



410 PRESSLER ST. AUSTIN, TEXAS 78703 | 512.373.8704 | WWW.MARATHONHIGH.ORG

Part Time Coach **Marathon High**

About Marathon High

Marathon High is a free after school run training program that gives underserved students the opportunity to complete the Austin Marathon, while developing healthy lifestyles and confidence along the way.

Position Overview

Under the supervision of Marathon High Program Director, coaches are assigned to one of our ten participating schools where they will lead practices two days a week after school and on Saturdays from Rogue Running from September 2015 to February 2016. Coaches implement the Marathon High curriculum and training programs during practices, relay program information to students and school staff, build relationships with school staff, recruit and collect race registrations, run with and/or support students during races and mentor students through and beyond the program.

Responsibilities of Coach

- Lead practice at assigned school two days a week after school
- Work with coaches team to support Saturday long runs from Rogue Running
- Teach Marathon High curriculum at each practice
- Implement Marathon High training program (including warm up, drills, workout, cool down, stretching, foot drills and preventive injury work)
- Create safe running routes around the assigned school campus for week day workouts
- Ensure the safety and accountability of each student during Marathon High practices
- Build relationships with school staff and is an exemplary model of Marathon High on campus
- Maintain a high level of organization in taking attendance, collecting race registrations, relaying program information to students and staff, communicating with Program Director and managing a team of 5 to 20 students
- Support students from the early mornings until the last student crosses the finish line at every participating race
- Promote Marathon High through social media and participate in Marathon High fundraising and social events

Characteristics of all Marathon High Staff

- Believes that training for and completing a half marathon / marathon is transformational
- Believes that all students, despite social class, parental income, initial attitude and physical fitness, are capable of completing a half marathon / marathon and will adjust training to work with struggling students

- Keeps students safety front of mind at all times
- Participates in practice to the best of their abilities with students
- Are highly organized
- Are highly enthusiastic during Marathon High practices
- Are trustworthy and believe in the importance of building and maintaining trust with students
- Maintains a high level of respect for each student, school staff, Marathon High coach or Marathon High staff member
- Develops professional yet personal relationships with each student, giving students undivided attention while working with them

Qualifications

Musts:

- Running experience with at least a half marathon or marathon completion or collegiate level running
- Experience in coaching a youth sport program and implementing a training and curriculum program
- Experience in building relationships with youth
- Demonstration of being highly organized
- Passion for working with underserved youth populations

Wants:

- Demonstrates an ability to generate interest to and retain members in a program

Working Conditions

- Marathon High practices are held outside on school grounds, in surrounding school neighborhoods and on Hike and Bike Trail downtown Austin that means coaches will be subject to weather conditions.
- Coaches are expected to run with students during weekday practices or be on the route to maintain the safety of students.

Schedule

- Fall Coaches Meeting and Training: Saturday, August 29th 8am – 12pm
- Recruitment at schools: Tentatively August 24th - September 4th
- Weekday practices start: Tuesday, September 8th or Wednesday, September 9th depending on school (Practices will be held on assigned school campus two days a week).
- Saturday long runs start: Saturday, October 3rd (Long runs will be held every Saturday except when there is a Sunday race or during AISD school vacations)
- Races:
 - Run for the Water 5k: Sunday, November 1st
 - Decker 5k and Half Marathon: (Tentative) Sunday, December 6th
 - Rogue 10k and 30k: (Tentative) Sunday, January 10th
 - Austin Half Marathon and Marathon: Sunday, February 14th

Hours

- Weekday practices: approximately 3 - 4 hours a week
- Saturday practices: approximately 2 - 5 hours depending on mileage
- Races: approximately 2 - 6 hours depending on race mileage
- Coaches Meetings: approximately 30 minutes once a month

- Logistics and communication: approximately 15 minutes a week
- Total: 8-16 hours a week (Hours increase primarily in January and February as the half marathon and marathon get closer)

Pay

- \$15/hour
- Master Coaches \$20/hour *requirements discussed at interviews

How To Apply

- Submit a resume and cover letter detailing your interest and qualifications to Lenora Goessling and Ruth England via email (lenora@roguerunning.com, ruth@roguerunning.com) or in person at Rogue Running 410 Pressler Street Austin, TX 78703
- Applications due Monday, June 22nd
- Prospective applicants will be called for rolling interviews throughout the month of June
- Coaches will need to pass a Texas and National background check as well as become CPR and First Aid certified before interacting with students in August.