



## Rock Creek Fins

8619 Grubb Road, Silver Spring, MD 20907

[www.rcfins.com](http://www.rcfins.com)

The Rock Creek Fins Swim Team is seeking an Assistant Coach for the 2018 summer swim season. The team has approximately 150 swimmers and will be competing in Division G in the Montgomery County Swim League (MCSL). The goal of the team is to provide an opportunity for children ages 5 to 18 to have fun and build self-confidence, teamwork and good sportsmanship through competitive swimming.

### **Primary Responsibilities and Requirements for the Assistant Coach:**

#### ***Experience and competencies:***

- Prior experience as an assistant coach preferred but not required
- Strong leadership and interpersonal skills
- Provide motivation, enthusiasm, a positive attitude, good sportsmanship and team spirit
- Provide constructive feedback, positive instruction and encouragement to all swimmers
- Ability to coach all swimmers regardless of ability level in all four competitive strokes; ability to break down stroke mechanics and teach basic skills

#### ***Requirements:***

- Assist the Head Coach in developing swim practices that balance both stroke work and endurance training
- Coach team and pre-team morning and evening practices from Memorial Day to All-Stars
- Assist Head Coach in creating weekly line-ups for A & B meets, Relay Carnival, Divisionals
- Assist the Head Coach at all swim meets throughout the season from Time Trials through All-Stars
- Attend pre-season meetings to greet families and participate in pre-season planning
- Attend other scheduled events and meetings as directed by the team representatives, including weekly spirit events
- Knowledge of MCSL policies, rules and procedures
- Hy-Tek Meet Manager and Team Manager experience, preferred but not required
- Current lifeguard and CPR certification required

*Interested candidates should forward a resume and references to Geoff Plague and Fred Baechli:*  
[teamreps@rcfins.com](mailto:teamreps@rcfins.com)