



MAKE A DIFFERENCE IN A CHILD'S LIFE...BE A COACH!

Girls on the Run/Heart & Sole

A fun, life-changing afterschool program for girls in grades 3 to 8.

This nationally acclaimed program combines training for a 5K run with lessons that inspire girls to recognize and celebrate their individual talents. Volunteer coaches are needed at schools throughout Chester County.

- You don't have to be an elite runner. If you're a woman over 18 who maintains a healthy lifestyle and is committed to improving the lives of girls, YOU can be a coach!
- Men can be assistant coaches.
- You'll see the transformation that occurs in the girls' self-esteem and ability.
- Teams of coaches are welcome. Find a friend and coach together!
- Girls on the Run meets twice a week for 90 minutes beginning September 19 through December 2. GOTR 5k is December 3.
- Coaches must attend a mandatory 5-hour training session and head coaches need to stay for CPR training. Training is free.
- All curriculum and materials are supplied and coaches receive support and help along the way.

YOU can be a coach!

<https://www.ymcagbw.org/programs/kids-and-teens/GOTR/volunteer>



YMCA OF GREATER BRANDYWINE www.ymcagbw.org

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