



NO BOUNDARIES®

No Boundaries Head 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 Head Coaches for our Summer and Fall 2011 co-ed morning and evening programs who can motivate others, provide guidance and experience in dealing with beginning runners (answering questions about injury, general running information, etc.) 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). They are interested in learning the proper running form and breathing techniques, the importance of proper footwear and apparel (and sports bras for women), and how to stay motivated and on track, among other things. The Head 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 Head Coach will also have one (1) assistant and 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.

HEAD COACH INFORMATION:

TIME COMMITMENT:

- Training program is 10 weeks
- Weekly time commitment is 2-5 hours for the duration of a training program
 - Weekly meeting: ~1.5-2 hours
 - Answering emails: ~1-2 hours
 - Writing weekly newsletter: ~1
- One group workout each week: ~1-2 hours (depends on program)

- **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, educate and lead training participants through each group class.
 - Education opportunities are either conducting your own informational talk for the participants or working with a guest speaker, or a combination of the two. Coordinate guest speakers.
- Disseminate important information to the assistant coach and mentors to prepare them for each session.
- Organize and structure where the Team (coach, assistant and mentors) will be placed throughout the group during the run.
- Run with the group and carry a cell phone on all runs.
- Design the weekly running route and forward to the assistant, mentors and participants in advance. This is usually done through email and/or the weekly newsletter.
- Conduct pre-run warm-up routine and post-run cool-down routine.
- Be available to answer participant emails. Emails generally consist of questions about injuries, modification of the training program, motivational issues, etc.
- Write 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.
- Be available for the culminating goal race of the program. 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 your assistant, 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 Director of Marketing, Training Program Manager and/or Owners.

QUALIFICATIONS:

- RRCA Distance Running Coach Certification
- CPR certification; First Aid certification preferred though not required
- Coaching or other lead position experience (e.g., Pace Group Leader), experience, 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 coach 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.
- 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:

- \$20/per hour compensation
- Technical T-Shirt
- Technical jacket
- That amazing feeling knowing you helped someone do what they thought impossible!

