

Girls With Sole Coaching Guide

Welcome to Girls with Sole! This guide book is intended to help outline the goals of the organization and give you tips and resources that will allow you to be the best coach you can be.

Your time and dedication is truly appreciated, and can make a huge difference in the lives of our program participants.

GWS Mission:

To use fitness and wellness to empower the minds, bodies and souls of girls who have experienced or are at risk for abuse of any kind.

GWS Goal:

Girls With Sole offers a large variety of fitness and wellness programs, including yoga, dance and traditional team sports to girls who need someone to believe in them so that they may believe in themselves. Many of these girls would otherwise have no place to participate in sports or group exercise in a safe environment, or have access to group athletics. Focusing on healthy living, good nutrition, exercise and wellness will help girls make healthier choices in other parts of their lives - making a positive impact on our community as a whole.

"Lacing Up for a
Lifetime of Achievement"

ACHIEVE
EMPOWER

Using fitness and wellness
to empower the minds, bodies
and souls of girls who have
experienced abuse.

GWS Coaching Guide



Introduction

When you think of the term "coach" you might have a more traditional definition in mind than what being a GWS coach is all about. Our coaches don't always have actual experience coaching teams or even their own athletic experiences to speak of. Girls With Sole coaches are like mentors. They help girls whom aren't very physically active, and who need someone to believe in them and boost their self-esteem, while also introducing them to various sports and fitness activities. This is done with the goal of showing the girls how empowering sports can be, so that they will continue "Lacing Up For A Lifetime of Achievement."

Girls With Sole is a unique program that uses free fitness and wellness programs to empower the minds, bodies and souls of at-risk girls and girls who have experienced any type of abuse, but we need to work as a team. We are here to work together- you as a coach and role model, the agencies and referral sources, and GWS as an organization-to help foster active, healthy, confident, secure young women.

So don't worry if you don't have a ton of experience as an actual coach. If you have the heart and compassion of bringing the power of sports to girls, and the patience to work with kids as well as a non-profit organization....you have what it takes to earn the title of Girls With Sole Coach! Since we are a team, we couldn't do it without you!

Our Approach

Girls With Sole serves girls ages 9-18 who have been referred to the organization by a social service agency, school or concerned adult, and have submitted Enrollment Forms that have been completed and signed by a Parent, Legal Guardian or Social Worker. Our curriculum is designed to combine self-esteem building activities with a variety of physically active games, sports, fitness or wellness activities within a one hour session. Generally, the focus of the physical part of our programs are individually tailored to suit the needs of the agency or facility we are working with based upon the space, type of facility, and what would be most beneficial to the girls involved. For some places volleyball and basketball are feasible, while at others the focus is put on dance, yoga, core strength, running, or a combination of all of the above. Many of the programs also focus on training the girls to learn how to set goals, pace themselves, and run a 5K or to do a Duathlon or Triathlon. For most of the girls, this is the first time that they have ever attempted physical goals of this magnitude and completing them provides an incredible feeling of strength and pride and a real sense of accomplishment. Being able to offer a wide variety of programs ensures that the girls can try something new and inspires them to recognize and honor their individual strengths and talents and to celebrate their inner selves. Girls With Sole celebrates what the body can do and not what it looks like, so it is important to emphasize the benefits of physical activity that are not related to numbers on the scale. Girls With Sole coaches have the opportunity to give a great gift to our girls! So get creative and get ready to make a difference in the life of someone who needs it!



Curriculum Structure

Each of the Girls With Sole program sessions adheres to a formal structure that combines physical activities with self-esteem or leadership building activities.

Every session begins with the Girls With Sole Creed. Conducting the Creed at the very beginning of each session lets the girls know it is time to begin and helps get them focused. More importantly, it also boosts their self-esteem and fosters both camaraderie and a team environment. The Girls With Sole Creed is done in a "military style chant" where the leader says a line and the group repeats it. Any child in the group can be the leader, or the coach can be the leader. (The kids really like having a turn at leading the creed.) Simply pick a different child each time and tell them they are the leader. Or say, "Who wants to lead the creed today?" Be sure to have the creed printed out for them to read, as they may not have it memorized!

The GWS Creed is as follows:

We're Girls With Sole and we're on the move (repeat) We're strong and proud you can't stop our groove (repeat) We know who we are and who we want to be (repeat) We sail through life with resiliency (repeat) At Girls With Sole we set goals and believe (repeat) If we keep lacing up- we will always achieve

After the Creed, a workout game or sports activity follows, where the girls can participate in a wide variety of activities that keep them moving while still having fun and incorporating individual or team goals. This is followed by a self-esteem exercise that is not very physical in nature if the coach feels the kids need a break, but can be physical if the coach determines the kids can handle it. Each session ends with the GWS Closing so that the girls know the session has ended and they feel a greater sense of accomplishment and team unity.

