



## Coach Application

Name: \_\_\_\_\_ School Site Requested: \_\_\_\_\_

Date of Birth: \_\_\_/\_\_\_/\_\_\_ Race/Ethnicity: \_\_\_\_\_ Languages spoken: \_\_\_\_\_

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

Home Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

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

T-Shirt Size (please circle): Youth L                      Adult S    M    L    XL    XXL

Interested in helping with other things? Check all that apply!

Grants ( )    Fundraising/Special Events ( )                      Board ( )                      Marketing ( )  
5k Committee ( )                      Website Development ( )                      Other ( ) \_\_\_\_\_

Educational Background/Work Experience: \_\_\_\_\_  
\_\_\_\_\_

Please list current employer and job title if applicable:  
\_\_\_\_\_

### Getting to Know You

What attracted you to Girls on the Run?

Have you volunteered before? If so, please list the programs/organizations with which you have worked.

What experience do you have working with children? Please list age and activities with which you have experience:

Please list two-three personal references (name & phone number) that we may contact regarding your ability to coach:

1) \_\_\_\_\_

2) \_\_\_\_\_

3) \_\_\_\_\_

**Availability**

Girls on the Run of Silicon Valley sites are located throughout Santa Clara and Santa Cruz Counties, and each site identifies a time that works best for them. We try to place coaches at locations and times most convenient for them. Coaches need to commit to coaching twice weekly for 10 weeks (20 sessions) at the same site, and plan to attend the end of season 5k run with their group of girls. Coaching requires a flexible afternoon schedule - nearly all sites meet between 2 and 5pm on weekdays after school.

1) What days and hours are you available?

Monday \_\_\_\_\_

Tuesday \_\_\_\_\_

Wednesday \_\_\_\_\_

Thursday \_\_\_\_\_

Friday \_\_\_\_\_

2) Is there a specific school/site that you desire to coach? If so, which school?

3) Do you have a vehicle to get to and from the site?

4) Are you willing to be placed at a different school? What areas are you willing and able to travel to?

4) Are you able to commit to all the responsibilities on the coach responsibilities list?

**FAX or MAIL application to:  
Karen Rajczi  
Program Director  
Girls on the Run of Silicon Valley  
PO Box 510  
Los Gatos, CA 95031  
FAX (408) 354-1465**

Please direct any questions you may have to Karen Rajczi, Program Director, at [karen@gotrsv.org](mailto:karen@gotrsv.org) or by phone at (408) 506-7307 or to Kathleen Nestler, Executive Director, at [kathleen@gotrsv.org](mailto:kathleen@gotrsv.org) or by phone at (408) 406-8406.

**NOTE:** This is a non-paid, volunteer position, but a job that pays big in smiles and feeling great!



## Coach Responsibilities

### Pre-season

- Attend a 6 hour Girls on the Run of Silicon Valley coach training (training dates tbd.)
- Submit to a Live Scan fingerprinting background check for GOTRSV prior to coaching
- Become CPR/First Aid certified or maintain certification (one coach per site)
- Provide proof of a negative TB test, if required by your school site
- Complete necessary health history/consent and other paperwork at coach training
- Communicate with Head Coach to discuss site logistics (dates, times, day of first session)
- Pick up coach bin and curriculum binder

### During the season

- Purchase healthy snacks using snack stipend for GOTR group (money will be given to head coach)
- Prepare for each session by reading the lesson and reviewing coach bin materials
- Arrive at site at least 15 minutes early for each session
- Attend GOTR sessions twice a week
- Read weekly coach newsletters and respond when appropriate
- Record attendance at each session
- Wait until all girls are picked up after each session
- Administer pre and post survey instrument and arrange mailing back to the GOTR of Silicon Valley office if our council is participating in a survey that season
- Arrange for substitute coach if you cannot attend a session and inform GOTR of Silicon Valley staff when a substitute is identified.
- Attend mid-season coach meetings
- Return any materials/forms, etc to the GOTR of Silicon Valley office by due dates for each
- Help recruit race day volunteers if needed
- Attend the end of season 5k with your girls
- Provide a fun end of season celebration for the last session
- Demonstrate a positive encouraging demeanor and a healthy lifestyle
- Be your wonderful self with the girls at all times and above all have fun with them!

### Post season

- Return coach bin, curriculum and any other materials

### Coach Contract

I agree to perform the above responsibilities to the best of my ability. I also lead a healthy lifestyle and am drug and tobacco free and do not consume excessive amounts of alcohol. I do not have an eating disorder, and if I have suffered from an eating disorder in the past, I completed treatment at least one year prior to today's date. I have never been arrested for charges of child abuse, assault, child neglect, or sexual misconduct. I agree to willingly submit to a Live Scan fingerprinting background check for Girls on the Run of Silicon Valley prior to coaching, and provide my social security number for background check purposes.

Print Name \_\_\_\_\_ Social Security # \_\_\_\_\_

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

NOTE: We will protect your social security number and background information in a secure file. This information is required for insurance purposes and to protect the girls in our programs. Thank you!