Overview & Mission: Girls on the Run (GOTR) is a physical activity-based positive youth development program designed to develop and enhance girls’ social, psychological, and physical competencies to successfully navigate life experiences. We inspire girls to be joyful, healthy, and confident using a fun, experience-based curriculum, which creatively integrates running. We envision a world where every girl knows and activates her limitless potential and is free to boldly pursue her dreams.

Number of Credits: 1 credit = 3 hours per week = 45 hours per semester; 2 credits = 7 hours per week = 90 hours per semester; 3 credits = 10 hours per week = 135 hours per semester. Note: More than one internship position is available!

Schedule Requirements: Interns will coach at a school site that fits their class schedule.

Prerequisites/Qualifications:
- Demonstrate a strong belief in the mission and core values of GOTR
- Proficiency with Microsoft Office, Dropbox, Google Documents, and social media platforms
- Ability to work flexibly and collaboratively as part of a team
- Regular access to personal vehicle
- Exemplify diversity and inclusiveness
- Exemplify a healthy lifestyle

What activities will the intern partake in?
Interns will:
- Clear background check
- Attend coach training
- Support GOTR as a coach for the semester, specifically
  - Serve as a coach at one site
  - Help plan and coordinate 5K race
  - Participate in at least one board meeting and help with fundraising
  - Use social media to help reach intended audience.

Updated August 2019