

Middlebridge (MB) Marlins Coach responsibilities:

The Middlebridge (MB) Marlins (Division O) are searching for a Head Coach for the 2025 summer swim season. We are an established subdivision off of Layhill Road (1 mile from Glenmont Metro). Our team is small (50-75 swimmers) but mighty! We were undefeated in 2022, Division N Champions in 2023 and 2nd place in 2024!

Coaching duties include:

- Coach/supervise all daily practice sessions (see below)
 - Provide constructive feedback on stroke technique both in and out of water
 - Design, supervise and implement physical workouts (both dryland and in-water) to improve swimmer capabilities and physical fitness
 - Conduct Stroke, Turn and Start instruction
 - Be able to run practices and meets independently when necessary
 - Utilize and supervise Junior Coaches
- Coach all MCSL meets (Include but not limited to 'A', 'B', Relay Carnival, Divisionals, All-Stars)
- Participate at team social events (pep rallies, field trips) when possible
- Adhere to MCSL SafeSport and Code of Conduct [guidelines](#)

Practice: Times TBD. In general, afternoon practice begins the day after Memorial Day and morning practice begins when MCPS ends. Practices continue through Divisionals. The MCSL season runs through the end of July.

Candidate requirements:

- Previous coaching/instruction and/or competitive swimming team experience
- Enjoy working with a diverse group of children and parents.
- Possess the ability to instruct, motivate and unite swimmers of all ages and abilities
- Able to demonstrate leadership and sportsmanship, promote team spirit, have a fun disposition, provide constructive encouragement to beginning swimmers in a positive manner
- Ability to navigate Swimtopia software for communication and meet management
- Completion of MCSL required 'Safe Swim' coaching instruction (June MCSL meeting)
- Current CPR and/or Lifesaving certification
- Salary: commensurate to experience; end of season bonus dependent on performance. Additionally, coaches have the opportunity to provide private lessons to members of the pool.

If you are passionate about swimming and developing our young swimmers, please contact Sophea Em, Team Rep for more information. 301-661-7959 or MiddlebridgeMarlins@gmail.com