



Summer Internship Job Description

Girls on the Run of the High Country

Organization Description

Girls on the Run of the High Country (GOTR-HC) is an affiliated program of the Appalachian Institute for Health and Wellness within the Beaver College of Health Sciences at Appalachian State University. We inspire girls in the 3rd-8th grade to be joyful, healthy and confident using a fun, experience-based curriculum which creatively integrates running. Our summer program combines the best of the GOTR curriculum with all the fun of camp.

Girls on the Run believes that all girls and communities should have access to our programs. We strive to eliminate barriers to participation, to continue creating programming that engages all communities, to be intentional about staff and volunteer diversity and to promote a culture of inclusion across the organization.

Internship Summary

The primary responsibility of the GOTR-HC intern is to serve as a Girls on the Run coach and to work with the Council Director and Program Coordinator to implement a successful summer program. Coaching with Camp GOTR is a rewarding way to get involved with the Girls on the Run program. As a coach, you will get to inspire girls to help them learn skills they will use now and as they grow. Camp GOTR Coaches will develop meaningful connections with a team of participants and co-coaches, help girls develop new skills, and create a positive, inclusive environment where all girls feel free to be themselves.

The internship experience provides a unique opportunity to execute knowledge based in child development, public health, physical education and recreation, as well as gaining experience in nonprofit management and organization.

Essential Job Functions:

- Deliver the Camp GOTR curriculum as intended
- Plan and facilitate other camp activities outside of the Camp GOTR curriculum
- Provide a positive, inclusive environment for all girls
- Provide direct care and supervision of campers to ensure safety
- Comply with the GOTR policies, including safety/risk management, access & inclusion, and youth protection policies
- Report safety/risk incidents to camp site and GOTR using accident/incident forms
- Assist with GOTR-HC public relations and social marketing
- Assist with GOTR-HC program development including making preparations for the fall GOTR season and documenting summer camp activities

Key Responsibilities

- Prepare for daily lesson(s)
- Lead participants through each lesson
- Attend meetings and trainings as needed, providing occasional feedback to GOTR
- Exhibit GOTR Core Values and serves as a role model for girls
- Act as a positive representative for the program
- Attend GOTR planning meetings

Qualifications

- The ideal candidate will have the following experience:
 - Has worked directly with girls ages 8-11 from a range of backgrounds
 - Has volunteered in direct service organizations
 - Has awareness of the common and different needs among girls
- A strong desire to promote the physical, social and emotional development of girls
- Adapts quickly to a changing environment and can improvise when needed
- Demonstrated organizational skills
- Excellent communication skills; can adjust communication style to fit each situation
- Recognizes signs of intra/inter-personal conflict and is comfortable guiding participants through healthy resolutions
- Able to work in partnership with co-coaches
- A desire to move with camp participants, spend time indoors and outdoors and remain high energy throughout each session
- Can inspire and motivate others to embrace the Girls on the Run mission
- Serve as a role model for Girls on the Run
- Develop positive relationships with parents/guardians, host site personnel, fellow GOTR coaches, volunteers and staff
- Any other duties deemed necessary by the Council Director
- Successfully passes a background check
- **Passion for empowering girls to reach their limitless potential!**

This internship requires the availability of a minimum of 150 hours and a maximum of 350 hours. Internship start and end dates are flexible depending on program requirements (minimum time requirement of June and July). Each intern successfully completing an evaluation at the end of the internship will receive a stipend of \$500.

To apply, please complete an application form: <https://gotr.appstate.edu/intern>

For Information: Mary Sheryl Horine, Council Director, 828-262-7557, horinems@appstate.edu