

## Braemar Blasters Swim Team

### Summer 2009 Swimmer Coach Application

*The Braemar Blasters Swim Team is dedicated to providing swimmers with a safe, fun, instructional and competitive swim experience.*

#### **Swimmer Coaching Responsibilities**

- Agrees to fulfill coaching and practice duties (as described in “Expectations”, below)
- Attends practices as scheduled... subject to change:

May 25 – June 13: Evening practice, Monday through Friday, 5 - 8 p.m.

June 16 – July 24: Morning practice, Monday through Friday, 7 - 11 a.m.

Evening practice, Tuesday and Thursday, 5 - 8 p.m.

- Attends all swim meets, assisting with swimmer preparation and relay coordination

June 6	Time Trials (Home)
June 13	Kingsbrooke (Away)
June 20	Wellington (Home)
June 27	Ben Lomond (Away)
July 11	Victory Lakes (Home)
July 18	Dominion Valley (Home)
July 25	Divisionals (@Ridgewood)

- Attends all Pep Rallies, leading cheers and other team-building activities
- Follows instructions from the Head and Assistant Swim Coaches and/or the Board of Directors
- Adheres to the Braemar HOA Rules and Regulations and the competitive rules outlined by the Prince William County Swim League.

#### **Expectations:**

##### On Deck:

- Arrives early and is prepared to begin practice on time
- Uses encouragement and praise
- Offers constructive criticism

##### Teaching Skills:

- Emphasizes fundamentals of proper stroke and turn elements
- Demonstrates drills and/or proper stroke technique with in-water presentations
- Provides feedback to all swimmers

