



## North Creek Neptunes

**The North Creek Neptunes Swim team is seeking a Head Coach and Assistant Coach for the 2018 summer season.**

**COACH duties include:** 1) Coaching at daily practice sessions, 2) Providing constructive feedback and instruction to swimmers (every swimmer should get some amount of feedback at every session), 3) in-water coaching and demonstration, 4) participating at team social events, 5) Conduct Stroke, Turn, & Start instruction & workshops, 6) Monitor sets and practices, 7) Help at all meets, 8) Be able to run select practices and meets (A or B) independently when necessary, 9) Be able to provide constructive feedback to swimmers on stroke technique in and out of the water. North Creek coaches run a pre/developmental team session (AM or PM), involving pre-team classes and swim instruction for young beginners age group 5 to 8 or swim instruction for Developmental Swimmers (9 & above) including one-on-one instruction at every session. In addition to the MCSL meets, Coaches participate in weekly local B meets and in local “Mini-Meets” for young swimmers and lead in team spirit activities (Friday evening socials, theme preparation) for A, B, and Mini-meets.

Preferred candidates will have coaching, instruction, and competitive swim team experience. Should enjoy working with children, be energetic and possess the ability to instruct, motivate and unite swimmers of all ages and abilities. Coaches are expected to demonstrate leadership and sportsmanship, promote team spirit, have a fun disposition, provide constructive encouragement to beginning swimmers in a positive manner, and be motivated to make the summer season a memorable time for our swimmers. Current CPR and Life Saving Certificate required. Pool Operator’s License a “plus.”

**About Our Team!** The Neptunes swim team has over 150 swimmers and has been in MCSL for over 30 years. We will compete in MCSL Division J in 2018. We focus on giving our children a fun and memorable summertime experience that also improves swimmer performance through competitions and practices. Our swim program includes a Pre-Team for 8 & Under, a developmental group, opportunities to compete in both A and B meets according to swimmer ability, and a training program for parents. Our team web site is <http://www.goneptunes.com> and we run a Facebook page for our 13-18 aged swimmers & parents. We host a “Long Course” meet each July, and offer an additional month of stroke practices in May and September in a local heated pool (dependent on coach and pool availability).

**Pool Location:** North Creek’s main pool is located on 20215 Arrowhead Road, Montgomery Village MD, 20886. It is a full 100m by 50m competition pool with a 1m springboard and a large clubhouse facility. The team also practices weekday evenings at the nearby Hurley Park pool in Montgomery Village.

### Practice Sessions: (Tentative)

Memorial Weekend to MCPS School End: (Monday-Friday Afternoons, At North Creek Pool 13 – 18 4- 5pm 10 & Under 5-6 pm 11-12 from 6-7pm. PM Preteam – June 12+, 6pm – 7:30pm	Mon June 18 – end of season (Monday-Friday) <b>Morning Practice @ North Creek:</b> Developmental: TBD 11 & older 8:30 – 10:00 am 10 & under 10:00 – 11:00 am Preteam 9:30 – 11:00 am <b>Evening Practice @ Hurley:</b> 10 & under 6:15 - 7:15 pm 11 & older 7:15 - 8:15 pm Preteam: 6:15 – 8:15 pm
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**Compensation:** We offer a competitive salary. Additional income from private swim lessons is possible.

**Contact:** To apply please submit a resume or letter identifying prior relevant experience, salary requirements and a list of references to [jvilloso@hotmail.com](mailto:jvilloso@hotmail.com)