



Girls on the Run of Greater Mankato Volunteer Application

Please print clearly and return this application to:

Sheri Sander, Council Director
Girls on the Run of Greater Mankato
209 S. 2nd St. Suite #314 Mankato, MN 56001
(507) 345-4629 ext. 32 or sheri@ywcamankato.org

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/Girls on Track:**

- ____ Head Coach (commitment of twice/week, must be female)
____ Assistant Coach (commitment of once OR twice/week)
____ Running Buddy for 5K
____ 5K Run/Walk Volunteer
____ Webmaster/Developer
____ Advisory Board Member
____ Fundraiser and/or Grant Writer
____ Other - Please explain: _____

2. If you are interested in coaching, please circle the days/times that you are available:

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
2:45-5:00 p.m.	2:45 – 5:00 p.m.	2:45 – 5:00 p.m.	2:45 – 5:00 p.m.	2:45 – 5:00 p.m.

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3. Have you ever been convicted of a felony? _____ if so, why? _____

4. Are you CPR certified? Y/N Are you First Aid certified? Y/N

Additional Information

1. How did you hear about Girls on the Run of Greater Mankato?

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-8th grades?

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

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

5. What do you consider to be your top 3 strengths?

6. How do you maintain balance in your life?

7. Why do you think you would be a good role model for young girls?

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

Name	Contact Information	Relationship to You

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. I agree that I have disclosed to Girls on the Run of Greater Mankato any felony criminal charges brought against me in the last 20 years. Girls on the Run of Greater Mankato 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 terms set forth in the head or assistant coach job description.

Signature _____ Date _____

THANK YOU for your interest in volunteering with Girls on the Run! Once your application is reviewed, we will contact you to set up an interview!