

The North Creek Neptunes Need Coaches!

HEAD COACH duties include: 1) Guiding and managing two Assistant Coaches. 2) Developing team workouts and sets. 3) Creating weekly lineups for A-Meets using Team-Manager by HYTEK (Training available if needed). 4) Coaching at daily practice sessions, 5) Providing constructive feedback and instruction to swimmers (every swimmer should get some amount of feedback at every session), 6) in-water coaching and demonstration, 7) Managing team at A (Saturday morning) and B (Weekday evening) meets, 8) Participate in weekly meetings with the Team Reps, and 9) participating at team social events (e.g. Pasta night, Movie nights, 4th of July Parade). 10) Organize and run 4 stroke or skills clinics 11) Organize and run special practices for Divisional championship & both All-Star meets.

Preferred candidate will have coaching, instruction, and competitive swim team experience. Should enjoy working with children, be energetic and possess the ability to instruct, motivate and unite swimmers of all ages and abilities. Must be able to keep advanced swimmers competitive, motivate developing swimmers to further ability levels, and keep all swimmers enjoying their summer team experience. The Head Coach is expected to demonstrate leadership and sportsmanship, promote team spirit, have a fun disposition, and be motivated to make the summer season a memorable time for our swimmers. Current Pool Operators license, and CPR and Life Saving Certificate required.

Both Assistant Coach duties include: 1) Coaching at daily practice sessions, 2) Providing constructive feedback and instruction to swimmers (every swimmer should get some amount of feedback at every session), 3) in-water coaching and demonstration, and 4) participating at team social events. Preferred candidates will have coaching, instruction, and competitive swim team experience. Should enjoy working with children, be energetic and possess the ability to instruct, motivate and unite swimmers of all ages and abilities. Coaches are expected to demonstrate leadership and sportsmanship, promote team spirit, have a fun disposition, and be motivated to make the summer season a memorable time for our swimmers.

Assistant Coach #1 Duties: Assist head coach. Stoke, Turn, & Start instruction & workshops. Monitor sets and practices. Help at all meets. Able to run select practices and meets (A or B) independently when necessary. Able to provide constructive feedback to swimmers on stroke technique in and out of the water.

Assistant Coach #2 Duties: Assist head coach. Run developmental team. Coordinate and run pre-team classes. Swim instruction for age group 5 & above. Instructs both Pre-Team (5 to 8) and Developmental Swimmers (9 & above). Provides constructive encouragement to beginning swimmers in a positive manner.

Our Team! The Neptunes swim team has over 150 swimmers and has been in MCSL for over 30 years. The swim team will compete in MCSL Division M in 2010. We focus on giving our children a fun and memorable summertime experience that also improve swimmer performance through competitions and practices. Our swim program includes a Pre-Team for 8 & Under, a developmental Team, Competition Team, and a training program for parents. Our team web site is <http://www.goneptunes.com> and we also run Facebook and MySpace pages for our 13-18 aged swimmers. In addition to the regular summer meets our team hosts a Long Course meet each July.

Pool Location: North Creek's main pool is located on 20215 Arrowhead Road, Montgomery Village MD, 200886. It is a full 100m by 50m competition pool with a 1m springboard and a large clubhouse facility. The team also practices weekday evenings at the Hurley Park pool in Montgomery Village.

Practice Sessions: (Tentative)

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| Memorial Weekend to School End: (Monday-Friday) | June 16 – end of season (Monday-Friday) |
| Afternoon Practice @ North Creek: 11 & older 6:30-7:30 pm 10 & under 5:30-6:30 pm Pre-Team: TBD | Morning Practice @ North Creek: 11 & older (Comp & Dev) 8:30-10:00 am 10 & under (Comp, Dev, & Pre Team) 10:00-11:00 am Afternoon Practice @ Hurley: 11 & older (Comp, Dev) 7:15-8:00 pm 10 & under (Comp, Dev, & Pre Team) 6:30-7:15 pm |

Details / Requirements: We offer a competitive salary. Additional income from private swim lessons is possible. Current Lifeguard and CPR certification is required, and a pool operator certificate is required by June 20. To apply please submit a resume or letter identifying prior relevant experience, salary requirements and a list of references.

Contact: Barbara Kuhn (thekuhnfamily6@verizon.net) or Dave Lechner (Dave@lechnersonline.com) or at area code (240) four one eight, - one five four four.