



# Volunteer Application

## Girls on the Run of South Hampton Roads

4101 Granby Street Suite #208  
Norfolk, Virginia 23504

THANK YOU for your interest in volunteering with Girls on the Run of South Hampton Roads. **Please complete this application** and mail to Girls on the Run of South Hampton Roads office. Once your application is complete, we will arrange an interview.

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
- \_\_\_\_ Board Member
- \_\_\_\_ 5K Race Committee
- \_\_\_\_ Program Assembly
- \_\_\_\_ Grant Researcher/Writer
- \_\_\_\_ Marketing/Donor Committee
- \_\_\_\_ SoleMates Coordinator
- \_\_\_\_ Starting a Site
- \_\_\_\_ Site Evaluation Team (Team Adelaide)

#### 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 South Hampton Roads that you would prefer to volunteer in [please check all that apply]:

- \_\_\_\_ Norfolk    \_\_\_\_ Virginia Beach    \_\_\_\_ Suffolk    \_\_\_\_ Newport News    \_\_\_\_ Portsmouth
- \_\_\_\_ Hampton    \_\_\_\_ Chesapeake    \_\_\_\_ Yorktown/Poquoson

**Additional Information**

1. How did you hear about Girls on the Run of South Hampton Roads?

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 3<sup>rd</sup>-5<sup>th</sup> 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 of South Hampton Roads:

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 South Hampton Roads reserves 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 \_\_\_\_\_