



## Girls on the Run of Sioux Falls Volunteer Application

***Please print clearly and return this application to:***

Stacy Stahl, Council Director, Girls on the Run of Sioux Falls  
300 E. 11<sup>th</sup> St., Sioux Falls, SD 57104  
Phone: (605) 336-3660 #208 / Email: [sstahl@ywca-sf.org](mailto:sstahl@ywca-sf.org) / Fax: 605-336-2238  
Website: [www.gotrsiouxfalls.org](http://www.gotrsiouxfalls.org)

**THANK YOU for your interest in volunteering with Girls on the Run!**

LAST NAME: \_\_\_\_\_ FIRST NAME: \_\_\_\_\_ M.I. \_\_\_\_\_

HOME ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

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:**

\_\_\_\_ Coach (working with a team of 5-7 volunteer women to lead lessons, games, activities and workouts to promote self-esteem and healthy living)

\_\_\_\_ Other \_\_\_\_\_

2. **Please indicate your availability** (we prefer our coaches to be available for both days of programming per week, but are willing to work with women that might not have that availability and can only volunteer once a week). The \* indicates days per week and times that a large majority of our programs occur and where we would need the most volunteers:

Monday      Tuesday\*      Wednesday      Thursday\*

3:00pm – 4:15pm\*

3:15pm-4:30pm

3:30-4:45pm

3. If you are interested in coaching, please check the region(s) of Sioux Falls that you would prefer to volunteer in [please check all that apply]:

- \_\_\_\_ Northeast
- \_\_\_\_ Northwest
- \_\_\_\_ Central
- \_\_\_\_ Southwest
- \_\_\_\_ Southeast
- \_\_\_\_ Other Local Towns: \_\_\_\_\_

4. I prefer to coach \_\_\_\_ **Girls on the Run** (3rd – 5th grade) \_\_\_\_ **Girls on Track** (6th – 8th grade)

**Additional Information**

1. How did you hear about Girls on the Run of Sioux Falls?  
 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. Why do you wish to volunteer with Girls on the Run and/or what attracted you to our program?

5. 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 (includes alcohol, tobacco, other illegal drugs, inappropriate use of over the counter or prescription drugs). Girls on the Run of Sioux Falls reserve the right to dismiss volunteers for violation of this policy. I agree not to hold Girls on the Run International or the Sioux Falls YWCA/Girls on the Run of Sioux Falls liable for any bodily injury or damages due to my volunteer participation in the Girls on the Run of Sioux Falls program. With your permission given herein, Girls on the Run International and Girls on the Run of Sioux Falls may also use photos and/or quotes for future brochures, publications, or in other ways to promote the program (photo release). By signing below, you solemnly swear to abide by the above policies and the terms set forth in the volunteer coach job description.

Signature \_\_\_\_\_ Date \_\_\_\_\_