

# Coach with us!

*Looking to volunteer?*

*Become a coach for the spring season!*

**Inspire** girls to be joyful, healthy, & confident.

**Encourage** them to achieve big things.

**Complete a 5K** with your team.

**Make a difference** in the community!

**Not a runner? Not a problem!**

Regardless of your running ability, as a coach, you will serve as a role model and empower girls to activate their limitless potential.

**Season Dates: March 12th - June 3rd**

**Girls on the Run: for girls in 3rd - 5th**

**Heart and Sole: for girls in 6th - 8th**

*learn. dream. live. run.™*



Trained coaches lead small teams of girls through our research-based curricula, which includes dynamic discussions, activities, and running games. Over the course of the 10-week program (2 days a week for 1.5 hours) girls develop skills to help them navigate their worlds and establish a lifetime appreciation for health and fitness. Teams will consist of at least 2 coaches and 15 participants.



**Learn more and get involved:**

**[www.gotrst.org](http://www.gotrst.org)**

**Contact GOTRST Council Director**

**(607) 776-9467, Ext: 229**

