



NO BOUNDARIES®

## No Boundaries Assistant Coach Description

The Fleet Feet Sports, Gaithersburg No Boundaries Team is a passionate group of run and walk coaches, assistants and mentors who help people reach their goals of running a 5K. We are looking for an Assistant Coach for all of our No Boundaries programs, who can motivate others, is able to provide guidance and experience in dealing with beginning runners (answering questions about injury, general running information, etc., in support of the Head Coach) and are ready to make a huge difference in people's lives!

As a member of the Fleet Feet Sports, Gaithersburg No Boundaries Team, you will be part of the Fleet Feet Sports family helping future No Boundaries participants find the FIT in their lives.

You will provide encouragement, share knowledge and experiences, and teach. No Boundaries participants are individuals that have never run before (or have taken a vacation from the sport). The Assistant Coach will serve as a source of support and knowledge for the participants, helping them reach their goal of running a 5K and hopefully becoming lifelong runners.

The Assistant Coach will support the Head Coach and work with several mentors to help facilitate the program. The Assistant will share several of the coaching responsibilities. The mentors are past participants that volunteer their time to help others reach their goals of running a 5K race.

### **ASSISTANT COACH INFORMATION:**

#### **TIME COMMITMENT:**

- Training program is 10 weeks
- Weekly time commitment is ~2-4 hours for the duration of a training program
  - Weekly meeting: ~1.5-2 hours
  - Support the Coach in answering emails: ~1 hour
  - Support the Coach in writing the newsletter: ~1 hour
- One group workout each week: ~1-2 hours (depends on program)
  - **Spring NoBo 5K (co-ed):** meeting at the store at 6:30 PM Monday evenings, beginning in March 21st and ending May 30th. Goal race is Jeremy's Run 5K on May 30, 2011.

- **Spring NoBo 5K (women only):** meeting at the store at 10:00 AM Wednesday mornings beginning April 13th and ending June 18th. Goal race is Run for Roses 5K June 18, 2011.
- **Summer NoBo 5K (co-ed evening):** meeting at the store at 6:30 PM Wednesday evenings, beginning June 29th and ending September 3rd. Goal race is the Kentlands/Lakelands 5K September 3, 2011.
- **Summer NoBo 5K (co-ed morning):** meeting at the store at 10:00 AM Wednesday mornings, beginning June 29th and ending September 3rd. Goal race is the Kentlands/Lakelands 5K September 3, 2011.
- **Fall NoBo 5K (co-ed evening):** meeting at the store at 6:30 PM Wednesday evenings, beginning September 14th and ending November 20th. Goal race is the TLC King of the Road 5K November 20, 2011.
- **Fall NoBo 5K (co-ed morning):** meeting at the store at 10:00 AM Wednesday mornings, beginning September 14th and ending November 20th. Goal race is the TLC King of the Road 5K November 20, 2011.
- Culminating race/event: 1-4 hours

## **RESPONSIBILITIES:**

- Motivate and support training participants through each group class.
- Run with the group and carry a cell phone on all runs.
- Be available to answer participant emails in support of the Head Coach. Emails generally consist of questions about injuries, modification of the training program, motivational issues, etc.
- Support the Head Coach in contributing to the weekly newsletter which summarizes each weekly session.
- Do not conduct your own workout but rather run according to the pace and ability of the group.
- Know the running route in advance of each session.
- Be available for the culminating goal race of the program. Assistant Coaches generally do not run the race but rather serve as a source of support along the course of the race.
- Serve as a role model and always have a positive outlook.
- Be respectful of the Head Coach, mentors and participants.
- Arrive to practice and events on-time; make sure all runners return from the run; stay through entire practice.

- Understand and believe in the mission of Fleet Feet Sports and be a good representative and spokesperson for the company.
- Relay critical information, suggestions and concerns to the Head Coach, Director of Marketing, Training Program Manager and/or Owners.

#### **QUALIFICATIONS:**

- RRCA Distance Running Coach Certification, preferred though not required
- CPR certification and First Aid certification preferred though not required
- Coaching or other lead position experience (e.g., Pace Group Leader), especially with beginners and/or inactive individuals (preferred though not required). A portion of No Boundaries participants are older, inactive adults. It is important the Assistant understand the needs of this type of participant and be able to help this type of participant (or any other that may need extra care) in potentially modifying the provided training program, providing additional stretches, providing injury prevention or management information, etc., in support of the Head Coach.
- A passion for working in the field of running/walking and fitness.
- Believe in and live a healthy lifestyle.
- Excellent communication skills.
- Have the ability to be flexible and to improvise when needed.
- Be responsible and reliable.
- Be a team player and foster a positive, non-competitive environment which recognizes varying levels of fitness and the ability of ALL people to accomplish their goals.

#### **BENEFITS:**

- \$150 gift certificate to Fleet Feet Sports, Gaithersburg
- Technical T-Shirt
- Technical jacket
- That amazing feeling knowing you helped someone do what they thought impossible!

