time commitment:

- Full **10-week** commitment to the program
- Weekly time commitment is **2-4** hours
- Attend mandatory preseason coach training meeting
- Attend 5k event

Responsibilities:

- Assist Head Coach in leading program participants through weekly lessons including set-up and breakdown of games for lessons
- Serve as a role model and mentor
- Coach program participants on proper stretching, running form, hydration, and some nutrition
- Be able to prepare, organize, and lead weekly lesson
- Assist Head Coach in organizing and planning the end of season banquet while staying within allotted budget
- Respond to emails sent by Executive Director
- Help prepare post-workout snack
- Encourage and cheer for all participants
- Participate in games and workouts with the girls as needed by the coaches
- Special projects as assigned
- Adult CPR/First Aid Certified
- Understand and believe in the mission of the organization and act as a spokesperson for the program

QUALIFICATIONS:

- A strong commitment to girls' positive development
- Excellent verbal communication skills
- Experience working with youth a plus
- Flexible / ability to accommodate to a changing environment
- First Aid/Adult CPR certified
- The ability to foster a positive, non-competitive program which recognizes the value of each girls' contribution to the team!

TRAINING AND SUPERVISION

- Mandatory Pre-Season meeting for all coaches
- First Aid/Adult CPR certification (if needed)
- Mandatory Mid-Season Coach meeting (2 hours)
- Regular site visits will be made by the Executive Director and the Training Coordinator to ensure that the coaches are following the curriculum
- Coaches will be evaluated throughout the season

- Email updates will be sent regularly to relay new ideas to all coaches

EXPERIENCE:

The ideal candidate will have the following:

- Believes in and lives a healthy lifestyle
- Has volunteered in direct service organizations
- Is able to deal with conflict between girls aged 8-14

BENEFITS:

- Opportunity for personal growth that results from participating in and leading weekly lessons
- Opportunity for advancement to Head Coach
- Opportunity to make a difference in the lives of area girls through facilitating the program and serving as a role model and mentor
- Receive program t-shirt and water bottle
- Receive free entry into Wondergirl 5K and race shirt
- Receive discount coupon to use at New Balance Knoxville
- Recognition as a Girls on the Run Coach by Executive Director

HOW TO APPLY:

Please mail, fax, or email a completed application to:

Raellen Simpson, Executive Director
Girls on the Run of Greater Knoxville
P.O. Box 31135
Knoxville, TN 37930
info@gotrknnoxville.org
(p) 865.712.9979
(f) 866-695-8780