

## Junior Coach Program: FAQ

### What does a Junior Coach do?

The Junior Coach is a volunteer position for high school girls (ages 16-18) to deliver Girls on the Run programs with a team of coaches at a program site. Junior Coaches play a vital role within Girls on the Run programs. As a Junior Coach, you will build relationships with the girls, facilitate relationships between girls, serve as a role model, create a positive, inclusive environment and help girls see that they can do *anything* they set their mind to! Junior Coaches also facilitate activities and lessons, move with the girls and cheer them on as they participate in the end of season 5k celebration.

### What training is included in the Program?

The Junior Coach Program includes coach training and coaching experience. As a Junior Coach, you will get to experience training events with other Junior Coaches and adult coaches, where you will practice leading lessons and stretching your coaching muscles. As a Junior Coach, you will have unique training and support materials to guide your development as well. This includes a Junior Coach guide packed with resources to help you navigate the process of growing as a coach and working with your coaching team. Resume language to describe your training and experience, and define yourself as a leader is also included in the guide.

### How often will I need to attend practice?

Junior Coaches must be able to attend at least one practice session each week though it is encouraged that they attend both practice sessions. It is the responsibility of the Junior Coach to obtain transportation to and from practices.

### Do Junior Coaches have to be runners?

At Girls on the Run we embrace all forms of movement and coaches do not need to consider themselves runners to coach.

### Do Junior Coaches need to be GOTR Alumni?

Junior Coaches do not need to be GOTR Alumni. Each Junior Coach will prepare for the season by attending coach training, reading through the curriculum and preparing for lessons with their co-coaches.

### Do Junior Coaches need previous experience working with kids?

Junior Coaches do not need to have previous experience working with kids. At GOTR we welcome all Junior Coaches who are interested in making a difference with the girls in their community no matter whether they have worked with children in the past or not.

### How do I become a Junior Coach?

You can get details about how to apply to be a Junior Coach by reaching out to :

**Girls on the Run Lehigh Valley**  
**Jessica Younker, Program Manager**  
[jessica.younker@girlsontherun.org](mailto:jessica.younker@girlsontherun.org)

### What will I get out of being a Junior Coach?

As a Junior Coach, you can find community, become a leader, and make an impact! The Junior Coach program provides training, experience, and service credits (must be approved by your school).