Girls on the Run Coaching and Internship Opportunities!

Girls on the Run is a positive youth development program that inspires girls in 3rd through 6th grade to be joyful, healthy and confident. The ten-week program teaches critical life skills, encourages personal development and fosters team building and community service. Volunteer coaches utilize a curriculum to engage teams of girls in fun, interactive lessons. Girls on the Run of NW Washington serves girls at 26 sites throughout Whatcom County. We need coaches to ensure that over 300 girls will have an opportunity to participate in the transformative program this season.

"I was dragged into this kicking and screaming by a friend. My schedule was already so crazy, I just couldn't imagine fitting in anything else! I am so thankful that she pressured me to do it. I thought I was going into this to help these girls and little did I know that I got just as much, if not more, out of the experience than they did! How rewarding it is to see these little girls gain life tools to deal with bullying, confidence, and self doubt."

Volunteer coaches facilitate lessons to small teams of girls who typically meet after-school once or twice a week for 75-90 minutes. The program culminates with all teams participating in a celebratory 5K event. Volunteer coaches do not need to be runners but must complete a background check and participate in on-line and in-person training. The fall season runs from mid-September to late November.

Girls on the Run fall coach registration is now open. For more information or to sign-up to coach visit contact Jen Gallant or Sharon Stone at 360-255-0517 or sharon.stone@girlsontherun.org

About Girls on the Run

Girls on the Run is a national physical activity-based positive youth development program for 3rd-6th grade girls. Participants develop and improve competence, feel confidence in who they are, develop strength of character, respond to others and oneself with care, create positive connections with peers and adults and make a meaningful contribution to community and society. Each session is led by trained volunteer coaches that guide and mentor the girls. The ten-week program concludes with all participants completing a celebratory 5k event which gives them a tangible sense of achievement as well as a framework for setting and achieving life goals. https://www.girlsontherun.org