

Dear Ferson Creek parents,

Ferson Creek will be hosting a Girls on the Run team this Spring 2014 season and we're looking for some amazing volunteer coaches to help us make this a successful season for our girls. Girls on the Run-Chicago (GOTRC) is a non-profit 501(c)(3) organization that inspires girls to be joyful, healthy and confident using a fun, experience-based curriculum which creatively integrates running. It is a 10 to 12-week curriculum-based program for girls age 8-14 that combines training for a 5k running event with powerful lessons on nutrition, fitness, teamwork, relationships and leadership. This will be our first year to host a Girls on the Run team at Ferson Creek and we'd love to have you join us as a coach for this spring season.

As a coach, we ask you to commit to a 10-12 week season with the team meeting twice a week for 75-90 minutes each session. This season, our team will meet Mondays and Thursdays from **3-4:30pm**. We also ask that you participate in the end of the season Girls on the Run 5K. As a coach you have the opportunity to help our students learn about healthy living, build their self-esteem, and help them as they train for the Girls on the Run 5K. Many times our students see our coaches as strong role models. Coaching can be a wonderful rewarding experience and I think you would be a great addition as a coach on our team.

In order to become approved as a volunteer GOTR coach, you need to meet 4 requirements: complete an online coach volunteer registration form, complete a free online background check, complete a Girls on the Run Coach Training, and become CPR/First Aid certified.

If you're interested in becoming a Girls on the Run coach for Ferson Creek please let us know and we can start you on the process to become a coach.

Thank you,

Mattine Gallentine (Mgallentine@mgcomputer.com) and Laurie Thomas-Garbato (wgarbato@att.net)