



## Kincaid Forest Stingrays Swim Team *RETURNING Jr. Coach Application 2023*

**Commitment Timeframe :** May 31<sup>st</sup> - July 30<sup>th</sup>, 2023

**Job Description:** Kincaid Stingrays swim team is looking for Junior Coaches to help with the 2023 swim season. This volunteer position offers you the chance to become a role model to younger swimmers while also gaining valuable experience and serving your community.

**Expectations:** Jr. Coaches are required to attend each practice and help our youngest swimmers—6 & Under and 7-8 age groups—5:30 arrival, 6:00-6:45 p.m. practice Monday-Friday. (Note: when Wednesday meets begin, you will be needed, Monday, Tuesday, Thursday, Friday from 5:30 - 6:45 p.m.). Jr. Coaches will be in the water with these younger swimmers helping them learn the basics of swimming and encouraging them/helping them across the pool.

**On Deck:** Treat all swimmers fairly. Build self-esteem in each swimmer using encouragement and praise. Maintain a high level of professionalism and sportsmanship at all times to promote team spirit. Participate actively in practices, meets, and team events. Maintain open communication with other Stingrays coaches and parents. Help to maintain a safe and positive environment.

**Teaching Skills:** Be sensitive to the needs of all swimmers. Emphasize fundamentals of proper stroke and turn techniques. Demonstrate drills and/or proper stroke techniques with in-water presentation (when appropriate). Provide constructive feedback to all swimmers. Follow the guidance of the Head and Assistant coaches to present a consistent coaching philosophy. Be familiar with and prepared to implement workouts, drills, etc. as provided by the Head and Assistant Coach.

**Management:** Arrive early and prepared to begin practice on time. Assist with setup of pool area for practice.

**Minimum Qualifications:** To be considered for a Junior Coach position, you must be at least 14 years old and a rising 9<sup>th</sup> grader and have summer swim experience. Club or high school swim experience is a plus.

**Application Due Date:** A limited number of volunteer Junior Coach positions exist. For consideration as a Junior Coach, please complete this application (in hard copy or electronically) and return to the Stingrays Head Coach Jenn Haymaker @ [Jenn.r.Haymaker@gmail.com](mailto:Jenn.r.Haymaker@gmail.com) by **May 15th**.



**Kincaid Forest Stingrays Swim Team**  
**RETURNING Jr. Coach Application 2023**

Applicant Name:
Age:
Parent/Guardian Name:
Parent Phone (Circle: Home or Cell):
Applicant Phone (Cell):
Parent Email:
Applicant Email:

As a returning Junior Coach, you know the dedication that this volunteer position requires. Please take a look at your summer schedule and existing commitments and confirm that you will be able to dedicate the time necessary to do this job well. The swimmers on this team look up to the Junior Coaches so having consistency in attendance is essential for the younger swimmers' confidence, for team camaraderie, and for the general success of the team. Please take a look at the hours below and provide your availability. Practices times have changed this year. New times are as follows:

**5:30 p.m. Jr. Coaches arrive to set-up pool**  
**6:00-6:45 p.m.** 8 & under Practice (**Jr. Coaches present and in the water**)  
**6:45 p.m. – 7:45 p.m.** 9/10 & 11/12 Practice  
**7:45 p.m.- 8:45/9:00 p.m.** 13 & over Practice

1. **I am available to coach from 5:30 - 6:45 PM** on these days (circle availability):

Monday      Tuesday      Wednesday (until meets begin)      Thursday      Friday

2. Please list any dates that you will be UNAVAILABLE (planned vacations, conflicting activities, etc.) between May 31<sup>st</sup> and July 30<sup>th</sup>. (This will factor greatly into the selection process as availability and punctuality are essential to a successful season.)

3. I understand the commitment and dedication required to be a Kincaid Forest Stingrays Junior Coach and, by my signature, certify that the above information is truthful and that I commit to this position to the best of my ability.

Applicant Signature: \_\_\_\_\_

I give permission for my son/daughter to apply for this position.

Parent/Guardian Signature: \_\_\_\_\_