

Coach with us!

Girls on the Run is for
girls in 3rd-5th grade



Volunteer Coaches needed for Fall 2020 at Rangeley Health and Wellness

Make a difference in our community by
inspiring girls to be joyful, healthy and confident.

About Girls on the Run

During the 10-week after-school program, trained coaches lead small teams through our research based curricula, which includes dynamic discussions, activities and running games. Over the course of the season, girls develop the skills to help them navigate their worlds and establish a lifetime appreciation for health and fitness.

Not a runner? Not a problem! Regardless of your running ability, you will serve as a role model and empower girls to activate their limitless potential.

Coaching Information

- GOTR teams are led by three or more volunteer coaches.
- Coach Training is provided and lessons are scripted for you.
- Coaches must be available to work with a team of 8-15 girls for 90 minutes, two days a week for 10 weeks beginning 9/14/20.
- Practice days will be determined by coach availability

Interested in Coaching?

Rangeley Site Liaison, Leslie Roehrig, at leslie@rangeleyhealthandwellness.com
or visit: <http://girlsontherunmaine.org/>