



# Coach Guide to the Season

If you need help with anything during the season, we're only a phone call or email away. We also have a lot of information available on our website at [girlsontherunrockies.org](http://girlsontherunrockies.org). Please reach out if there is anything we can do to help.

**Connect with your Site Coordinator** – hopefully they've connected with you! If not, there is a listing on our website under [Program Locations](#).

- Ask who will be sending out the Welcome Letters to girls/parents.
- Get a copy of your roster for the first day of practice.
- Get the health forms for girls on your team.

**Meet your co-coaches!** Your site coordinator can help you sync up with your co-coaches and so can we. We suggest you get together and strategize the first day of practice, as well as how you will lead lessons throughout the season. Planning ahead can make all the difference!

- Who will communicate with parents and how often?
- How will students be called back to attention?
- How will you address behavior issues?

**Complete your documentation.**

- Complete your season registration to ensure you receive a T-shirt and a bib for our 5k
- Send us a copy of your CPR certification.
- New Coaches at Denver Public Schools: Complete your fingerprinting at coach training
- New Coaches NOT at Denver Public Schools: Complete your background check from the Coaches Corner on our website.

**Prepare to meet your team on the first day!**

- Print an attendance sheet and make sure to mark when each girl arrives and leaves. (Go to the Coaches Corner to get a copy.)
- Read the health forms for each girl on your team. Girls on your team may have health issues and it is critical that you read through these to know what they are. (Check with your Site Coordinator to get these.)
- Make sure someone is ready to lead lesson one.
- Arrive early to learn the check-in procedures at your school and find your meeting location.
- Hand out the Welcome Letter to girls/parents after practice. (Go to the Coaches Corner to get a copy.)

## Did you know?

Everything you need for an awesome season is on our website in the Coaches Corner.

[www.girlsontherunrockies.org](http://www.girlsontherunrockies.org)

Use Password: GOTRCoach\*

## Stay in Touch.

Our staff sends out regular communication to coaches throughout the season.

Check your spam filter and make sure to add @girlsontherun.org to your safe sender list.

Week 1	3/5 - 3/9	Season begins!
Week 2	3/12 - 3/16	
Week 3	3/19 - 3/23	
---	3/26- 3/30	<i>Probably spring break at your school... if not, adjust this schedule to work with your spring break!</i>
Week 4	4/2 - 4/6	
Week 5	4/9 - 4/13	Mid-Season Expo and T-shirt pick up! Colorado Springs – Wednesday, 4/ 11 Denver – Wednesday, 4/ 4 <i>Dates are tentative..</i>
Week 6	4/ 16 - 4/ 20	
Week 7	4/ 23 - 4/ 27	
Week 8	4/ 30 - 5/ 4	Practice 5k!
Week 9	5/ 7 - 5/ 11	
Week 10	5/ 14 - 5/ 18	Complete Community Impact Project & Have an End of Season Celebration!
RACE DAYS		Your team will be assigned to run in one of these great races: Colorado Springs – May 12, Denver – GOTR 5k on May 12, Colfax 5k on May 13.