

COURTS AND RIDGES  
LIGHTNING SWIM TEAM  
PM ASSISTANT COACH JOB DESCRIPTION

1. Attendance is mandatory at all meets and pm practices. Attendance at practices and meets equates to approximately 25 hours per week. Absences are permitted only with the prior agreement of your head coach and / or swim team committee.
2. Know the rules and regulations applicable to swim meets, swimmer eligibility, stroke and turn and other related technical aspects of competitive swimming as adopted by the ODSL.
3. Practices:
  - a. Arrive 15 minutes prior to practice to set up pool.
  - b. Remain on the pool deck at all times, offering stroke instruction, assessment and correction in strokes.
  - c. Supervise all swim team members to provide for a safe and effective running of swim team by interceding in all issues of safety and deferring to the safest course of action.
  - d. Ensure the pool area is clean after practice.
  - e. Assist weekly in seeding the meets with the head coach, as requested.
  - f. Provide direct supervision of junior coaches.
4. Meets:
  - a. Before the meet, arrive 15 minutes early to help set up..
  - b. Supervise all swim team members to provide for a safe and effective running of swim team by interceding in all issues of safety and deferring to the safest course of action.
  - c. Ensure the pool area is clean after practice.
  - d. Assist weekly in seeding the meets with the head coach, as requested.
  - e. Provide direct supervision of junior coaches.
8. Must be at least 16 years of age.
9. Encourage and promote team spirit and good sportsmanship at all times.
10. Accept duties as assigned by the head coach.