THE INSTITUTE FOR HUMAN SERVICES, INC.

Volunteer: Girls on the Run Coach

Reporting Relationship: Reports to the SRHN Manager

General Summary of Volunteer Duties:
Join *Girls on the Run of the Southern Tier* as a Volunteer Coach and inspire girls to build confidence, kindness, and life skills through fun, interactive lessons and running activities. Coaches serve as mentors and role models, guiding participants through the program and helping them discover the connection between physical activity and emotional well-being.

Key Duties and Responsibilities:

1. Lead a small group of girls (typically 8–15) through the *Girls on the Run* curriculum
2. Facilitate weekly lessons that focus on confidence, goal-setting, healthy decision-making, teamwork, and emotional awareness
3. Supervise and participate in physical activities, including running and fitness exercises
4. Foster a safe, inclusive, and supportive environment for all participants
5. Communicate with parents/guardians as needed regarding schedules or events
6. Attend required coach training and team meetings

Required Qualifications:

- Positive, encouraging, and patient attitude
- Ability to work well with children in a team-oriented setting
- Comfortable leading group activities and engaging participants in discussions
- Commitment to promoting *Girls on the Run*'s values of respect, empowerment, and community
- No previous coaching experience required; training and curriculum materials provided

Time Commitment:

- Typically 1.5–2 hours per session, twice a week for 8–10 weeks (varies by season)
- Participation in the program's celebratory 5K event

Impact:
By volunteering as a Coach, you help girls develop essential life skills, gain confidence, and build healthy habits that last a lifetime. Your mentorship and enthusiasm leave a lasting positive impression on young participants and strengthen the local community.