AGE GROUP 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 4 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 an Age Group Coach, you will have the opportunity to inspire and lead stroke and technique development of your age group. You will also have the opportunity to mentor the next generation of Stingrays coaches and help them grow as leaders, athletes, and role models.

Daily Age Group Coach Tasks, Duties and Responsibilities:

- Provide the Head Coach with your summer schedule and communicate any known absences.
- Attend daily morning and evening practices (unless an alternate schedule has been agreed upon and approved by the Head Coach and Parent Reps in advance). Arrive 15 minutes before practice starts and ready to coach!
- Plan out daily workouts for your age group. This is a mix of both work and fun.
- Be active 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 other age group coaches to help make sure the team runs smoothly and cohesively.
- Establish goals for your age group and help guide their growth.
- Let each of your swimmers know how they are doing. Explain to them what they are excelling in and what they can work on.
- Be the primary point of contact for parents and swimmers in your age group. Communicate clearly and professionally with parents regarding any concerns or celebrations you have with their swimmers.
- Once meets begin, send out regular communication to your age group's parents early in the week to let them know critical information for the week ahead.
- Help mentor the Junior Coaches. Share your knowledge and thoughts and help them enhance their leadership skills.
- Help the Head Coach in all manners possible while leading by example.
- Attend all lineup meetings in person as scheduled each week to submit your lineup for the upcoming meet and contact parents of undeclared swimmers if necessary.

- Help out at meets with anything that is needed to ensure that the team has a great experience.
- Assist the Head Coach in creating a FUN - educational, safe, and inviting experience for the athletes and Junior Coaching team. Remember ***safety is critical*** at all times – especially with our younger athletes who are still learning the basics.
- Assist in enforcing team and pool policies at all times.
- 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. Our swimmers and their families look up to you!
- Help cultivate the fun and positive culture that makes the Stonegate Stingrays swim team so special!

Education & Experience:

- Ideally have been or currently are on the Stingrays (or other RMSL) swim team.
- Have a minimum of one-year swim coaching experience (either Junior or Age Group) or competitive swimming experience.
- Swim lesson instruction experience preferred.
- Must have current CPR and First Aid certification prior to the start of the summer season.

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.

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 notice to the coaches) for the betterment of the team and its swimmers.