

Silverton Sharks Head Coach

Job Responsibilities

The position is a full time position. The season begins **May 18th** and continues through the end of season banquet which will be **Friday July 17th**. It is also expected that the coaches attend the Open House at the pool on Saturday, April 25th from 10 AM - 2 pm or Sunday, April 26th from 12 pm - 2 pm. Coaches **MUST** attend The Cary City Invitational on **Saturday, July 11th**.

The following will be your main responsibilities (but are not limited to). More details are available. This is a brief description.

Head Coach Responsibilities: You may delegate some of these jobs to the Assistant Coach(es) but you must be following up with them during practices. You are not expected to do everything, there are too many children. But you are expected to know what is happening with the team.

- 1) Provide direct instruction for the duration of ALL training time.
- 2) Determine a set of stretching exercises that properly stretch the swimmers. Start warm ups on time.
- 3) End of the season goals:
 - a) All swimmers legal in all strokes
 - b) All swimmers with increased endurance
- 4) Mentor Program (Big Sharks)
- 5) On Wednesday or Thursday after a meet, the head coach, assistant coach or a junior coach needs to work in the water with the swimmers who were disqualified in the Tuesday meet. Those swimmers need to understand the reason for their disqualification.
- 6) Line Ups should be ready the Sunday before the meet and sent out no later than Monday night. We use Swimtopia for our Line Ups and communication.
- 7) The Head Coach should be directing the assistant coach(es) and junior coach(es) before each practice. Each coach should know their responsibilities for each practice.
- 8) You should serve as a positive role model in all aspects of swimming (on and off duty). The Head Coach should be setting an example and teaching the assistant coach(es) and junior coach(es) as to how to properly coach a swim team ... before, during and after practice and at meets.
- 9) Before the season you must coordinate with the Assistant/Junior Coaches which practices they will work. There are three (3) weeks of afternoon practice only while school is in session. There are six (6) weeks of morning and afternoon practices after school is out.
- 10) You are required to attend the Cary City Meet on **July 11th**. This is an all day event.
- 11) You are required to have meetings with your coaching staff and coach liaison.
- 12) You and the other coaches are required to attend the End of Season banquet. Each coach will take age groups to hand out trophies and other awards/medals to the team. After the 3rd swim meet, the coaches should have a meeting to discuss the special awards, including the Bryan Mellinger Award, so we can have the medals made for those in time for the banquet.

Silverton Sharks Assistant Coach

Job Responsibilities

The position is not a full time position, but 50%. Our suggestion is that one Assistant Coach works all A.M. practices plus 2 P.M. practices and the other takes all P.M. plus two A.M. This can be determined with the Head Coach closer to the season. The season begins **May 18th** and continues through the end of season banquet which will be **Friday July 17th**. It is also expected that the coaches attend the Open House at the pool on Saturday, April 25th from 10 AM - 2 pm or Sunday, April 26th from 12 pm - 2 pm. Coaches **MUST** attend The Cary City Invitational on **Saturday, July 11th**.

The following will be your main responsibilities (but are not limited to).

Assistant Coach Responsibilities:

- 1) Take instruction from the Head Coach as to your responsibilities before each practice.
- 2) Stretch and warm up each age group **ON TIME**, which is 15 minutes prior to getting in the water.
- 3) Once stretching is complete, line up the swimmers in lanes according to ability. The next age group should be on deck at the end of the lanes when the prior age group is finished.
- 4) Assist the Head Coach during practice by teaching stroke technique, starts, turns and finishes in the water. Don't just sit and watch practice ... be an active participant. There are dozens of swimmers in the water at the same time; one coach cannot help all of them at one time. The Assistant coaches must help by being additional eyes, ears and voice for the Head Coach.
- 5) Mentor Program (Big Sharks)
- 6) If the Assistant Coaches are members of the swim team, they must participate in their daily practice group. They may help with coaching during one 11 & up practice per day, but must participate in the other daily practice.
- 7) On Wednesday or Thursday after a meet, the head coach, assistant coach or a junior coach needs to work in the water with the swimmers who were disqualified in the Tuesday meet. Those swimmers need to understand the reason for their disqualification.
- 8) Serve as a positive role model in all aspects of swimming (on and off duty).
- 9) Provide support to your Head Coach as needed
- 10) Before the season you must coordinate with the Head Coach which practices you will work alternating with the other Assistant Coach There are four (4) weeks of afternoon practice only while school is in session. There are six (6) weeks of morning and afternoon practices after school is out. There will be 6 swim meets and time trials that will be every Tuesday beginning the first week in June.
- 11) You are required to attend the **Cary City Meet on July 11th**. This is an all day event and your time commitment will be coordinated with your Head Coach.
- 12) You are required to attend all meetings coordinated by your Head Coach.

Silverton Sharks Junior Coach

Job Responsibilities

The season begins **May 18th** and continues through the end of season banquet which will be **Friday July 17th**. It is also expected that the coaches attend the Open House at the pool on Saturday, April 25th from 10 AM - 2 pm or Sunday, April 26th from 12 pm - 2 pm. Coaches **MUST** attend The Cary City Invitational on **Saturday, July 11th**.

The following will be your main responsibilities (but are not limited to):

Junior Coach Responsibilities:

- 1) Take instruction from the Head Coach or Assistant Coach as to your responsibilities before each practice.
- 2) Stretch and warm up each age group **ON TIME**, which is 15 minutes prior to getting in the water.
- 3) Once stretching is complete, line up the swimmers in lanes according to ability. The next age group should be on deck at the end of the lanes when the prior age group is finished.
- 4) Assist the Head Coach and Assistant Coach during practice by teaching stroke technique, starts, turns and finishes in the water. Don't just sit and watch practice ... be an active participant. There are dozens of swimmers in the water at the same time; one coach cannot help all of them at one time. The junior coaches must help by being additional eyes, ears and voice for the Head Coach and Assistant Coach. At meets, watch all races and provide instruction to swimmers directly after their races.
- 5) Mentor Program (Big Sharks)
- 6) If the Jr coaches are members of the swim team, they must participate in their daily practice group. They may help with coaching during one 11 & up practice per day, but must participate in the other daily practice.
- 7) On Wednesday or Thursday after a meet, the head coach, assistant coach or a junior coach needs to work in the water with the swimmers who were disqualified in the Tuesday meet. Those swimmers need to understand the reason for their disqualification.
- 8) Serve as a positive role model in all aspects of swimming (on and off duty).
- 9) Provide support to your Head Coach and Assistant Coach as needed
- 10) Before the season you must coordinate with the Head Coach which 4 practices you will work alternating working morning practices one week and afternoon practices the next week. There are four (4) weeks of afternoon practice only while school is in session. There are six (6) weeks of morning and afternoon practices after school is out. There will be 6 swim meets and time trials that will be every Tuesday beginning the first week of June.
- 11) You are required to attend the **Cary City Meet on July 11**. This is an all day event and your time commitment will be coordinated with your Head Coach.
- 12) You are required to attend all meetings coordinated by your Head Coach.