

# Girls on the Run (GOTR) and Heart & Sole Internships and Coaching Positions

This spring GOTR is hosting two programs: a re-launch of Heart & Sole (H&S) and Girls on the Run (GOTR). We are hoping to have 6-8 pre-professional students from the fields of education, social work, public health and/or sport management who are interested in working with these age groups.

**Heart & Sole** was developed by Girls on the Run to meet the unique needs of middle school girls. H&S curriculum addresses the whole girl: mind, body, heart, spirit, and social connections. H&S values building important life skills:

- team building
- creating support systems
- boundary setting
- physical activity intertwined through each lesson.

Heart & Sole is a 10-week program that will meet once per week for two hours with practice time generally starting between 4:30 and 5:30, depending on the site.

**Girls on the Run (GOTR)** is hosted in the fall and spring seasons and is geared towards 3rd through 5th graders. Some of GOTR's values:

- Standing up for self and others
- Embracing differences
- Lead with an open heart and positive intent
- physical activity intertwined through each lesson.

Girls on the Run is a 10-week program that will meet twice per week for 75 minutes with practice time generally starting between 3:00 and 4:00, depending on the site.

## **What's In It for You?**

- Service/contact hours
- Possible credit hours depending on major.
- Career exploration for those interested in education, public health, mental health, physical health, and more.
- Becoming a role model
- Resume builder

## **The Impact You'll Have:**

- Various trainings and backgrounds of coaches allow many life experiences to be seen.
- Multiple experiences means that no participant feels alone in their own experience.

If you are interested, please click this link: [Coach Interest Form](#)

If you have any questions, please email Naomi at [naomi@girlsontheruniowa.org](mailto:naomi@girlsontheruniowa.org).