

COURTS AND RIDGES
LIGHTNING SWIM TEAM
JUNIOR COACHES JOB DESCRIPTION

Objective: To promote team spirit, encourage good sportsmanship, and work with all swimmers.

Junior coaches must be at least 14 years of age and have at least two years competitive team swimming experience. CPR is recommended.

1. Attendance is mandatory at all meets and designated ten and under practices. Attendance at practices and meets equates to approximately 15 hours per week. Absences are permitted only with prior agreement of your team manager(s).
2. Practices:
 - a. Assist head coach in teaching competitive swimming skills, including in water instruction.
 - b. Arrive 10 minutes prior to practice to help set-up the pool
3. Meet responsibilities:
 - a. Assist the head coach in maintaining spirit and order with younger swimmers.
 - b. Arrive 10 minutes prior to warm-ups to help prepare team area.
 - c. Promote team spirit and encourage good sportsmanship during the meet.
4. Assist the head coach in the proper use and maintenance of the pool facilities and equipment at all practices and meets.
5. Encourage and promote team spirit and good sportsmanship at all times.
6. Junior coaches will swim for their team.
7. Remain with the swimmers during the meet at all times and assist age group coordinators as needed.