



2023 NEW 4-Team FORMAT All-Star Meet

- Coach Info Sheet & Application -

The Florida Gold Coast Age Group Chair will select the coaches for the current year's All-Star Team based on the following criteria and with the understanding that all selected coaches will agree to perform the duties and responsibilities listed within this document. In addition, all interested coaches must complete the attached application and sign it, indicating that they will adhere to and abide by the listed code of conduct.

SELECTION CRITERIA

1. Coaching applicants must turn in a completed application by the stated deadlines below.
2. It is the preference to select only one coach from a team. However, a second coach may be selected as needed if multiple coaches apply from the same team.
3. All coaching applicants will be evaluated based upon the following criteria: a) years of club coaching experience, b) Florida Gold Coast coaching experience, c) Misc. coaching experience, d) Swimming Clinics attended, and e) ASCA Certification and Education.
4. The Florida Gold Coast Age Group Chair will select TWO All-Star Head Coaches. An additional FOUR Assistant Coaches will be selected.

SELECTION PROCESS

<u>Date:</u>	<u>Action:</u>
February 16	Applications available to all Florida Gold Coast Coaches-Posted on FGC Website
February 25	Applications due
February 28	2 Head Coaches and 4 Assistant Coaches will be selected

FGC AGE GROUP CHAIR TEAM DUTIES & RESPONSIBILITIES

1. Coordinate Athlete Sign-ups at AG Champs Meet. Accept all Florida Gold Coast applications from swimmers
2. All Coaches in making sure all entries are processed in TeamUnify.
3. Review the generated reports to be used by coaches for final team selection and relays, etc.
4. Communicate with all applicants on the selection or "we hope you will reapply next year" after selections close.
5. Coordinate and oversee the design, ordering, and distribution of the four different teams outfitting.
6. Accept all 2nd confirmations that selected swimmers will be attending/participating.
7. Make sure the generated TU entry file is completed and submitted by the entry deadline.
8. Coordinate Staff Meetings with Coaches to meet at the AG Champs Meet.

HEAD COACH DUTIES

1. Run coaching staff meetings at the All-Star Meet. - You will work with 1 FGC Assistant Coach and 1 FL Assistant Coach.
2. Outline and explain the swimmer selection process to the coaching staff and parents as needed.

3. Take all entries from the AG Champs Meet & process all entries into TU, and it is submitted by the entry deadline.
4. Develop reports for the entire Coaching Staff to use for final selections, relays, etc.
5. Develop a Team relay policy for all Assistants to follow.
6. Communication with Staff and Age Group Chair through the selection process to the end of the All-Star Meet.
7. Encourage athlete & coach participation and emphasize/communicate Florida Gold Coast goals.
8. Communicate with the All-Star Team by use of a "newsletter" the week before the meet. COACH DUTIES & RESPONSIBILITIES
1. Each coach will be assigned to be on a team. How the Head Coach divides up the staff is up to the Head Coach. Coaches will be notified of their Team and Head Coach before Age Group Champs.
2. Each staff member (Coach) is expected to be in attendance for the entire meet weekend.
3. Review all team entry limits. Keep entry limits in mind (no swimmer should swim six (6) events).
4. The team DRAFT will happen after all entries have been submitted to the meet host.
5. Correspond with Head Coach on relay selections. Relays will be determined after the draft by each coaching staff.
6. COMMUNICATION throughout the competition is vital for your entire team!
7. You are responsible for those swimmers throughout the entire meet.
8. Follow all staff duties/instructions as laid out by both the Age Group Chair & Head Coach for the entirety of the competition-including warm-ups, meet sessions, and overseeing of assigned athletes.

FGC COACHING STAFF-MEET ACTIVITIES

ALL FGC All-Star Coaches will be present at all events!

**Tentative Schedule* subject to change.*

***Friday, March 24, 2023**

1:00-1:30 p.m. -Staff arrive at the designated hotel.

1:30-2:15 p.m. -Assemble/organize all All-Star Team outfitting and supplies.

2:15-2:30 p.m. -Leave for pool.

