



Girls on the Run of Southeastern Suburban PA Regional Liaison Description

Regional Liaison members are a vital resource for Girls on the Run, supporting the coaches and program participants in their community. As a GOTR advocate and representative, Regional Liaisons act as “eyes and ears” for the teams and provide an extra line of communication to GOTR staff. As former GOTR coaches, Regional Liaisons are able to draw on previous experience and resources to support, motivate and encourage GOTR coaches toward excellence.

Regional Liaisons are stipended \$250 for each school team supported. We will work with you to find teams that are geographically convenient and within your community. Activities include:

- Connect with the team in December/January over email, introducing yourself as a resource throughout the season.
- Attend 1-4 new coach training sessions to help facilitate a small group of new coaches through a practice lesson, providing constructive feedback and encouragement. This is also a great time to introduce yourself to any new coaches from teams that you will be supporting. The tentative schedule is below and the time commitment is typically an hour towards the end of the session:
 - Saturday 1/25/25, 9-12PM and 1-4PM
Germantown Academy, 340 Morris Rd, Fort Washington, PA 19034
 - Saturday 2/1/25, 9-12PM
Exton Hotel & Conference Center At Exton, 815 N Pottstown Pike Building A, Exton, PA
 - Saturday 2/8/25, 9-12PM
Lankenau Medical Center, 100 E Lancaster Ave, Wynnewood, PA 19096
- Conduct site visits between week 3 and week 6 of the 8-week season. (March 10-April 4)
 - Observe and experience the culture and engagement of the teams at each site and evaluate how the curriculum is being delivered.
 - Provide appreciation, resources, suggestions and camaraderie to coaches.
 - Participate in the lesson as an observer, unless coaches ask for help.
 - Take a team photo to share with GOTR and the team.
 - After the girls have been picked up, take 5 minutes with the coaches to share opportunities and successes, providing feedback encouragingly. Give coaches their

Wawa coffee coupon as an appreciation for all of their effort!

- Complete site evaluation and send it to GOTR staff within 48 hours of lesson. If there are significant issues, contact GOTR staff immediately after the lesson.
 - Send the team photo and note of appreciation/follow-up/encouragement to all coaches within 48 hours of lesson.
- Continue to connect with the team to support as needed, especially leading up to 5K. This includes answering questions as they arise, as well as reaching out to remind coaches of support available. GOTR will have templated emails that you can adapt for your teams.

Qualifications:

- Believe and support the mission of Girls on the Run
- Experience as a Girls on the Run coach
- Excellent communication skills, ability to accommodate to a changing environment
- Able to work in collaboration with a diverse group of people
- Interest in supporting your GOTR community and commitment to maintaining relationships with local sites
- Ability to build supportive relationships and provide positive and constructive feedback while also sharing best practices with coaches
- Highly responsive to emails

Requirements:

- Submit online volunteer registration form every season
- Submit clearances adhering to the GOTR policy
- Complete any additional online training relevant for the season