Wellington Dolphins Swim Team

Summer 2018 Coach Application

The Wellington Dolphin Swim Team is dedicated to providing swimmers with a safe, fun, fair and athletically challenging swim experience.

**Desired Qualifications:**

* A passion for WST and a strong desire to grow the team, promote team spirit as well as the sport of competitive swimming.
* Enthusiasm for our athletes with the ability to creatively connect with swimmers, identifying developmental progressions and cultivate their dedication to competitive swimming.
* High-energy and a strong desire to learn new coaching strategies.
* Knowledgeable in stroke mechanics and competitive swimming skills.
* Outgoing personality with the ability to provide constructive feedback.
* General understanding of water safety.

Coaching Responsibilities

* Agrees to fulfill coaching and practice duties (as described in “Expectations”, below) for the following dates:
* May 30th -June 8th: Evening Practice, Monday through Friday 5:15 – 8:00 P.M.
* June 11th -July 27th: Morning Practice Monday through Friday 8:00 – 11:00 A.M.
* June 11th – July 27 Evening Practice Tuesday through Thursday 6:00 – 8:00 P.M.
* June 11th – July 27 Stroke and Turn Clinics Mondays 6:00-8:00 P.M.

(Practice times are pending HOA approval. Actual work schedule will be made available prior to the start of the season.)

* Attends all swim meets, assisting with swimmer preparation and relay coordination for the following dates and locations:
* Time Trials June 9th
* Meet June 16
* Meet June 23
* Meet June 30
* Meet July 7
* Meet July 14
* Meet July 21
* Divisionals July 28
* Follows all instructions from Head and Assistant Coaches and/or the Board of Directors
* Reports directly to the Head Coach for assignments which can include working with Summer Competitive swimmers or Mini-Dolphins as needs are determined.
* Coaches from the deck or by getting in the water with the swimmers as needed.
* Works with swimmers to create and foster goals for growth and provides feedback to the Head Coach and Parents as appropriate.
* Monitors the developmental track of swimmers and make recommendations to the Head Coach for placement in Meets as needed.
* Works with the Head Coach, and WST Board of Directors to recruit new swimmers and promote team growth.
* Attends and participates in team-building activities such as spirit events, pep rallies, Age-group outings and end-of-season awards.
* Enforce and adhere to all policies and procedures set forth by the WST Board of Directors, Head Coach and the PWSL.
* Manages coaching position alongside role as a competing swimmer on WST by keeping up with training needs, to experience personal growth and success in Meets.
* Maintains a reliable attendance record and communicates need to change work schedule to Head Coach and attempts to find a replacement

Expectations:

On Deck: ● Remains attentive and focused on swimmers during practice ● Uses encouragement and praise ● Offers constructive criticism ● Sets appropriate goals for individuals and groups ● Establishes standards of behavior ● Uses appropriate discipline when necessary

Teaching Skills: ● Works with groups of swimmers or one-on-one with individual swimmers as needed ● Emphasizes fundamentals of proper stroke and turn elements ● Demonstrates drills and/or proper stroke technique with in-water presentations ● Provides feedback to all swimmers

Management: ● Arrives early, assists with set up, and is prepared to begin practice on time ● Coordinates with the Head Coach and Assistant Coaches to provide consistent coaching philosophy ● Is familiar with, and prepared to implement, workouts as described by the Head Coach ● Works together with the coaching staff to keep athletes engaged in productive activity

Applications must be postmarked on or before Jan. 15, 2018 and should be mailed to: Wendy McGrael 9141 Mineola Court Manassas, VA 20111 or e-mailed to [coachwendy@wellingtondolphins.com](mailto:coachwendy@wellingtondolphins.com)

All applications will be reviewed by the Head Coach, Assistant Coaches, and Board of Directors. Selected applicants will be contacted regarding the location and time of interviews.

Please note that all applicants must be 16 years of age or older on or before May 30, 2018 to be considered for a paid position.

2018 Wellington Dolphins Swim Team Coach Application Form

(Please Print or Type)

Name: ­­­­­­­­­­­­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ DOB: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Address: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Home Phone: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Cell Phone: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Email Address: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Position Applying for: \_\_\_\_\_\_ Assistant Head Coach \_\_\_\_\_\_\_ Assistant Coach

Experience Please provide a brief description of your swimming experience (years swimming, teams, awards):

Please provide a brief description of your coaching/volunteer experience (if any):

Personal Statement Please provide a brief statement as to why you would like to be a Coach for the Wellington Dolphins Swim Team. Please include what age group(s), if any, you prefer working with and why:

Availability Please list any known/expected conflicts with the schedule provided in Coaching Responsibilities:

Please indicate if you have any of the following certifications:

\_\_\_\_\_\_ Lifeguarding Expiration date \_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_ CPR Expiration date \_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_ Water Safety Instructor Expiration date \_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_ Pool Operators Expiration date \_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_ ASCA Certifications Please list \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_ American Red Cross Safety Training for Swim Coaches Expiration date \_\_\_\_\_\_\_\_\_\_

Please indicate any other training or certifications that would be relevant to this coaching position.

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