

# **Head Pre-Team Coach**

## **Lake Marion Lasers Swim Team**

**Montgomery Village, MD**

The Lake Marion Lasers Swim Team is looking for a hands-on, enthusiastic Head Pre-Team Coach for the 2019 summer season. Lake Marion is located in Montgomery Village, MD and will be competing in Division J for the upcoming 2019 season. We are a fun and close-knit team with over 170 swimmers, including a large pre-team program. The Pre-Team Coach will be primarily focused on running the pre-team program. The goal of pre-team is building basic swimming skills for our youngest swimmers to prepare them for mini meets and hopefully B meets by the end of the season. The Pre-Team coach would be expected to develop lesson and instructional plans for the pre-team program. The Pre-Team coach would also provide leadership to coaches-in-training (CITs) who serve as pre-team in-water assistants. The Pre-Team Coach will work under the leadership and direction of the Head Coach and be part of the Lake Marion coaching staff.

The Pre-Team Coach must have a positive attitude, outstanding team spirit, excellent leadership and communication skills, be reliable and responsible, be organized and creative, work well with young children, have coaching or swim instruction experience with younger swimmers, and have a strong knowledge of swimming. Other requirements include: current American Red Cross lifeguarding/CPR/first aid certifications. A pool operator license is desirable.

The Pre-Team Coach will need to be available for both morning and afternoon practices, mini meets and B meets (and potentially other meets as requested by Head Coach), and weekly team social events and activities (e.g. weekly pasta dinners, team lunches, themes, team outings and activities, etc.). As a member of the coaching staff, there is opportunity to help coach other swim team age groups when not leading instruction for the pre-team. Our season typically starts Memorial Day weekend through the end of July (All-Stars weekend), with pre-team evaluations typically the week before Memorial Day.

For more information or to apply, please send resume and email to: Kristine Frohman at [kfrohman@comcast.net](mailto:kfrohman@comcast.net) or phone 301-466-9931.