



Girls on the Run of Greater Rochester Volunteer Application

Please print clearly and return this application with a list of three references to:

Girls on the Run of Greater Rochester
1900 Empire Blvd. #338
Webster, NY 14580
Phone: 585-802-3710
info@gottrochester.org

THANK YOU for your interest in volunteering with Girls on the Run! Once you return your application, we will contact you to arrange for an interview. We are looking forward to working with you!

LAST NAME: _____ FIRST NAME: _____ M.I. _____

HOME ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____ BIRTHDATE: _____

HOME PHONE: _____ WORK PHONE: _____

CELL PHONE: _____ EMAIL: _____

PREFERRED METHOD OF CONTACT:

- E-mail
 Home phone (time of day: _____)
 Work phone (time of day: _____)

Please answer the following questions:

1. I am interested in serving as a **Girls on the Run:**

- ____ Head Coach (open to women only age 21 years or older)
____ Assistant Coach (must be 18 years or older)
____ Junior Coach (must be at least 16 years old)
____ Running Buddy for 5K
____ Volunteer for 5K
____ Fundraiser and/or Grant Writer
____ Other - Please explain: _____

2. I prefer to work with **Girls on the Run:**

- ____ Weekdays, early afternoons (2:30-4:30pm)
____ Weekdays, late afternoon or early evening (5pm-7pm)
____ Weekends
____ Other - Please list times: _____

3. If you are interested in coaching, please indicate what areas within Monroe /Ontario/Wayne County that you would prefer to volunteer in:

Please specify: _____

4. I prefer to coach _____ **Girls on the Run** (3rd – 5th grade) _____ **Girls on Track** (6th – 8th grade)

Additional Information

1. How did you hear about Girls on the Run?

Poster/Sign Website Volunteer Fair/Open House Other: _____

2. What is your experience working with children, specifically in 3rd-8th grades?

3. Please list your current and/or past volunteer experience and the length of time you volunteered:

4. Special skills/qualifications you possess that would be of value to Girls on the Run:

5. Why do you wish to volunteer with Girls on the Run and/or what attracted you to our program?

6. Why is working with girls and /or running important to you?

7. Name one of your strengths and one of your challenges, especially in reference to working with girls.

8. How do you envision your coaching style (if you are planning to serve as a coach or assistant coach)?

10. What do you do to maintain the balance in your life?

11. As a coach or volunteer, what is the one thing that you want the girls to specifically learn from you?

12. Why would you be a good role model for these girls?

13. Please list two individuals who can serve as references for you and your character.

Name	Contact Information	Relationship to You

14. Please briefly list your education background.

As a **Girls on the Run** policy, coaches must be drug-free and tobacco-free and must not consume excessive amounts of alcohol. In addition, if a Girls on the Run coach has suffered from an eating disorder, that coach must have completed treatment at least one year prior to the date signed below. Girls on the Run of Monroe/Ontario/Wayne County reserve the right to dismiss volunteers for violation of this policy. By signing below, you solemnly swear that you are abiding by all of the above policies and the terms set forth in the head or assistant coach job description.

Signature _____ Date _____