

## **Assistant Coach**

### **Qualifications**

- 3+ years of competitive swimming and / or coaching
- At least 16 years old. If eligible to compete in RSL, competing for the Sharks is preferred, though may not be required.
- Active American Red Cross CPR/First Aid and Lifeguard certifications
- Must be available for 90% of practice times (9:15 am – 11am, Monday – Friday) and meets (typically 4pm – 8 pm on Wednesday nights) over the course of the season.

**Key Responsibilities** – Be able to perform the following responsibilities with guidance from the head coach and senior assistant coach:

- **Practice Management:** Develop and lead daily sessions for the second (9:15-10:15, Ages 9-12) and third (10:15-11:00, Ages 8&U) practice groups with various swimming abilities.
- **Instruction & Technique:** Instruct swimmers in proper stroke techniques, starts, & turns, as well as mental preparation for competition.
- **Meet Duties:** Provide input to help create meet lineups. Attend and lead by example at meets as a competitive senior Sharks swimmer. Assist, supervise, and coach younger swimmers during meets.
- **Safety & Supervision:** Maintain a safe environment, enforce facility rules, and ensure proper supervision on the pool deck.
- **Communication:** Maintain effective communication with parents, swimmers, the head coach, and other team staff.
- **Leadership / Mentoring:** Assist with training/mentorship of junior-level coaches.

### **Required Characteristics**

- Patience and enthusiasm in working with children and youth.
- Strong communication and interpersonal skills.
- Ability to work both independently and as part of a team.