The GWS Closing is as follows:

Simply, everyone puts their hands in the middle of a circle. On the count of three, the hands go up and the girls shout "Girls With Sole Rocks!"

At the end of each session the coach gives positive words of encouragement regarding a job well done, or individual and group behaviors.

If this is a new group of kids, steps also need to be taken to ensure we have their enrollment forms and proper shoe sizes, and this information is to be given to Liz as soon as possible.

Also, if the group is new...introductions will need to be made, and a brief description of what GWS is all about in the coach's own words, and maybe a little bit about why the coach got involved or a bit about themselves. Introduce yourself and have the girls do the same. Let them know they will be receiving fitness journals and running shoes, and that they will be having fun!



Samples and Examples!

Girls With Sole understands (and welcomes the idea) that each coach will have their own personality and style to offer, which is one more thing that makes our programs so wonderfully unique and inspiring! We hope that each coach will want to express their individual styles and personalities by creating new and different activities for each session! You can get ideas from books at the Library, or by Googling self-esteem building exercises and fitness games for kids. Or you can ask the girls what they would like to do in the next session, and incorporate their ideas into your session plan. The one hour session is yours to have fun with as long as it fits in with structure outlined above.

Girls With Sole is always happy to help, however, if you need ideas and we welcome and encourage open communication. If you have any questions, or need help...please be sure to email Liz at liz@girlswithsole.org. Also, be sure to stay up to date by joining the Girls With Sole Facebook page, and regularly checking our website at www.girlswithsole.org.

The following is to help you with ideas by providing samples and examples of various introductions, activities and workouts needed to complete a Girls With Sole program. Always feel free to bring music with you...it makes it more fun, gives the girls energy and helps to time intervals. For example: "We are going to do this exercise for the duration of one song."

Introductions and Simple Icebreakers

When beginning a session it is a good idea to have the girls "circle up." They can sit or stand, but doing the creed and making any announcements, etc are best done in the circle. This is particularly true when it is a new session and ice breakers and introductions will be performed. Often times the easiest thing to do is have the girls go around the circle and say their name, their favorite color and something that they like to do. Other ideas are:

- **Name Game:** Give a ball to one of the participants, who throws it to another girl while saying her name. That girl catches the ball and throws it to another girl while saying her name. This can continue until everyone can say every other girl's name.
- **Interviews:**
Each girl interviews the person seated next to her for two minutes and then introduces that person to the group. Give out a list of interview questions or let the girls be creative in their interviews.
- **Knots:**
Have everyone clump together and hold hands, then make them work out a circle without breaking hands.
- **Toilet Paper:**



- Pass around a toilet paper roll, have the girls take as little or as much as they want - then they have to tell something about themselves for every piece of toilet paper they have.

Introducing the GWS Fitness Journals

When it is time to give out the GWS journals (supplied by GWS) it is best to incorporate them into your session and explain their use and function. If the journals are not explained and gone over with the girls, they will most likely not deem them as important, and will not use them. Putting goals in writing and tracking ones progress are both key to achieving any short term or long term goals. Bring Sharpie markers or pens for the girls to use and hand them out with the Journals. Pick a page or two from the Journal that appeals to you to focus on as your activity for that session. Here is an example of how the GWS Fitness Journals can be introduced:

"In giving out the journals today, I want you to keep in mind that they are yours and there is no wrong way to use them. So...don't hold back! They are your anything journals! Why would we hold back, anyway? What are some things that hold us back? I am not an expert, but as an athlete I think there are two main things that hold people backin sports and in life...and they are: 1. Not having direction or goals and 2. Fear (fear of failure, of success, of doing something that your friends might think is whack, of being outside your comfort zone, etc)

Have the girls turn to pages 4 and 5, read over and have them complete. Tell them not to be afraid to set goals for themselves, or to fear that they will not be able to achieve them. Explain that they can put today's date and write their answers next to the date in small writing. They do not need to use the whole space with one answer. This way, they can continue to utilize these pages in the future and they can track their progress and see how their goals are achieved or how they change over time. Then have them turn to pages 18 and 19. Again, teach them how to utilize the workout log and that they can track their workouts now and in the future with this log.



