



## **Rhonewood Sharks Jr. Coach Candidates**

*Welcome to the 2014  
Rhonewood Sharks Swim Season!*

- *Do you enjoy being a part of the Rhonewood Sharks Swim family?*
- *Do you like working with and mentoring younger kids?*
- *Would you like to give a little back to the Rhonewood Sharks swim community?*
- *Do you need to earn some community or church service hours during the summer?*
- *Do you want to help build your work/college resume and learn valuable leadership/mentoring skills?*

The coaches of the Rhonewood Sharks Swim Team are extending an invitation to any swimmer **15 years or older** that would like to volunteer their time and talent to help support the team. Primary duties would include supporting the Swim Coaches during team practices and swim meets, offering young swimmers tips to improve their strokes, and helping the coaches conduct these activities in a safe manner. Junior Coaches will also act in a leadership/mentoring role to foster young swimmer growth, demonstrate good sportsmanship and strengthen the sense of community among our younger Sharks swimmers. Finally, you will have the opportunity to help out with team social events throughout the swim season.

### **How to Sign Up**

Please email your completed application by Sunday, **May 4, 2013** to the managers at [managers@rhonewoodsharks.com](mailto:managers@rhonewoodsharks.com) OR you may hand deliver the application to the managers at practice the following week. Should you have additional questions please feel free to contact Angie at 925-456-2255 or Ashley at 925-915-0620.

## **Roles and Responsibilities for Sharks Jr. Coaches**

### **Jr. Coaches WILL (while on duty):**

- Help with age groups 6U, 7-8 and 9-10
- Provide guidance and assistance as requested by the coaches
- Be a useful member of the coaching team at all times while on deck
- Maintain a positive attitude regardless of situation
- Speak in a positive and respectful manner to the swimmers and parents at all times

### **Jr. Coaches WILL NOT (while on duty):**

- Provide any feedback or direction to swimmers in the older age groups
- Spend time during practices chatting instead of helping
- Be a distraction to the coaches on deck
- Speak to any swimmer in a disrespectful or demeaning manner
- Participate in seeding swim meets

### **Practices:**

- Assist coaches in set up and clean up of the supplies necessary for daily practice (clock, kickboards, lane lines, etc.).
- Provide extra assistance on-deck or in the pool during practice, as requested by coaches (eg. demonstration of proper stroke technique or proper executions of a practice drill).
- Under direction from the coaches, work with an individual or small group of swimmer(s) on a specific area of weakness or skill development.
- Encourage younger swimmers to behave in an orderly and safe manner.

### **Swim Meets:**

- Report to coaches 30 minutes prior to start of swim meet to assist in final set-up.
- Act as role model for team spirit and support. CHEER!
- Encourage younger swimmers to behave in an orderly and safe manner.

# Rhonewood Sharks Jr. Coach Application

**Due by *May 4, 2014 or ASAP***

Name:	Age:
Address:	Home Phone:
	Swimmer Cell Phone:
City/State/Zip:	Email:

*These are the days I will be available to participate as a Junior Coach (changes are fine, this is an estimate):*

**Swim Meets (check all that apply):**

Meets	
June 14 (Away) Sunset	
June 21 (Home) Castlewood	
June 28 (Away) San Ramon	
July 2 (Away) PVC	
July 12 (Home) Ruby Hills	
July 19 (Away) LVTC	

Expected Absence:

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**Swim Practices**

May 5 – May 22 (check all that apply):

	M	W
6:00 – 8:00 PM (May 5-8)		
4:00 – 6:00 (May 12-22)		

May 27 – June 12 (check all that apply):

	M	T	W	Th	F
4:00 – 5:00 PM					
5:00 – 6:00 PM					

June 18 – July 25 (check all that apply):

	M	T	W	Th	F
9:00 – 10:00 AM					
10:00 - 11:15 AM					

I, \_\_\_\_\_, am volunteering my time as a Junior Swim Coach with the Rhonewood Sharks Swim Team. I understand that this will be voluntary and I am required at all times to be an example of good sportsmanship as both a Rhonewood Sharks swimmer and Jr. Coach. I have reviewed and understand the roles and responsibilities and agree to adhere to them as defined.

\_\_\_\_\_  
(Applicant's Signature) Date: \_\_\_\_\_

\_\_\_\_\_  
(Parent's or Guardian's Signature) Date: \_\_\_\_\_

If you have any questions about the program, please contact:

Angie Rose: 925-456-2255 or [managers@rhonewoodsharks.com](mailto:managers@rhonewoodsharks.com)

Ashley Palmer: 925-915-0620 or [managers@rhonewoodsharks.com](mailto:managers@rhonewoodsharks.com)