



Girls on the Run of Bexar County

## **Program Coaching Internship**

### **Organization Description**

Girls on the Run Bexar County (GOTRBC) is a 501c3 non-profit, community-based program that inspires girls to be joyful, healthy, and confident using a fun, experience-based curriculum which creatively integrates running. GOTRBC sessions integrate specific life-skills training such as making healthy decisions, dealing with bullies, contributing to the community, resisting media stereotypes of beauty, leadership, and teamwork. Visit our website at [www.gotrsanantonio.org](http://www.gotrsanantonio.org).

The program launched in Bexar County in 2011 with 6 volunteer coaches mentoring 36 girls in after-school sessions that combine training for a 5K running event with self-esteem enhancing, uplifting lessons. The council will serve over 400 girls at 30+ sites in Fall 2019.

### **Position Summary**

Girls on the Run-BC welcomes qualified interns to join the Girls on the Run intern program. Reporting to the Program Manager, interns will be primarily responsible for coaching at one of the Bexar County program sites. Additionally, interns may support day-to-day activities of Girls on the Run, including communications, operational efforts, and community relations. Girls on the Run provides a positive, empowered, collaborative work environment.

- Part-time from August to December (Fall semester) or January to May (Spring Semester)
  - Must attend one of the New Coach Trainings offered
- Hours are flexible and will be determined together with the intern. A minimum of 10 to a maximum of 20 hours/week is required.

### **Responsibilities**

*Responsibilities are provided as examples of possible work. Actual focus will be determined based on the organization's needs as well as intern's areas of interest and skills.*

- Coach at an existing site
- Administrative duties to support the program
- Coordination and management of inventory
- Data Analysis (i.e., survey monkey)
- Other duties as assigned



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### Qualifications

- A strong belief in the mission of Girls on the Run
- Juniors and Seniors pursuing a bachelor's degree
- Ability to complete administrative tasks on a personal computer
- Self-starter, flexible, and able to manage multiple tasks
- Strong writing and research skills
- Excellent project management, collaboration, and team participation skills
- Understands and embraces diversity and inclusiveness in thought, word, and action
- Understands and embraces a healthy lifestyle in thought, word, and action
- Ability to lift 35-lb boxes of supplies, materials, etc. to waist level
- Ability to drive plus the availability of an insured vehicle to get to and from program sites, meetings, and other events
- Completed GOTRBC application and background check
- Proficient with Microsoft Office Suite (Word, Excel, and PowerPoint) a plus
- Ability to adhere to deadlines
- A background and knowledge of youth development and running is recommended, but is not required
- Must be able to assist with occasional night and weekend events

### All interested candidates send resume to:

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