



Little Falls Swimming Club

5001 Little Falls Drive, Bethesda, MD 20816 • 301-718-2469

Mailing Address: PO Box 5579, Washington, DC 20016

Little Falls Swim Team 2026 Coaching Staff Application

The Little Falls Swim Team is seeking a Head Coach for the summer of 2026.

Position Description:

Develop and implement a comprehensive coaching program for the team, focusing on fundamental skills for the youngest swimmers to build confidence and a love for the sport while also supporting older swimmers in achieving their competitive goals and growing as team leaders.

Preferred Qualifications:

- ❖ Experience as a competitive swimmer
- ❖ Familiarity with MCSL rules and procedures
- ❖ Prior coaching/teaching experience
- ❖ Ability to learn and work with team management software (*Swimtopia*)
- ❖ Up-to-date lifeguard and CPR certification will be required.

Expectations:

- Be responsible for oversight of all aspects of swim team management.
- Mentor and train coaching staff in their management responsibilities.
- Promote a healthy balance between performance and FUN!
- Instruct swimmers of all ages in proper stroke technique.
- At all times, be a role model of professionalism for all swimmers, staff, and parents.
- Provide regular communication to Penguin families about swim team events.

Specific Duties:

- Attend pre-season meetings with coaching staff and Swim Team Reps.
- Organize and oversee daily swim team practices (including morning and afternoon practices) during the regular swim season. Communicate any planned absences to Assistant Head Coaches and Swim Team Reps to ensure adequate coaching coverage.
- Manage team participation in all meets throughout the season; timely preparation of line-ups and timely communication to swimmers and parents via email.
- Organize and manage the Penguins Pre-Team, including practice schedules and the End-of-Year Fun Meet.
- Organize or oversee the spirited events and traditions of the Penguins, to include pep rallies and Opus's nighttime activities.

Pay is commensurate with experience.

Please complete the attached application by:

Sunday, November 2nd at 6:00 pm ET

and return to Claire Slabaugh by email at claireslabaugh@gmail.com

Little Falls 2026 Head Coach

Name: _____

Address: _____

Email: _____

Cell Phone: _____

Birthdate: _____

School currently attending (if applicable): _____

Grade (if applicable): _____

On a separate page please answer the following questions:

1. Please list any previous coaching or teaching experience you have (particularly but not limited to swimming.) Include tenure and type (school, club, college, etc.)
2. Please indicate if you have ever been a member of the Little Falls Swim Team and if so, how long you were a member. If not, indicate if you have ever been a member of a MCSL swim team or any swim team.
3. Please list any previous competitive swimming experience with a swim team, school, club or other group. Please include number of years and the names of the organizations.
4. Please tell us why you are interested in coaching at Little Falls and what skills you have that would make you a good coach.
5. Please tell us the things you like best about summer swim or more specifically the Penguins and something you would like to improve if you were hired.
6. Please let us know if you have any other summer obligations that could potentially conflict with coaching responsibilities.
7. Please list the name & contact information for any references you would like to include (club team coach, teacher, former employer, etc.)