

# Junior Coach(2025)

## Lindmoor Woods Tiger Sharks Swim Team

### Compensation

- **Total Salary:** \$1,000, paid in two equal installments on June 1, and July 1.

### Responsibilities

The Junior Coach supports the Head and Assistant Coaches in delivering a positive and enriching experience for swimmers. This role offers hands-on coaching experience and the opportunity to develop essential skills in a team-oriented environment. Key responsibilities include:

- Assisting the Head and Assistant Coaches in running practices, meets, and team events.
- Distributing daily workout plans to swimmers and helping organize drills.
- Providing swimmers with encouragement and guidance on technique during practices.
- Assisting with setup and cleanup before and after practices, meets, and events.
- Acting as a positive role model, promoting good sportsmanship, teamwork, and a love for the sport.
- Attending all practices, meets, and events as directed, gaining practical coaching experience.
- Collaborating with the Head and Assistant Coaches to monitor swimmer progress and provide feedback.
- Helping to plan and organize Junior Sharks swim meets.
- Participating in training sessions led by the Head and Assistant Coaches to refine coaching skills.
- Creating a fun, supportive, and safe environment where swimmers can improve and enjoy the sport.

### Additional Duties

- Shadowing the Head and Assistant Coaches to learn effective coaching techniques and swimmer management.
- Gaining experience in designing swim practices and preparing for meets.
- Communicating with parents as needed, under the guidance of the Head and Assistant Coaches.

### Qualifications

- Minimum age of 15 by June 1, of the swim season.
- Previous swimming experience (summer league, school, or club) is preferred.
- A strong interest in developing coaching skills and gaining practical experience.
- Demonstrated responsibility, a strong work ethic, and enthusiasm for working with children.
- Receptive to feedback and committed to personal growth in the coaching role.

The Junior Coach position is designed as a learning opportunity, offering valuable hands-on experience under the mentorship of the Head and Assistant Coaches.