



HEAD COACH JOB RESPONSIBILITIES & EXPECTATIONS

The Stonegate Stingrays Swim Team is affiliated with the Rocky Mountain Swim League (RMSL). The Stingrays' mission is to provide the Stonegate community and its aspiring youth athletes with a competitive but fun swim experience that allows camaraderie, friendship, and swim knowledge to be imparted to our community's youth athletes. Our team consists of 300+ swimmers ranging from 3.5 to 18 years of age. We invite both new and year-round swimmers. All are welcome!

The Stingrays' primary focus is to have fun and create a safe environment for new and seasoned athletes. Our goal is to maintain our great team spirit and sportsmanship while competing and representing our community across the league.

As a Head Coach, you are the leader in creating a positive, educational, safe, competitive, and FUN Stingrays culture. You also have the opportunity to create lifetime memories for our entire Stingrays community! While you have a lot of responsibility, know that the Parent Reps are here to support you ALL THE WAY.

Daily Age Group Coach Tasks, Duties and Responsibilities:

- Establish the Stingrays Swim Team season motto and goals to help guide both coaches and swimmers.
- Communicate "What It Means to Be a Stingray" to our swimmers, fellow coaches, parents, and others throughout the season.
- Lead in creating a FUN - educational, safe, and inviting experience for the athletes and coaching team. Remember **safety is critical** at all times – especially with our younger athletes who are still learning the basics.
- Initiate, develop and maintain POSITIVE relationships with swimmers and their parents (the Parent Reps are here to support you 100%!). Respond to athlete and parent questions throughout the season.
- Act as a liaison (with the Parent Reps' support) between the pool management team and Stingrays board and the coaching team as needed.
- Assist in enforcing team and pool policies at all times.
- Communicate practice schedule, meets, and social events expectations to your coaching team (including what time to arrive, who is required to attend, etc.).
- Let your coaches know how they are doing at regular intervals throughout the season. This means you have to be comfortable being honest and providing constructive feedback in a professional way. Let them know when they are shining and when they should consider doing things differently.
- Attend all daily morning and evening practices (unless an alternate schedule has been agreed upon in advance). Arrive at least 15 minutes before practice starts and be ready to coach!

- Work with coaches to develop practice plans and drills each week. This is a mix of both work and fun.
- Advise coaches in creating workouts that focus on specific stroke technique and drills as this is the only swim instruction some of our swimmers will receive.
- Work alongside the entire coaching staff to help make sure the team runs smoothly and cohesively.
- Once meets begin, send out regular communication to the entire team to let them know critical information as needed.
- Help mentor Age Group and Junior Coaches. Share your knowledge and thoughts and help them enhance their leadership skills.
- Schedule and lead meet lineup meetings each week to help coaches submit their lineup for the upcoming meet and contact parents of undeclared swimmers if necessary.
- Assist the Parent Reps and other Committee Heads in set up and tear down of home swim meets.
- Show leadership and professionalism whenever you are on the pool deck at all times. Our swimmers and their families look up to you!

Education & Experience:

- Ideally would be at least one year post high school graduation.
- Ideally be or have been a competitive swimmer/competitive club member.
- Ideally have been on the Stingrays (or other RMSL) swim team.
- Ideally have a minimum of three years of swim coaching experience (either Junior or Age Group).
- Swim lesson instruction experience preferred.
- Must have current CPR and First Aid certification prior to the start of the summer season.
- Must be a strong and positive leader, love working with kids of all ages, and willing to help shape the future of our team!

Expectations:

- Our main priority is the safety and experience of our swimmers.
- Remember that YOU are a role model.
- Be respectful to your fellow coaches at all times. We are ONE TEAM.
- No gossiping.
- Remember to have age-appropriate conversations on the pool deck at all times.
- Your job is to make sure your swimmers are prepared to perform their best, that they are excited, and most importantly, that they are having FUN!
- Help create the fun and positive culture that makes the Stonegate Stingrays swim team so special!

RMSL will have a no tolerance policy for any behavior that is deemed unsportsmanlike or not following the Code of Conduct at meets.

The Parent Reps are available to all coaches throughout the season to assist you any way we can. We are here to support you with swimmers, parents, and any other situations that may arise so you can SUCCEED!

The Parent Reps reserve the right to change the coaching responsibilities at any time (with proper notice to the coaches) for the betterment of the team and its swimmers.

