

Roles and Responsibilities

Head Coach:

1. Communicate with the parents in your group as needed.
2. Receive a copy of the curriculum and become familiar with the lesson plans prior to practice.
3. Review the schedule and activities for each Saturday and discuss the plan with the Assistant Coach prior to practice.
4. Gather whatever items you will need from home for your lesson.
5. Adapt and improvise as needed or wanted.
6. Collect paperwork as needed.
7. Lead the lesson activities with the help of the Assistant Coach.
8. Lead the physical activities with the help of the Assistant Coach.
9. Make an effort to attend practice each Saturday and arrive 15 minutes early to help set up.
10. Report any problems/injuries to Dina Strachan or the person in charge that day.

Assistant Coach:

1. Review the curriculum with the Head Coach and become familiar with the activities prior to practice.
2. Take on the role of the Head Coach if she is unable to attend practice.
3. Take attendance at the beginning of practice and dismiss the girls at the end of practice.
4. Help with the collection of paperwork.
5. Assist the Head Coach in the lessons and physical activities.
6. Make an effort to attend practice each Saturday and arrive 15 minutes early to help set up.
7. Report any problems/injuries immediately to the Head Coach.

GLOW Moms:

1. Assist the coaches with the lesson activities and help the girls with the crafts or journal writing as needed.
2. Help clean up after the lesson activities and make sure everything is labeled with a name.
3. Assist the coaches with the physical activities as needed.
4. Escort the girls to the bathroom and back to the activity. Wait for the girls outside the door.
5. Stay with and encourage any stragglers in the group.
6. Help supervise children at dismissal while they wait for their parents.
7. Report any problems/injuries immediately to the Head Coach.
8. Escort injured children to Dina or the person in charge that day.