



2019 Manteca Dolphins Jr. Swim Coach



Expectations and Guidelines

To be a Junior Coach you must be (1) at in high school* and (2) have been under the instruction of a swim coach for at least two years.

- This is a volunteer opportunity and you may earn community service hours or letters of recommendation by providing the correct documentation.

Expectations:

- Treat all swimmers equally while helping them build their skills and encouraging them through praise of successful efforts.
- Maintain active communication with coaches and other junior coaches.
- Actively participate in practice and engage each swimmer.
- Direct all parent questions to the head coach, assistant coaches, or board member.
- Keep a positive and respectful attitude towards all coaches and swimmers.
- During swim meets you will help stage the younger swimmers and remind them of their relay order and swim stroke during the event.
- You will be with the younger swimmers before their race to encourage them and remind them of the stroke and direct them to their parents at the end of the race.
- During the meet you should be prepared to aid the coaches throughout the day in retrieving swimmers, giving directions and writing down times.

Skills Necessary to perform your duties that will be routinely used:

- Knowledge of all swimming strokes and proper swimming terminology will be demonstrated by the coaching staff to junior coaches to use during practice.
- Recognize that all swimmers learn at different speeds and as they increase in skill and knowledge they will improve themselves. We cannot speed up this process beyond good teaching, encouragement, proper skills, and drills.
- Provide constructive feedback to all swimmers you work with.

Time expectation:

- Arrive fifteen minutes before any assigned practices.
- Lead the swimmers 8-unders, and 9-10's through stretches before practice.
- Be at all assigned practices and swim meets.
- Communicate all schedules a week in advance.
- Communicate illness or unexpected emergencies in a timely manner (preferably 4 hours ahead of scheduled shift).

Jr. Coach Applicant's Name: _____ Date: _____

Email: _____ Contact Phone: _____

Parent's, we ask that you treat your child's junior coaching position as a volunteer position with requirements similar to having a paid job. They will need to arrive on time and fulfill their duties as assigned.

Parent Name: _____ Parent Signature: _____ Date: _____

Email: _____ Contact Phone: _____

*8th Graders who are going into high school may apply.