



Dear Parents, Guardians, and Staff,

We are seeking volunteer coaches to help us kick off Girls on the Run at Verellen and Cramer schools this fall!

Girls on the Run is a physical activity-based, positive youth development program that inspires girls in 3rd through 8th grade to be joyful, healthy and confident. The ten-week program teaches critical life skills, encourages personal development, and fosters team building and community service. Volunteer coaches utilize a curriculum to engage teams of girls in fun, interactive lessons. Girls on the Run Saginaw Bay serves 25-30 schools annually in Saginaw, Bay, Arenac, and Tuscola Counties. We are in need of 2-3 volunteer coaches to ensure that 15 girls at Verellen and Cramer schools will have an opportunity to participate for the first time in this transformative program.

“As a Girls on the Run coach, I found the lessons about health, confidence, teamwork, and emotions not only transformed the lives of the girls on my team, but also my life as well. The growth in character I witnessed in my team has truly made me an advocate for Girls on the Run.”– Coach Lydia

Volunteer coaches facilitate lessons to small teams of girls who meet after-school twice a week for 90 minutes. The program culminates with all teams participating in a celebratory 5K event. Individuals must be eighteen years old to serve as an assistant coach or twenty-one years old to serve as a head coach. Volunteer coaches do not need to be runners, but must complete a background check and participate in on-line and in-person training.

Girls on the Run Saginaw Bay’s fall coach registration is now open. For more information contact Sarah Schingeck at schingecks@e-hps.net or Girls on the Run Saginaw Bay council director Jen Naegele at 989-399-0007 ext. 104 or jnaegele@undergroundrailroadinc.org. Or visit www.gotrsaginawbay.org to learn more and apply.

Thank you,

Sarah Schingeck