



CHART OF WORK Senior Project

1. OBJECTIVES & SCOPE

- Attend GOTRSC mandatory coach training and CPR/First Aid training.
- Provide coaching assistance to a GOTRSC team two times per week for up to twelve weeks.
- Provide coaching assistance for two seasons per year: fall and spring.
- Attend GOTRSC team events including community service project and season finale 5K.
- Adhere to coach and volunteer responsibilities defined in the GOTRSC Coach Handbook.
- Attend additional coach meetings as needed.
- Provide a one page typed summary per season, which includes thoughts or feelings, challenges or frustrations, and overall experience. Summary is due one week following the 5K.

2. COMMITMENT

Term: A term of commitment on the Senior Project Program shall last for one year with an option to renew for another year if both GOTRSC and the senior agree. Seasonal calendar is available online: <http://gotrsonomacounty.org/locations.html>. Terms begin on July 1 and end on June 30 of the following calendar year.

3. PROJECT STRUCTURE

Leadership: Senior is expected to actively participate and deliver GOTR curriculum following the guidelines defined in the GOTRSC Coach Handbook.

Outreach: Senior is expected to:

- provide the name of at least two potential candidates: one potential GOTRSC committee member candidate and one potential GOTRSC board member candidate.
- promote GOTRSC at school to recruit senior candidates for the following year.

Fundraising: Senior is expected to fundraise for program and shoe scholarships (\$750 per season). Some fundraising suggestions include, but are not limited to: SoleMates charity event, Human Race, corporate sponsorship and private donations.

4. RULES

Senior Advisor: The GOTRSC Executive Director will be the senior advisor; the GOTRSC Head Coach will be the onsite supervisor.

Key:

GOTR = Girls on the Run

GOTRSC = Girls on the Run Sonoma County