Samples of Self-Esteem Building Exercises

- **Brochure About Me:** The paper you use should be brightly colored and folded in threes (like a tri- fold brochure). Have the girls decorate the front flap with their name in any manner they want. Then have them open the brochure and read out categories to them to list on the inside. Some examples are: my proudest moment, my favorite activity, something I'm good at, etc. I usually have about 3 or 4. After they list them they should provide an answer and I tell them that no one else will be looking at these, so they can feel free to write anything, as long as it is positive. When everyone is done, participants fold up the brochure so that it is shut. Then everyone passes their brochure to the person on their right. When you receive a brochure from your neighbor you are to notice who it belongs to, turn it over (never opening it) and write a comment about them on the back. Let the girls know that if they don't know the person well, it can be a simple thing like "I like your haircut" or it could be a very personal note to someone you know well. These can be anonymous, or people can sign their names. The brochures should be passed all around the circle until everyone has signed each of them and participants receive theirs back. At this point I have people spend 2 or 3 minutes quietly and silently reading what people said about them. Then we have a discussion about what it was like to read things others had written about them, if anyone was surprised about what was written, if anyone needs clarification about something they can't read or don't understand. We also discuss if it was easy or hard to compliment others, and if it was easy or hard to receive compliments. At the end of the discussion I encourage everyone to keep their brochure and reread it when they are not feeling good about themselves.
- **Goal Building List:** Hand each girl a piece of paper and have her write her name at the top of it. This activity can be done on a track, athletic field or in a gym or the outside perimeter of the room you are in. Be sure there are enough pens and paper for each girl. They will each need their own. Have each girl place her piece of paper in a spot she designates. Have the girls walk or run laps. Every time she completes a lap, she should write down on the piece of paper something that she has always wanted to do, but has not...either because she has been afraid to do it OR has not had the opportunity to do it.
 - After about 5 or 6 laps (depending on the size of the laps), ask the girls to stop and pick up their paper. If anyone wants to share some of their list of "always wanted to do" have them read a few out loud.
 - *"These are really exciting lists! You are a wonderful and talented group of girls! I would like for everyone to take these home and put them someplace where you can see it all the time. At Girls With Sole,*



(Self-Esteem Exercise Examples, Continued)

we believe that we can achieve our goals by believing in ourselves. Today you have created a to-do list for yourself that portrays the power of positive thinking."

- **Positive Circle:** Have the girls sit in a circle. Everyone will go around the circle and say one positive attribute/characteristic about the girl sitting next to her (i.e. Sara is positive and has a nice smile. Tess is good at making the new people feel comfortable). After you go around the circle, now have each person list a positive attribute/characteristic about the group (i.e. Everyone here is really nice. The group is very respectful of each other and works well together. GWS is fun).

Examples of Program Workouts/Games/Exercises

- Basketball, Volleyball, Kickball, Soccer, and other "traditional" team sports. (Play games, do drills, teach basic skills, etc.)
- Kick-boxing and basics of Self-Defense
- Yoga and/or Pilates
- Obstacle Courses (human obstacle courses, stations, use equipment, etc)
- Fitness Stations that include, for example, jumping jacks, sit ups, jump rope
- Dance (freestyle, Hip-Hop, aerobic, Zumba)
- Core Strength Building (planks, sit ups, Supermans, etc)
- Tag (freeze tag, regular tag or fitness tag) In fitness tag, the person who is it has a stack of cards with exercises written on them such as 10 toe touches, 7 sit ups, 20 jumping jacks, etc. The person who is it catches someone, and gives that person a card. The person must perform the activity on the card and then that person is "it."
- Relay Races: Any race or obstacle course where girls hand off an object to achieve a team goal. They can also just hit the next person's hand to indicate it is their turn to go.
- Running workouts that teach pacing and endurance building, etc.
- Simple Games: Red Light/Green Light, Leap Frog

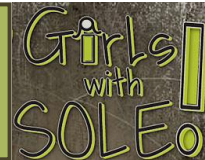
The possibilities are endless, and so is the fun!

Tips

- Have fun and be positive and creative!
- Be a role-model!
- If you need materials to conduct activities, let Liz know.
- Run ideas past Liz and GWS!
- Mix it up and think about the group when choosing activities.
- Bring music, and if possible, a healthy snack to hand out at the end.



GWS Coachina Guide Volunteer Contract



As a *GWS* volunteer, you play an important role in using fitness to empower the minds, bodies and souls of girls who have experienced or are at risk for abuse of any kind. You act as a representative of Girls With Sole's values to our Cleveland community.

For a better understanding of what you can expect as a volunteer and what is expected of you by our organization, we ask you to read and sign the following Volunteer Contract.

GWS will provide,

- A training guide to teach you the basics of being a Girls With Sole instructor
- A rewarding experience in which you can help girls improve their self-esteem
- An opportunity to connect with and give back to your community
- An open line of communication to answer any questions or address any concerns you may have

As a *GWS* volunteer, we ask of you,

- To volunteer at programs that fit your abilities, interests, and schedule
- To be present for programs that you commit to
- Notify the organization in advance if you will be absent or if you have arranged a substitute (Please, no later than 24 hours in advance)
- Conduct yourself in an appropriate and ethical manner at all times when representing Girls With Sole
- Have fun and agree to ask questions if needed.
- Keep the best interest of the girls in mind, and keep the lines of communication open with Girls With Sole! We are a Team!
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By my signature I declare that I have read, understand, and agree with all parts of the Volunteer Contract and will strive to fulfill all parts therein.

Signature

Date



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