



## Girls on the Run® of the Greater Chesapeake Sole Sister Job Description

Serving as a Sole Sister is a fun and rewarding way for former Girls on the Run and Girls on Track participants to remain involved with Girls on the Run. You get to experience the program from a different perspective, feel a sense of accomplishment that you have made a difference in the lives of other girls, and have a ton of fun with your team of coaches and incredible girls!

---

### **Job Summary:**

The Sole Sister is a volunteer position that assists the Head Coach(s) at a Girls on the Run program site. The position entails approximately 1.5-3 hours per week for 10 weeks. Sole Sisters can choose to attend both program sessions per week OR commit to only one day a week. We ask each Sole Sister to determine which schedule works best for them and to maintain that schedule throughout the program for consistency on behalf of the girls. While the Sole Sister is not responsible for facilitating the Girls on the Run curriculum, they are there to support the coaching team and program participants.

This volunteer position may be used as a high school internship or service learning project upon agreement of the school and the Executive Director.

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

- Understand and believe in the mission of Girls on the Run
- Serve as a role model for program participants
- Attend program session on selected day(s) on a consistent basis
- Encourage and cheer for all participants
- Participate in games and workouts with the girls as needed by the coaches
- Attend a community 5K with coaches, program participants and other volunteers

### **Qualifications:**

- Current high school student in good academic standing
- Prior participation in Girls on the Run and/or Girls on Track
- Capacity to work in a partnership with the coaching team
- Attend two-hour training session with the Executive Director
- Strive to lead a healthy lifestyle

### **How to Apply:**

The easiest way to apply is by filling out an application at [www.gotrchesapeake.org](http://www.gotrchesapeake.org). Applications can also be mailed, faxed or emailed to the following:

Angela Edwards, Executive Director  
Girls on the Run of the Greater Chesapeake  
P.O. Box 4596, Annapolis, MD 21403  
Fax: 888.830.1917, Phone: 443.454.9274  
Email: [angie@gotrchesapeake.org](mailto:angie@gotrchesapeake.org)