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### **Girls on the Run Coaches Needed**

*District Health Department #10 is looking for volunteer coaches for the 2017 Girls on the Run Spring season at schools in Crawford, Lake, Mason, Missaukee, Oceana, Manistee, Newaygo, and Wexford Counties.*

Girls on the Run® is a national non-profit program whose mission is to inspire girls to be joyful, healthy, and confident while using a fun, experience-based curriculum that creatively integrates running.

This program is offered for girls in 3<sup>rd</sup> - 8<sup>th</sup> grade at participating schools. The program runs an hour and a half, 2 days a week after school for 10 weeks in the spring. Two coaches are needed for every team of 15 girls.

Coaches are the heart and soul of the Girls on the Run program and are always needed so that more girls have the opportunity to participate. Coaches are provided with training, a researched based curriculum, and teaching materials. Coaches come from a variety of backgrounds; parents, teachers, nurses or other community members that value physical fitness. You do not need to be a runner to coach!

The deadline for schools and coaches to sign up is January 25<sup>th</sup>, 2017. Schools and coaches who wish to become involved with this program please contact Karen Ripke by phone (231) 305-8659 or email [karen.ripke@girlsontherun.org](mailto:karen.ripke@girlsontherun.org) For more information about the Girls on the Run program visit, [www.girlsontherun.org](http://www.girlsontherun.org).

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