



“We inspire girls to be joyful, healthy and confident using a fun, experience-based curriculum which creatively integrates running.”

Coaches Needed

You don't have to be a runner! Just bring your energy and enthusiasm.

Volunteering for **Girls on the Run of Central NJ** will change your life as much as the girls you coach! Volunteer coaches do not have to be runners; the only requirement is that you are committed to the healthy mental and physical development of girls in grades 3-5 for the Girls on the Run program and 6-8 for the Heart & Sole program! Groups meet twice a week for 75 minutes for 10 weeks. Coaches receive training and are provided detailed lesson plans as well as all the materials and guidance needed to implement the program.



GOTR has been recognized by the National Afterschool Association (NAA) as **one of the most influential after-school programs in the nation** and was recently included in a Harvard University research program on Social- Emotional Learning.

**Volunteer Coaches are needed at:
Shrewsbury Elementary School
20 Obre Place, Shrewsbury, NJ 07702
Days & Times t/b/d**



If YOU could help not just one girl but 15, gain a stronger sense of identity, greater self- acceptance, a healthier body and an understanding of what it means to be part of a team in just a couple of hours a week, would you?

*For more
Information
Contact*

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Or go to: www.gotrcnj.org