

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 on Saturday, April 25th from 10 am - 2pm or Sunday, April 26th from 12 pm - 2 pm.

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 10 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 five (5) 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.