

INSPIRE GIRLS. ENRICH YOUR LIFE.

Become a **Girls on the Run®** Coach!



Girls on the Run is an empowering after-school program. Sign up as a volunteer to help girls unlock **confidence**, increase **physical activity**, and develop **important life skills**.

Strengthen confidence
and social skills

Educators earn
up to (40)
Act 48 credits

COACH BENEFITS:

Build community
connections

DETAILS:

Two 90-minute practices per week

Curriculum and training provided

Not a runner? No problem!

QUESTIONS?

Jessica Zeller, Program Coordinator
jessica.zeller@gotrmidstatepa.org
570-686-0880

Join us this season and
make a lasting impact!

For more information, visit
gotrmidstatepa.org

How GOTR Builds CONFIDENCE



GIRLS LEARN HOW TO:

- Take on challenges
- Strengthen their resilience
- Navigate big emotions
- Learn and grow from mistakes
- Support their community



REQUIREMENTS:

- Be at least 18 years old
- Complete a New or Returning Coach application
- Submit background checks (Criminal, Child Abuse, and Fingerprints or PA Affidavit if eligible)
- Complete coach training:
 - New Coaches: 3-hour in-person + 3.5-hour online modules (ACT 48 eligible)
 - Returning Coaches: 1-hour virtual training each season
- Commit to 1–2 practices per week during the season



FALL SEASON DATES:

- Participant Registration Opens: August 24
- Season Begins: Week of September 14
- 5K Celebration: November 14, Site TBD



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**SUBMIT YOUR COACH
APPLICATION HERE!**