



Assistant Coach Job Description

The **MARC Sharks (located conveniently right off of I40 between Raleigh and Cary)** is looking to hire an **enthusiastic**, organized individual with proficiency in stroke mechanics, the ability to motivate swimmers of all ages and skill levels, and strong communication skills with parents and swimmers. The Sharks are a 100+ swimmers, TSA South League team (Division 3 for 2017; Division Champs for 2012, 2014, 2015) of swimmers age 4 to 18 that is run by an enthusiastic and supportive group of parent volunteers.

Duties include, but are not limited to day-to-day coaching of all swimmers, assistance with age group appropriate workouts, assisting in preparing heat sheets. The ideal candidate will have prior swim team coaching experience, competitive swim team experience, and be proficient with preparing for meets. Knowledge of TSA rules and regulations, as well as Meet Central app/software is helpful.

The position is part-time from mid-May through the third week in July. Coach must be available weekday mornings and later-afternoon/evenings for practices, Saturday mornings for practices, All day Tuesday for swim meets, and occasional weekend days for invitational swim meets.

REQUIREMENTS:

Coach-athlete interaction

- Uses encouragement
- Works with certain individuals
- Uses praise
- Works with all individuals
- Uses constructive criticism
- Works with the team
- Uses appropriate discipline

Teaching Skills

- Uses demonstrations by getting in the pool with swimmers, especially younger ones
- Uses questions as a teaching tool
- Provides constructive feedback

Practice Management

- Arrives early
- Workout begins on time
- Keeps athletes engaged in productive activity

Meet Management

- Arrives early
- Provides encouragement
- Supervises warm-ups
- Uses praise and constructive criticism

Other

- Dresses appropriately
- Punctual
- Has team spirit and encourages swimmers to show team spirit at meets
- Assists with meet entries
- Disbursement of meet information
- Positive role model

Pay Rate starts at \$8.50/hour

Download application at: <https://marcsharks.wordpress.com/>

Or email medfieldsharks@gmail.com with questions.

Tentative Schedule:

Work Days:	Date
Coaches' Orientation (2 hours)	to be scheduled
Ice Cream Social/New Family Orientation (3 hours)	Mid May Sun. afternoon
Weekday (afternoon) Practice (4 days a week- 3 hours)	begins Monday, mid-May
Saturday Practice (2.5 hours)	begins Saturday, mid-May
Time Trials (3-4 hours)	Saturday morning
Weekday (morning) Practice (3 days a week- 3 hours)	begins Monday, after trad. calendar is out
Meet Days (6- Tuesdays) planning & meet (13 hours)	begin Tuesday, after trad. calendar is out
Invitational Meet (Saturday- 5 or more hours)	TBD