



# North Creek Neptunes

## The North Creek Neptunes Swim Team is seeking a Pre-team Coach for Summer 2026.

**COACH duties include:** Running a pre-team and developmental team session (AM and PM), involving swim instruction for young beginners ages 5 to 8, or swim instruction for developmental swimmers (9 & above) including one-on-one instruction at every session. Pre-team coaches are expected to participate in the following: 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) Help at A & B meets, 6) Be able to provide constructive feedback to swimmers on stroke technique in and out of the water, 7) Participate in at 1 -2 mini-meets. Pre-team coaches should also lead in team spirit activities (Friday evening socials, theme preparation) 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 typically has over 100 swimmers and has been in MCSL for over 30 years. We will compete in MCSL Division L in 2026. 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, and opportunities to compete in both A and B meets according to swimmer ability. Our team web site is <http://www.goneptunes.com> and we run Facebook and Instagram sites for sharing summer fun. We may host a “Long Course” or other extra meet this year and may be able to 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 newly renovated as of 2022. It is a full 100m by 50m competition pool with a large clubhouse facility.

**Practice Sessions:** (*Tentative* - based on pool availability and enrollment)

Pre-team session placement assessments typically take place the first 2 weeks of the season. Pre-team practice typically begins after the MCPS school year is completed, but start date is under consideration due to snow days this year. Subject to change based on pool availability and enrollment.

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| <b>Memorial Weekend to MCPS School End:</b>     | <b>Mon June 22 – end of season (Monday-Friday)</b> |
| Evening: 4:30-7:15 as scheduled for assessments | Morning 9:00-10:30<br>Evening: 5:00-7:15           |

**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 [northcreekneptunes@gmail.com](mailto:northcreekneptunes@gmail.com)