



Washingtonian Woods Waves Swim Team

Assistant Coach/Pre-Team Coach – Summer 2023

Job Description & Responsibilities

- Running pre-team and developmental team sessions (AM and PM), involving swim instruction for young beginners/pre-team (ages 5-7) and for developmental swimmers (ages 8 & above) under the guidance and leadership of the Head Coach.
- Pre-team coaches are expected to participate in the following:
 1. Coaching at daily practice sessions
 2. In-water coaching and demonstration; provide constructive feedback to swimmers on stroke techniques in and out of the water. Also providing feedback to parents when necessary.
 3. Encourage team spirit and lead in teach social events; participate in pep rallies, weekly spirit themed events, pot-luck dinners, team parties, banquet
 4. Absent extenuating circumstances, you are required to be present at all practices and meets. “Meets” include all “A” and “B” meets, Mini-meets, time-trials, and MCSL meets for which Washingtonian Woods has participants, and All-Star meets.
 5. Mentor our young “Junior coaches”; develop coaching skills/objectives for them to work on with individual swimmers, and small groups of young swimmers.
- In conjunction with the Head Coach in regard to swim meets:
 1. Establish guidelines for determining meet entries and communicate these guidelines to parents at a pre-season meeting (orally and in writing on the website), and to swimmers before the first meet.
 2. Adhere to the guidelines established by the Head Coach for determining meet entries. Following establishment and agreement on those guidelines, assist the Head Coach in communicating them separately to parents at a pre-season meeting, and to swimmers before the first meet.
 3. Assist Head Coach, as necessary, in timely preparing meet data for automation purposes in advance of scheduled meets.
- Obtain current Lifeguard/CPR/First Aid certification.
- Knowledge of MCSL Rules & Regulations.

ABOUT OUR TEAM: The Waves Swim Team had 135 swimmers for the 2022 season; at least 30 of which were pre-team. We are competing in MCSL Division I in 2023. We aim to provide our swimmers with a fun and memorable experience while improving our swimmers and team performance through consistent practice and competition. Visit our [TEAM WEBSITE](#) to find out more.

POOL LOCATION: 511 Midsummer Drive, Gaithersburg, MD 20878

PRACTICE SESSIONS: View our 2022 [PRACTICE SCHEDULE](#) as a reference, subject to change. The expectation would be to attend afternoon practice sessions, Monday – Thursday from 4:15 – 6:15p, and Friday afternoon practice/sprint events, at a minimum. Morning practices beginning late June are not required, but welcome.

COMPENSATION: We offer a compensative salary. Additionally, you will also be allowed reasonable access to the pool to conduct private and/or group swim lessons during the season (Memorial Day weekend-end of July 2023) at times that do not conflict with scheduled team functions. You are solely responsible for all aspects of such lessons, e.g., scheduling, setting rates, collecting lesson fees.

TO APPLY: Please introduce yourself to our Team Representatives; identifying your prior relevant experience, salary requirements, a resume, and a list of references.

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