

New Mark Commons Barracudas

607 Tegner Way,
Rockville, MD 20850



The New Mark Commons Barracudas are seeking an **Assistant Head Coach for the 2019** swim season. We have approximately 100 swimmers and will be competing in Division M. The goal of the team is to provide an opportunity for children ages 5 to 18 to have fun, build self-confidence, teamwork and good sportsmanship through competitive swimming.

Time Commitments:

- Weekday practices 5PM to 7PM starting the Tuesday after Memorial Day
- Once school is over, we will have a one morning practice from 8AM to 9AM
- Our mini (development) team will practices on Tuesdays and Thursdays 4:15PM to 5PM after school is over.
- Saturday morning meets
- Wednesday evening B meets
- Divisionals & relay carnivals
- Occasional spirit activities to include the end of year swim banquet

There are numerous coaching positions across MCSL – why should you apply to ours?

- Our team to include parents and all swimmers, are the nicest in MCSL
- We are competitive, but also to give every swimmer a chance to achieve their personal goals – and you will be a key to their achievement
- We seek to develop long term relationships with our coaches

Primary Responsibilities:

- Work with the Head Coach to plan and implement the workouts sets for each practice
- Work with the Head Coach to develop lineups for Weekly A & B meet, A & B Relay Carnivals, and Divisional meet
- Coach all meets throughout the season from time trials in June through All Stars
- Participate in team social activities
- Help build positive team spirit, unity, and sportsmanship

Position Requirements

- ability to break down and teach all 4 competitive strokes
- provide constructive feedback and instruction to all swimmers
- previous experience as a swimmer
- attend and manage all meets
- attend practices and social activities
- provide in-water coaching and demonstrations
- enthusiastic, energetic and team spirited
- current lifeguarding and CPR certifications preferred

Interested candidates should send a resume and 2 references to Peggy Metzger at NMCSwimteam@gmail.com