



Potomac Station Sailfish Assistant/Junior Coach Application

Name	
Address	
Cell Phone	
Email	
Birthdate	

Experience:

Please provide a brief description of your swimming experience (awards, teams, years swimming) or service experience (being on a committee, in a club, volunteer hours etc)

What experience do you have coaching/volunteering ?

What are specific skills you can bring to the team (ex knowledge in a specific stroke, drills, attitude, experience etc)

Please provide a list of your certifications (lifeguarding, pool operator, first aide, CPR, babysitting).

Why would you like to be a part of the coaching team for the Sailfish? If you have coached in the past please add what you have learned from this experience.

2026 Sailfish Scheduled Dates (as currently known):

- *After School weekday Practices:* from 5:30pm - 7:45pm at Potomac Station pool, May 26-29, June 1-12.
- *Morning Practices:* Weekdays from 8:00am - 11:00am at Potomac Station pool, June 16-July 24. Little Sailfish June 16 - July 17 9:00am -9:30am
- *Swim Meets:* Time Trials, Saturday June 6, 7:00am - 11:00am, Wednesdays 5:00pm-10pm June 17-July 15, Saturdays 7:00am -12:00pm June 13-July 11, Divisionals meet on July 18 and All-Star meet on July 25. There will be no swim meet on July 4.
- *Party/Awards:* TBL
- *Pep rally and spirit events TBD*
- *Mini meets TBD*

Do you currently know of any conflicts with these dates listed above that would cause you to miss practices or events? If so, please explain with dates.

Is there anything else not covered above that you would like us to consider that helps prepare you for the coaching position.

Please provide a reference that we can reach out to.

As a part of the Sailfish Coaching staff, leading by example is paramount. Sailfish coaches will be required to participate (ie swim) in their Sailfish summer practices and competitively swim on the 2025 Potomac Station Sailfish Swim Team, if age eligible,

Completed applications should be returned to sailfishpres@gmail.com by March 25th at 9pm
If you have any questions please do not hesitate to reach out to Coach Tasha at sailfishcoach@gmail.com or The Sailfish Board at sailfishpres@gmail.com.