

# Coaches Needed for Girls on the Run Spring 2009



**Girls on the Run & Girls on Track  
of Ottawa and Allegan Counties  
Center for Women in Transition**  
411 Butternut Drive, Holland, MI 49424  
Email: [gotr@aplaceforwomen.org](mailto:gotr@aplaceforwomen.org)  
Phone: 616-494-1719  
Fax: 616-355-9760  
Website: [www.gotroac.org](http://www.gotroac.org)



## What is it?

Girls on the Run is an after-school program for girls in grades 3-5. The program begins the first week of March and ends with a 5K Celebration Run in May. Participants spend 10 weeks working with volunteer coaches developing their running, social, and personal skills.

## What does it look like?

Over the course of 10 weeks, each team of 8-15 girls meets with their certified coaches on Monday/Wednesday or Tuesday/Thursday. Practices start 10 minutes after school dismissal and last for an hour and a half. The lessons emphasize healthy fun through activities that promote character building, based on a whole-person concept, which stresses the importance of developing the emotional, mental, social, and physical aspects of the individual.

## What are the coaching requirements? Do I have to be a Runner?

- You don't have to be a runner, you only have to have the desire to serve as a role model for the girls by showing positive behavior, being interactive with them, and listening attentively.
- To encourage and cheer-on the girls as they play games and run laps.
- To coach the girls on proper stretching, healthy lifestyle, and exercise.
- To keep the morale of the group up and communication open.
- To attend scheduled training with the program coordinator and other area coaches.
- To dress neatly and casually— athletic clothing is preferred.
- To work with group dynamics, and practice creativity with young girls.
- To complete the end of the season 5K Celebration Run with the girls (walking or running).

**\*\*New coaches must attend a 5.5 hour training; all lesson materials are provided and easy to understand\*\***

## Spring 2008 Participating Schools

<u>Holland</u>	<u>West Ottawa</u>	<u>Zeeland</u>	<u>Hudsonville</u>	<u>Grand Haven</u>	<u>Spring Lake</u>
Black River	Glerum	Lincoln Elem.	Alward Elementary	Ferry Elementary	Holmes Elementary
Corpus Christi	Great Lakes	New Groningen	Bauer Elementary	Grand Haven Chr.	Jeffers Elementary
Eagle Crest Charter	Lakeshore	Quincy Elementary	Forest Grove Elem.	Griffin Elementary	Spring Lake Int.
East K-8	Lakewood	Roosevelt Elem.	Georgetown Elem.	Lake Hills Elem.	St. Mary's
Harrington	North Holland	Woodbridge Elem.	Hudsonville Chr.	Mary A. White Elem.	Walden Green Day
Holland Heights	Pine Creek		Jamestown Elem.	Peach Plains Elem.	WMAAA
Jefferson	Sheldon Woods		Park Elementary	Robinson Elem.	
Maplewood	Waukazoo	<u>Allendale</u>	South Elementary	Rosy Mound Elem.	<u>Fennville</u>
Pine Ridge Chr.	Woodside	Evergreen Elem.			Fennville Elem.
Rose Park Chr.		Springview Elem.	<u>Jenison</u>	<u>Coopersville</u>	
Van Raalte	<u>Hamilton</u>	Allendale Chr.	Bauerwood Elem.	Coopersville East	<u>Allegan</u>
	Hamilton Elem.		Bursley Elementary	St. Michael's	Dawson Elementary
	Bentheim Elem.	<u>Hopkins</u>	Pinewood Elem.		North Ward Elem.
<u>Wayland</u>	Blue Star Elem.	Hopkins Elementary	Rosewood Elem.	<u>Saugatuck</u>	Pine Trails Elem.
Steeby Elementary	Sandyview Elem.	Sycamore Elem.	Sandy Hill Elem.	Douglas Elem.	

For more information, please contact: Program Coordinator for Ottawa and Allegan Girls on the Run/Track.  
Phone: (616) 494-1719, Fax: (616) 355-9760, Email: [gotr@aplaceforwomen.org](mailto:gotr@aplaceforwomen.org), Website: [www.gotroac.org](http://www.gotroac.org)

# Interested Coaches For Girls on the Run Spring 2009



Please fill out the information below and return to:

**Girls on the Run Program**  
**Center for Women in Transition**  
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CENTER FOR  
WOMEN IN  
TRANSITION



Name: \_\_\_\_\_ Shirt Size (Circle one): **S M L XL XXL**

Address: \_\_\_\_\_

Days Available to Coach (Circle all that apply): Monday/Wednesday Tuesday/Thursday

Preferred School District (Check all that apply):  Coopersville  Fennville  Grand Haven  Hamilton  
 Holland  Hudsonville  Jenison  Saugatuck  Spring Lake  West Ottawa  Zeeland  
 Allendale  Hopkins  Allegan  Wayland  Specific School \_\_\_\_\_

Phone Number: \_\_\_\_\_ Alternate: \_\_\_\_\_ Date of Birth \_\_\_\_\_

Email Address: \_\_\_\_\_ (This is only used for GOTR Correspondence)

Are you interested in being a: Head Coach Assistant Coach No Preference

Were you previously trained as a coach by GOTR? Yes No

Have you been a GOTR/GOT coach in the past? Yes No Which School? \_\_\_\_\_

Do you have someone to coach with? (Name, phone number, and email of coaching partner)

First Aid/CPR Certified? Yes No

\* All Head coaches are now required per international GOTR policy to be First Aid/CPR certified. The Red Cross offers many training day options. Please go to their website at [www.ottawaredcross.org/healthSafety\\_schedule.php](http://www.ottawaredcross.org/healthSafety_schedule.php) and register for the Adult CPR/ AED class if you are not certified or if your certification is lapsed. The cost is \$30. You must complete this certification before practices begin.

## New Head and Assistant Coaches:

Must attend a free one-day training. Please put a (1) next to your first choice and a (2) next to your second choice.

## Returning Coaches:

Must come in to fill out paperwork and pick up supplies.

## Training/Supply Pick Up Dates and Locations

<u>Date</u>	<u>Time</u>	<u>Location</u>
Saturday, January 31	9:00 am—1:00 pm	Grand Haven Center for Women in Transition, 300 N. Ferry St., Suite C, 49417
Wednesday, February 4	4:00 pm—8:00 pm	Holland Center for Women in Transition, 411 Butternut Dr., Holland, 49424
Thursday, February 5	4:00 pm—8:00 pm	Grand Haven Center for Women in Transition, 300 N. Ferry St., Suite C, 49417
Friday, February 6	4:00 pm—8:00 pm	Holland Center for Women in Transition, 411 Butternut Dr., Holland, 49424
Saturday, February 7	9:00 am—1:00 pm	Holland Center for Women in Transition, 411 Butternut Dr., Holland, 49424
Wednesday, February 11	4:00 pm—8:00 pm	Grand Haven Center for Women in Transition, 300 N. Ferry St., Suite C, 49417

## Supply Pick Up Dates and Locations for Returning Coaches

Supplies can be picked up at the Holland Center for Women in Transition from February 2nd to February 13th between the hours of 9:00 am—5:00 pm. They can also be picked up during any of the above training hours at the location listed. Supplies can also be picked up at the Grand Haven Center for Women in Transition on February 11th between 9:00 am and 8:00 pm.

**Please wear comfortable clothing, athletic shoes, and bring your driver's license to training. Lunch/Dinner is provided. You will receive GOTR programming supplies for your school at the training.**