

2021 Assistant Coach Job Description

The assistant coach's job is that of a mentor to our young swimmers. You are expected to be a certified lifeguard, CPR/AED certified and have first aid training.

Assistant Coaches are an integral part of the summer swim team. You are expected to attend all practices and meets. Estimated time includes 4 hours/day M-Th, 2 ½ hours/F, 9+hours Sat. Unless a conflict is openly declared *before* hiring or discussed thoroughly with Parent Reps and other coaches, pay will be adjusted for missed time. Coaches stay to the end of Championships and All Stars to retrieve awards and t-shirts, if needed.

The Assistant Coach will be assigned specific tasks during practices and during meets by the Head Coach. The Head Coach will distribute the tasks evenly.

The coaching team will conduct stroke and turn clinics.

The coaching team will attend and participate in the Friday Pep Rally, team feeds, team social events, organize the spirit week and help with team awards.

The Assistant Coaches work together, with the Head Coach, to select swim family groups and team captains. The entire coach group will hold two team building parties for swim family leaders and captains.

The coaching team will conduct a "fun" meet and instruct new swimmers in how swim meets run.

The coaching team will create congenial relationships with opposing team coaches and parent reps, as well as their own team members and handle complaints and issues with professionalism.

The coaching team will improve swimmer morale and communicate with Parent Reps and accommodate Pool Manager requests.

Traditionally the coaching team decides swim meet themes, and dresses up at the meet. Coaches have also dressed up for team photos.

2021 Expectations and responsibilities of a Foxridge Swim Team Coach.

- Be on time for practices and meets. You should be there no less than 15 minutes before practices to help set up and greet kids.
- Help set up and clean up any equipment for practices and meets (i.e. kickboards, lane ropes, flags, etc.).
- While coaching during practices, your job is to focus on your swimmers.
- Get to know the swimmers in your primary age groups.
- Be encouraging and positive with your swimmers. You are the leaders and role models for the team.
- Focus on developing your swimmers' stroke mechanics and technique. It's about quality not quantity!
- Have fun! Help foster the love of swimming with your kids!

2021 expectations and responsibilities for swim meets.

- Go see your primary age group swimmers before their races, give them something specific to work on during their race, pump them up to swim fast!
- Take splits for your primary age group swimmers (as many as possible).
- Go see your primary age group swimmers after their races. Tell them something you saw them do well during their race, any drops in their times, and something they can work on.
- Help take splits for medley and freestyle relays.
- Help with your primary age groups during warm-ups.
- Help get relays organized. Escort 8&unders to both ends of the pool.
- Lead the team in cheers.
- Swim 3 events at Prelims and Championships (if age appropriate).

If you agree to meeting all the above expectations, please sign below and get a parent's signature as well.

Your Signature

Parent's Signature

Foxridge Swim Team: 2020 Assistant Coach Application

Name:	
Address:	
Cell Phone:	
Email Address:	
Education(High School/College):	

Please answer the following questions:

- 1) Are there any dates that you will miss during the season this year?

- 2) Do you have teaching experience or experience working with children?

- 3) How do you handle conflicts?

- 4) What leadership skills will you bring to the team?

- 5) Describe a previous coach or role model that has been a great example for you. What did you admire most about this person and why?

- 6) How will you contribute to the team as an assistant coach?