



## **Inverness Recreation Club Swim Team**

**10820 Deborah Drive | Potomac, MD 20854**

**[www.nessies.org](http://www.nessies.org)**

**Job Title: Assistant Head Coach, Swim Team**

**What you will do:**

- Under the direction of the Head Coach and in cooperation with the Team Reps, you will:
  - Assist with the planning and conducting of all swim team practices including assisting with the supervision of assistant coaches, junior coaches, and coaches-in-training (roughly 8 coaches).
  - Lead the IRC Pre-Team Program to include planning pre-team practices, coordinating the staffing of practices, coaching participants, and encouraging pre-team members to participate in B Meet Kickboard Races.
  - Attend and coach at all swim meets for the Nessies' 2023 season, unless excused by the Team Reps.
  - Assure that all team practices, meets, and events proceed in an environment that is positive and safe. All coaches must have a current Lifeguarding Certification and attend annual MCSL Safe Sport training.
  - Provide technical coaching to swimmers of different ages and abilities (including pre-team) to help them improve their stroke technique, fitness, and race components (starts and turns). To include in-water stroke instruction.
  - Assist with selection of the lineups for all A and B Meets during the MCSL summer swim season including A and B Dual Meets, A and B Relay Meets, Divisionals and All Star Meets.

- Communicate effectively with the Team Reps, parents, and swimmers regarding requirements and expectations for the team at practices, meets and team events.

### **What you'll need to have:**

- Experience as a coach at some level, preferably in MCSL or a similar summer developmental swim league.
- Graduated from high school in 2022 or earlier.
- Knowledge of the rules of swimming and significant technical knowledge of the competitive strokes.
- Strong leadership and interpersonal skills with the ability to relate to and coach kids ranging in age from 4 to 18.

### **About the Team:**

Our team is a seasonal, fun, and inclusive summer swim team that competes in the Montgomery County Swim League (MCSL). For the 2023 season, we are competing in MCSL's Division G. We offer high quality coaching and technique instruction. The goal of our team is to provide every member an opportunity to improve swimming skills and achieve success at his or her level of ability, from novice to county record holders. We value good sportsmanship and friendship above competition (although we are competitive). The swim team is organized by parent volunteers, and professional coaches striving to ensure that each swimmer has a memorable summer experience. Eligible swimmers must be a member of Inverness Recreation Club and age 18 or younger on June 1st.

We offer a pre-team option for younger swimmers just getting started with the team. Swimmers in this group are mostly ages 4-7 with a few 8 year olds.

In 2022, the team and pre-team included roughly 200 swimmers.

The Nessies practice weekdays from the day after Memorial Day through the end of July at Inverness Recreation Club (IRC) in Potomac. IRC is heated in the season's early weeks for the comfort of swimmers and in-water coaches.

### **Where to Apply:**

Please send a resume and cover letter to [arep@nessies.org](mailto:arep@nessies.org). With questions or referrals, please contact Josh Denney at 240-731-3010 or [josh@denney.com](mailto:josh@denney.com).