2:45-4:15 p.m.

- Greet (Shark, Ray, Gator, or Baracuda) team athletes at the pool to hand out team gear, and have a brief team meeting to answer questions.
- Icebreaker games with Coaches
- Name games with coaches
- TEAM Cheers!!!

4:15-5:30 p.m. - Team Warm-Up TEAM Cheers!!!

5:30-8:00 p.m.-Competition begins. Session 1.

8-8:30 p.m.-Staff answers questions from swimmers & parents; clean & organize team area

8:45 p.m. -Leave pool for the day. Organize for Day 2.

***Saturday AM, Mar 25, 2023**

7:15 a.m. -Staff arrives at Indian River Pool

7:15-7:30 a.m. -Organize heat sheets & team area;

7:20 a.m. -Greet athletes!

7:30-7:40 a.m. -Pre-meet dryland warm-up; last-minute announcements. TEAM Cheers!!!

7:45 a.m.- 11 & Olders Warm-Up

8:15 a.m.- 10 & Unders Warm-Up

8:45 a.m.-TEAM Meeting! TEAM Cheers!!!

9:00 a.m.-Competition Starts! Good Luck, TEAM Cheers!!!

9-12:00 Noon-Meet-Session STAFF DOES NOT LEAVE UNTIL ALL MEMBERS ARE GONE & TEAM

AREA IS CLEAN.

***Saturday PM, March 25**

1:15 p.m. -Staff arrives at Indian River Pool

1:15- 1:30 p.m.-Organize heat sheets & team area; greet athletes

1:30 p.m

- Last-minute announcements.
- Games
- TEAM Cheers!!!

1:45-2:45 p.m.-TEAM Warm-Up

3:00 p.m.-Meet Starts! Good Luck!! TEAM Cheers!!!

3-6:00 p.m.-Meet-Session 3

STAFF DOES NOT LEAVE UNTIL ALL MEMBERS ARE GONE & TEAM AREA IS CLEAN.

Sunday AM, March 26, 2023

7:15 a.m. -Staff arrives at Indian River Pool

7:15-7:30 a.m. -Organize heat sheets & team area;

7:20 a.m. -Greet athletes!

7:25-7:40 a.m

- Pre-meet dryland warm-up
- last-minute announcements.
- Game
- TEAM Cheers!!!

7:45 a.m.- 11 & Olders Warm-Up

8:15 a.m.- 10 & Unders Warm-Up

8:45 a.m.- TEAM Meeting! TEAM Cheers!!!

9:00 a.m.-CompetitionStarts! Good Luck!! TEAM Cheers!!!

9-12:00 Noon-Meet-Session 2.

12:00-12:30 AWARDS and team meeting, goodbye activity

STAFF DOES NOT LEAVE UNTIL ALL MEMBERS ARE GONE & TEAM AREA IS CLEAN.

2023 FLORIDA ALL-STAR DRAFT and SWIM MEET

COACHING STAFF APPLICATION

Name:

Date:

Club:

Phone (W):

E-Mail:

Phone (C):

Staff selection criteria:

Years Coaching/Where: (specify your position)

Florida Gold Coast (All-Star/Zone) Coaching Experience: (specify your position)

Misc. Coaching Experience-when/where: (specify your position)

Coaching Clinics Attended-when/where:

Your current ASCA Certification and # of Continuing Education points:

Other relevant coaching accomplishments or training:

Why would you be a good All-Star Coach?

Which age group do you enjoy working with the most?

_____, I, certify by my signature that my above answers are accurate and truthful. I acknowledge that this application also lists out the duties of FGC All-Star Staff for this All-Star Dual Meet event.

Upon FGC Staff appointment, I understand that I will be receiving additional documents - Updated All-Star Dual Meet Information, Code of Conduct, and Florida Gold Coast Swimming Travel Policies. I will return these signed documents as part of the FGC Staff requirements.

Please rename the document to correspond with your full name; scan and then return via email attachment to agchair@fgcswim.org

DEADLINE TO APPLY IS Tuesday, February 25, 2023