



Dryland Coach Position - Part Time

Texas, Dallas/ Fort Worth

Lakeside Aquatic Club

Listed July 18, 2018

Lakeside Aquatic Club is a Gold Medal Club that is a coach directed, board supported, nationally competitive swim team with 5 different locations and over 900 swimmers on the competitive, stroke, and lesson programs. Our 30 year tradition of excellence in USA Swimming is highlighted by our multi-year Gold Medal Team and top 15 Virtual Club Championship finish. Our team is focused on developing high level senior swimmers through a quality age group program focused on technique and aerobic development. LAC wants to continue to build on our tradition of being a top age group and senior program in the state of Texas. Over the last 6 years, our team has finished in the Top 5 at our Short Course and Long Course Texas Age Group Championships (TAGS), and a first place finish this last Short Course season.

We are seeking an enthusiastic and organized Dryland coach. We are looking for someone to implement our Dryland exercise program for swimmers ranging from 10-18 years old. This person would be working directly with our Dryland Coordinator to run trainings at their respective site in the afternoon/evenings.

Responsibilities:

1. Conduct - 15-45 minute dryland/ weight workouts 3-4 times an evening 5-6 days per week for approximately 15-20 hours a week.
2. Plan, prepare, and conduct dryland practices in conjunction with team's Dryland Coordinator and accordance with the LAC curriculum.
3. Create smaller workout groups within the larger group for the purpose of providing more challenging workouts to all swimmers in the group

Qualifications:

1. Certified in Group Exercise, Personal Training, or working towards a degree in the area of fitness.
2. Energetic, patient and gives simple instructions.
3. Demonstrated strong interpersonal and communication skills
4. Computer proficiency, including email, Internet navigation, and Microsoft Office software.

To find out more about the program , please visit [www.swimlac.org](http://www.swimlac.org)

Inquiries reply to Head Coach Jason Walter ([jason.walter@swimlac.org](mailto:jason.walter@swimlac.org))