



# Become a Girls' Outreach Coordinator!

## What?

- GOCs work on the state or local level to create more playing opportunities for girls ultimate
- It's a volunteer role that both runs programming and helps other organizers put on top-quality events

## Why?

- Because we need more girls playing ultimate!
- Receive a free annual membership, background check and sweet Five Ultimate Daywalker
- Have direct access to resources like equipment, program funding and curriculum
- Connect with USAU staff & other volunteers around the country!

## *Ideas for what you can do:*

- run clinics
- pass out a GUM kit
- start a girls' league
- develop middle or high-school teams
- partner with a local organization to run the GUM Middle School leadership program
- recruit GUM club ambassadors & volunteers
- spread the word about GUM!



## How?

Email USA Ultimate Coordinator of Youth & Education Programs  
Sarah Powers: [sarah@hq.usultimate.org](mailto:sarah@hq.usultimate.org)  
and Girls' National Outreach Director Amelia Cuarenta:  
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