



## Join the Hillandale Hellcat Family!



Hillandale is looking for a **Head Coach** or **Assistant Coach** for the upcoming 2022 summer swim season. We are a small but enthusiastic team who is moving up from Division M to Division L. We are looking for a coach who will work with swimmers of all ages and abilities, who will help swimmers to improve their technique and speed, and who will build a sense of team spirit and sportsmanship.

### **Assistant Coach Expectations:**

- Previous coaching and competitive swimming experience is preferred
- Familiar with MCSL policies, procedures, and guidelines (or willing to learn)
- Familiar with meet software, Swimtopia (or willing to learn)
- Help to lead swim practices for the duration of the season
  - Have the ability to demonstrate and teach the techniques of all four strokes, swim turns, and swim starts
  - Work with the head coach to carry out a planned practice
  - Help to establish a safe, fun, and fair environment for all swimmers
- Attend and help manage all meets (5 A-Meets, 3 B-Meets, Relay Carnival, Divisionals, and possibly All-Stars and Coaches Long Course)
- Communicate effectively and interact responsibly with Team Reps, Automation, Head Coach, families, volunteers, and swimmers
- Participate in spirit activities
- Attend an MCSL Coaches Meeting prior to the start of the season
- Complete all certifications for MCSL, including lifeguard, first aid, and CPR

### **Application Process:**

Hillandale Pool is located at 10116 Green Forest Drive in Silver Spring, MD 10903. Hillandale offers a competitive salary. There is also the opportunity to give private lessons and to earn a bonus at the end of the season. Please apply by sending a resume to Janet Gallagher at [jkgall2004@yahoo.com](mailto:jkgall2004@yahoo.com) and we will discuss next steps.

