



Forest Knolls Pool (FO), nestled in the woods of Northwest Branch Park in the Four Corners area of Silver Spring, is seeking a head coach for the 2010 MCSL season. The Seahawks, 75 strong, are a small, enthusiastic team, set to compete in MCSL Division "L" in 2010. The team emphasizes fun, competition, Seahawk spirit, and camaraderie. In 2009, this combination led to an undefeated season, Relay Carnival, Divisional, and overall Division "M" Championships, plus 22 All-Stars. The team's inspiration comes from two important sources: an enormous whitewashed rock outside our pool ("The Rock"), and team mascot "War Baby", a face-painted icon atop a pole who strikes fear into opponents (and some of our people too.) Have a look at our site for a better idea: <http://www.forestknollspool.com>

The ideal candidate will have strong interpersonal skills and good organization skills and enjoy working with children, from "8 and Under" through 15-18. The successful candidate will demonstrate leadership and sportsmanship, promote team spirit and be strongly motivated to make the summer season a memorable, exciting and fun time for all.

Head Coach duties include:

- \* Oversee all aspects of the summer swim team program
- \* Design and direct two daily practice sessions
- \* Develop workout and practice routines and schedules
- \* Provide constructive individual feedback and swimmer-specific technical instruction
- \* Serve as head coach during all meets
- \* Prepare meet line ups ("A" and "B" meets, Divisionals, Relay Carnival, All-Stars)
- \* Participate in selection of Assistant Coaches.
- \* Supervise Assistant Coaches
- \* Communicate regularly with Team Reps, Coaches' Liaison, and parents
- \* Attend meetings and other team events ("Meet the Coaches", Pre-Registration, Lip-synch Night, End of Season banquet, parents' meet, etc.)
- \* Publish weekly newsletter

Job Requirements:

- \* Established coach with at least 2 years of experience coaching a competitive swim team
- \* Energetic and able to instruct, motivate and unite swimmers of all ages and abilities
- \* Knowledge of MCSL traditions, policies and procedures
- \* Current lifeguard and CPR certification required
- \* Pool operator certificate is highly desirable
- \* Exhibit ability to oversee all elements of meet strategy and preparation
- \* Experience with Meet Manager software (the MCSL standard) is preferred

We offer a competitive salary. Additional income from private swim lessons and masters swimming is also possible.

To apply, submit a resume or letter identifying prior relevant experience, salary requirements and a list of references to:

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