



# LENAH RUN FROGGERS

## 2023 Junior Coach Application

The Lenah Run Froggers Swim team is seeking professional, dedicated, mature Junior Coaches for the 2023 summer season. We are looking for coaches that want to take a leadership position in our team's development. The successful candidate should possess the following skill set:

- Possess a high level of maturity, sportsmanship, and leadership ability
- Possess willingness to respect, work and cooperate with other coaches, swim team members, parents, and any other members or guests of Lenah Run
- Demonstrate energy and enthusiasm for teaching and motivating young swimmers of all ability levels including pre-competitive and competitive level swimmers
- Possess a depth of knowledge and ability to teach and develop proper swimming techniques
  - Emphasizes stroke and turn fundamentals with encouragement and praise
  - Uses demonstrations and / or presentations
  - Provides constructive feedback
- Understand swim team practice training procedures and keep athletes engaged in productive activity
- Understand standards of behavior and use appropriate discipline when necessary
- Knowledge of latest safety standards and information related to aquatics; Lifeguard Training, First Aid, and CPR
- **Must be 15 years old by the start of the season – and if 15 years old MUST obtain Lifeguard Certification prior to start of season**

**Responsibilities for the Junior Coach position:** further explanation of responsibilities will be detailed in Junior Coach contract to be discussed with offer of position

- Reports directly to Head Coach (HC) and as such, issues should be brought to HC attention
- Arrive early to first scheduled practice session every day and arrive early to meets to ensure set up is complete
- Stays after to last scheduled practice session every day and at meets to ensure proper cleanup and debrief as needed and meets
- Available for stroke / DQ clinics, as needed and directed by the HC
- If unable to attend a practice, clinic, or meet provides proper notification to HC
- If unable to arrive on time or to attend own practice session, may not coach for the day unless a valid reason has been given to and approved by the HC -- whether the reason is valid or not is at the discretion of the HC
- Pay is deducted for each day of missed coaching -- after 3 days of unexcused absences from coaching, the HC and Froggers Board have the authority to dismiss them from their position
- Conduct practice sessions with stroke coaching and drills under the guidance of the HC
- Expected to work at meets – duties will be further defined in the employment contract
- Ensure that safety is exercised during all swim team activities
- Praise swimmer progress or redirect them to the goal at hand -- Keep it simple and positive
- Attend team building activities and display leadership and enthusiasm
- Help with cheers, make pep rallies fun by participating and supporting the team



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## Application Process

- Junior Coach candidates must be 15 years old by the start of the season.
- Swimmers interested in the position should submit application to the Froggers Board based on direction received by the indicated date.
- Items that will be considered in the selection process are:
  - number of years the candidate has been swimming
  - ability to provide guidance on swim techniques and how to improve strokes
  - maturity level of candidate
  - previous history of being prompt and responsible
  - ability to take direction from Coaches
  - experience working with younger kids, such as, babysitting or volunteer work
  - candidate's application stating why they are interested in the position
  - candidate's availability throughout the season
  - current season coaching staff
- Candidates must be available for an interview if requested.
- Review and Final Approval of candidates will be voted by the Froggers Board. If parents of Junior Coach candidates are on the Froggers Board, they must recuse themselves in the interview process. Although, they may provide opinions and feedback.
- **Applications will be accepted from now until February 15th.** All applications should be sent to Dawn Foley at [dawn.foley@ibm.com](mailto:dawn.foley@ibm.com) or at the address below. Interviews will be conducted if deemed necessary by the Board. Selected coaches will be notified by email.
- Junior Coaches must sign a Contract for final acceptance. The contract will include additional details regarding job responsibilities and dates for scheduled activities / availability.
- Junior Coaches will be paid bi-weekly.

**Applications should be mailed to be received no later than February 15th to:**

Lenah Run Froggers Swim Team  
ATTN: Dawn Foley  
25707 Donerails Chase Drive, Chantilly, VA 20152

**or email your application no later than February 15th to:**

[dawn.foley@ibm.com](mailto:dawn.foley@ibm.com)



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## 2023 Summer Junior Coach Application

### Personal Information (please print)

Name:

Address:

Home Phone:

Cell Phone:

Email Address:

### Availability

Would your schedule conflict with your being able to work after school practices beginning May 30th through June 15th? If so, how, and when?

Would your schedule conflict with your being able to work morning practices beginning on or around June 10th through July 28th, and also arrive early for setup / briefing and stay late for cleanup / debrief? If so, how, and when?

Would your schedule conflict with your being able to work at meets throughout the season? If so, how, and when? ODSL is still finalizing schedule but assume every Saturday morning and Wednesday afternoon, starting June 10<sup>th</sup> through July 29<sup>th</sup>, most likely with July 5<sup>th</sup> being an ODSL off date, when checking availability.

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## **Experience**

Please provide a description of your swimming experience (ex., # years swimming, high school, year-round & summer teams, awards earned).

Please give a description of your coaching/volunteer/teaching experience (if any).

## **Personal Statement**

Please provide a brief statement as to why you would like to be a Junior Coach for the Lenah Run Froggers Summer Swim Team.

I understand and agree with the prescribed responsibilities and expectations. I certify that the information that I have provided above is truthful and accurate.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_