

Lindmoor Woods Tiger Sharks

Junior Coach Apprenticeship Program

Program Overview

The **Junior Coach Apprenticeship Program** is designed to prepare swimmers for future leadership roles with the Lindmoor Woods Tiger Sharks Swim Team. This program allows participants to learn the responsibilities of a Junior Coach while gaining hands-on experience assisting with practices, meets, and team activities.

Apprentices work under the direct supervision of the **Head Coach, Assistant Coach, and Junior Coaches** and are expected to observe, assist, and ask questions as they learn how to support a successful swim team environment.

Successful completion of the Junior Coach Apprenticeship Program **guarantees eligibility for a Junior Coach position the following season**, pending successful completion of all program requirements.

Junior Coach Apprenticeship Stipend: \$350
Season: May–June

Apprenticeship Responsibilities

Practice Support

- Assist coaches during Monday morning practices.
- Help organize swimmers and assist with lane management.
- Demonstrate drills when appropriate.
- Encourage swimmers and support positive team behavior.
- Assist with equipment setup and breakdown.

Meet & Event Support

- Assist with swimmer line-up organization during meets.
- Help younger swimmers find their events and understand expectations.
- Support meet setup and cleanup.
- Assist with team events including **Donut Wednesdays**.

Learning & Development

- Observe coaching techniques and team management.
- Ask questions and learn coaching strategies from the Head and Assistant Coaches.
- Prepare for future Junior Coach responsibilities.

Program Requirements

Participants must:

- Be **at least 14 years old** (or rising age eligible for Junior Coach the following season).
- Attend **all Monday practices**.
- Attend **all swim meets** during the season.
- Participate in **Donut Wednesdays** and **other team activities**.
- Complete and **pass the ASA Coaches Test**.
- Follow all Lindmoor Woods Swim Team By-Laws and Code of Conduct.
- Maintain a positive, respectful, and responsible attitude.

Safety & Conduct

Apprentices must:

- Follow all team safety rules and procedures.
- Never be alone in an enclosed space with a swimmer.
- Maintain a respectful, positive, and drug-free environment.
- Serve as a positive role model for younger swimmers.

All supervision and instruction must occur **under the direction of the Head Coach, Assistant Coach and/or the Junior Coaches**.

Program Outcome

Apprentices who successfully complete the program will:

- Gain hands-on coaching experience.
- Learn practice organization and meet support skills.
- Complete the ASA Coaches Test.
- Be **guaranteed a Junior Coach position the following summer season** (pending team needs and satisfactory performance).

Junior Coach Position (Following Year)

After completing the Apprentice Program, participants may serve as a **Junior Coach** the following season. Junior Coach positions are **seasonal and temporary** and are subject to annual appointment and team needs.