



Girls on the Run of McHenry County Volunteer Application

Please print clearly and return this application with a list of three references to:

Girls on the Run of McHenry County
1693 Rolling Hills Drive
Crystal Lake, IL 60014
ldayon@foxvalley.net

THANK YOU for your interest in volunteering with Girls on the Run! Once you return your application, we will contact you to arrange for a meeting. We are looking forward to working with you!

LAST NAME: _____ FIRST NAME: _____ M.I. _____

HOME ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____ BIRTHDATE: _____

HOME PHONE: _____ WORK PHONE: _____

CELL PHONE: _____ EMAIL: _____

PREFERRED METHOD OF CONTACT:

- E-mail
 Home phone (time of day: _____)
 Work phone (time of day: _____)

Please answer the following questions:

1. I am interested in serving as a **Girls on the Run**:

- ____ Head Coach (open to women only)
____ Assistant Coach
____ Running Buddy for Community 5K
____ Volunteer for Community 5k
____ Volunteer for specific site (i.e., bring snacks, prepare lesson materials)
____ Webmaster/Developer
____ Administrative supporter
____ Spokesperson/Representative at open houses, volunteer fairs, etc.
____ Fundraiser and/or Grant Writer
____ Other - Please explain: _____

2. I prefer to work with **Girls on the Run**:

- ____ Weekdays, early afternoons (1:30pm-4pm)
____ Weekdays, late afternoon or early evening (4pm-7pm)

____ Weekends

____ Other - Please list times: _____

3. If you are interested in coaching, please check the area(s) of McHenry County that you would prefer to volunteer in [please check all that apply]:

____ Algonquin/Lake in the Hills

____ Crystal Lake

____ Huntley

____ McHenry

____ Cary/Fox River Grove

____ Other- **Please specify:** _____

4. I prefer to coach _____ **Girls on the Run** (3rd – 5th grade) _____ **Girls on Track** (6th – 8th grade)

Additional Information

1. How did you hear about Girls on the Run of McHenry County?

Friend, please share their name with us so we can thank them: _____

Poster/Sign Website Volunteer Fair/Open House Other: _____

2. What is your experience working with children, specifically in 3rd-5th grades?

3. Please list your current and/or past volunteer experience and the length of time you volunteered:

4. Special skills/qualifications you possess that would be of value to Girls on the Run:

5. Why do you wish to volunteer with Girls on the Run and/or what attracted you to our program?

6. Why is working with girls and /or running important to you?

7. Name one of your strengths and one of your challenges, especially in reference to working with girls.

8. How do you envision your coaching style (if you are planning to serve as a coach or assistant coach)?

10. What do you do to maintain the balance in your life?

11. As a coach or volunteer, what is the one thing that you want the girls to specifically learn from you?

12. Why would you be a good role model for these girls?

13. Please list two individuals who can serve as references for you and your character.

Name	Contact Information	Relationship to You

14. Please briefly list your education background.

As a **Girls on the Run** policy, coaches must be drug-free and tobacco-free and must not consume excessive amounts of alcohol. In addition, if a Girls on the Run coach has suffered from an eating disorder, that coach must have completed treatment at least one year prior to the date signed below. Girls on the Run of

McHenry County reserve the right to dismiss volunteers for violation of this policy. By signing below, you solemnly swear that you are abiding by all of the above policies and the terms set forth in the head or assistant coach job description.

Signature _____ Date _____