

Braemar Blasters Swim Team

2010 Winter/Spring Swim Sessions Swimmer Coach Application

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

Winter/Spring Swim Sessions Coaching Responsibilities

- Agrees to fulfill coaching and practice duties (as described in “Expectations”, below) for a total of 17 sessions, three hours each, on the following **SATURDAY** dates: **Jan 16, 23, 30, Feb 6, 13, 20, 27, Mar 6, 13, 20, Apr 10, 17, 24, May 1, 8, 15, 22.** All sessions are to be held at Manassas Park Community Center Pool on **SATURDAYS** from 3:00 to 6:00 P.M.
- Responsible for being familiar with and following all rules and regulations of the Prince William County Swim League, as applicable.
- Responsible for being familiar with and following all rules and regulations of the Manassas Park Community Center Pool.

Expectations:

On Deck:

- Uses encouragement and praise
- Offers constructive criticism
- Sets appropriate goals for individuals and groups
- Establishes standards of behavior
- Uses appropriate discipline when necessary

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

Management:

- Arrives early and is prepared to begin practice on time
- Attends all team events
- Coordinates with Head Coach to provide consistent coaching philosophy
- Is familiar with, and prepared to implement, workout as described by Head Coach
- Assists Head Coach in keeping athletes engaged in productive activity

Swimmer Coach Application Form

Personal Information (please print)

Name: _____
Last First Middle

Address: _____
Street City State Zip

Home Phone: _____ Cell Phone: _____

Email Address: _____

Experience

Please provide a brief description of your swimming experience (i.e. years swimming, teams, awards) _____

Please provide a brief description of your coaching/volunteer experience (if any) _____

Personal Statement

Please provide a brief statement as to why you would like to be a Swimmer Coach for the Braemar Blasters Swim Team _____

*All applications will be reviewed by the Head Coach and Board of Directors.
Selected applicants will be interviewed before contract offer.*