

**FLOWER HILL SWIM TEAM INFO and**  
**ASSISTANT HEAD COACH JOB DESCRIPTION**

Flower Hill is a community pool with approximately 100 swimmers split between our Flipper (pre team) program and our competitive swimmers. We are a Division M team that emphasizes personal improvement, team spirit, sportsmanship and spirited competition. In addition to our A meets, we belong to a long standing B league with meets occurring on Wednesday nights with a B relay Carnival.

Flower Hill has a beautiful facility with great support from our community. We have involved parents and team reps who are dedicated to making our team and season run smoothly.

We are looking for an Assistant Head Coach (AHC) who can work with and independently of our Head Coach to provide excellent technical instruction to swimmers of all levels, encourage team spirit and make it fun!

Our team leadership includes (2) A Team Reps, (1) B Team Rep and (1) Flipper Rep. We will have a Head Coach, Assistant Head Coach, Flipper Head coach, Flipper Assistant Head Coach and a to be determined group of flipper coaches who are all team members and swim competitively for the "big team". We provide Joe Flaherty coaches training for our Flipper coaches on a yearly to semi-yearly basis depending on how many new coaches we add yearly. We will be having training this summer.

**Practice Schedule:**

Afternoon practice starts the Tuesday after Labor Day 4:30 – 6:30 until school is out

**Then:**

Mornings: Monday thru Friday - 2 sessions broken out by age group 8:00 -10:30

Afternoon: Monday, Tues, Thur - Combined practice 4:30 – 6:30

Stroke Clinics – Schedule to be determined

**Assistant Head Coach Job Requirements**

- Assist in planning, supervision and coaching at all morning and afternoon practice sessions
- Attend all scheduled A&B meets (including long course, all-stars, etc)
- Communicate effectively and appropriately with swimmers and parents
- Work with the entire coaching staff to motivate and improve all swimmers
- Provide personal feedback to swimmers
- Demonstrate technique and provide in water coaching
- Be familiar with MCSL rules and procedures
- Current Lifeguard and CPR certification – or obtain before practice begins (FHST will reimburse)
- Work with Reps to create meet lineups
- Attend team social events – pep rallies, banquet, movie night
- Provide stroke clinics - schedule TBD. These are paid to coach in cash per swimmer

**Salary**

Salary is competitive and negotiable based on experience

**Contact**

Debbie Gemma – [dgemma8169@gmail.com](mailto:dgemma8169@gmail.com) or 301-404-3237 for more information or to schedule an interview