



Girls on the Run – Sierras

Sole Mate (Running Buddy)

Serving as a Sole Mate is a fun and rewarding way to get involved with Girls on the Run and learn more about our program. You get to experience the program first hand, feel a sense of accomplishment that you have made a difference in the life of a little girl in our community, and have a ton of fun with your team of coaches and incredible girls! This is a perfect opportunity for women who can't make the twice-weekly time commitment to be a coach... **Sole Mates only have to be present for 2 sessions during the season and then for the 5k event!** That's just **3 hours a month** for the months that we are in season.

Job Summary:

The Sole Mate is a volunteer position that assists the Coaches at a Girls on the Run program site. The position entails participating in two lessons during our 10 weeks season and our culminating **5k run on June 6th**. Sole Mates are encouraged to attend at least two lessons but are more than welcome to attend more. A Sole Mate is not responsible for facilitating the Girls on the Run curriculum but they are there to support the Coaches and program participants in many ways.

This volunteer position may be used as a service learning project/high school community service credit project, internship, or other college/high school credit project upon agreement of the school and Director.

Core Duties/Responsibilities include the following (other duties may be assigned):

- **3 hours a month** is all that is needed! We meet after school. Truckee, Tahoe City or Kings Beach or Incline Village locations.
- Attend at least two program session (CHOOSE ONE SET OF DATES)
- Elementary School on **(4/14 & 5/12) + 6/6**
- Middle School on **(4/13 & 5/20) + 6/6**
- –Attend more if you can and would like to.
- Plus attend our **5K Run June 6th** with coaches, program participants and other volunteers
- Serve as a role model and **mentor** for program participants
- Assist coaches with setting up/breaking down games and lessons
- Encourage and cheer for all participants
- Participate in games and workouts with the girls as needed by the coaches
- Understand and believe in the mission of Girls on the Run
- Special projects, such as fund-raising, as assigned

Qualifications:

- Must be at least the age of a high school student
- A strong commitment to girls' positive development
- Excellent verbal communication skills
- Experience working with youth a plus
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Sole Mate Volunteer Application

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

Girls on the Run – Sierras
P.O. Box 5998
Tahoe City, CA 96145
dana@girlsontherunsierras.org
530-386-3016
530-583-8667 fax

THANK YOU for your interest in volunteering with Girls on the Run! We are looking forward to sharing this great experience with you!

LAST NAME: _____ FIRST NAME: _____

HOME ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

BIRTHDATE: _____

HOME PHONE: _____ WORK _____

PHONE: _____

CELL PHONE: _____

EMAIL: _____

At which site do you want to be a Sole Mate? (see exact dates above)

- Truckee Elementary (3rd, 4th, 5th) Mon. & Wed.
- Glenshire Elementary (3rd, 4th, 5th) Mon. & Wed.
- Community Rec .Ctr -Truckee (3rd, 4th, 5th) Mon. & Wed.
- Tahoe Lake Elementary (3rd) Mon. & Wed.
- Kings Beach Boys and Girls Club (3rd, 4th, 5th) Mon. & Wed.
- Ride Out Ctr. –Tahoe City (3rd, 4th, 5th) Mon. & Wed.
- Incline Elementary (3rd, 4th, 5th) Mon. & Wed.
- Alder Creek Middle School (6th, 7th & 8th) Tues. & Thurs.

North Tahoe Middle School (6th, 7th & 8th) Tues. & Thurs.

Please answer the following questions:

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

- _____ Head Coach (open to women only)
 - _____ Assistant Coach
 - _____ Sole Mate (Running Buddy)
 - _____ Volunteer for Halloween 5K Fun Run on November 1st, 2009
 - _____ Board of Directors
 - _____ Administrative supporter
 - _____ Fundraiser and/or Grant Writer
 - _____ Other - Please explain:
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2. I am a: (circle one) runner jogger walker

Additional Information

1. What is your experience working with children, specifically in 3rd-8th grades?
2. Please list your current and/or past volunteer experience and the length of time you volunteered:
3. Special skills/qualifications you possess that would be of value to Girls on the Run:
4. Why do you wish to volunteer with Girls on the Run and/or what attracted you to our program?
5. Why is working with girls and /or running important to you?
6. Name one of your strengths and one of your challenges, especially in reference to working with girls.

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

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

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

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

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

Name	Contact Information	Relationship to You

12. 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 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 _____