



## Poplar Run Penguins (est. 2024) Swim Team - Assistant Coach

The Poplar Run Penguins, located in Silver Spring, MD is seeking a motivated and experienced Head Swim Coach to join our dynamic team and lead our program in our third season in the MCSL! Poplar Run Penguins had a very successful first two seasons, winning Division O with many of our swimmers qualifying for the All Star Relays and Individual events. The team will move up in MCSL Division N with over 95 participating swimmers with a wide range of experience and abilities in the Summer of 2026.

We are looking for an Assistant Coach with a genuine desire to inspire and develop athletes to work with the Poplar Run Aquatics Board to manage all aspects of the Summer Swim Team and foster the development of a fun, competitive, and robust swim program. This is a unique opportunity to grow with us and help create something really special!

### **Poplar Run is seeking candidates with the following qualifications:**

- ❖ Experience as a swim coach or instructor, preferably within MCSL &/or another competitive swimming environment
- ❖ Experience creating a fun, positive, team-oriented environment that inspires swimmers to reach their full potential
- ❖ Excellent communication and interpersonal skills to effectively interact with swimmers, parents, staff members
- ❖ Willingness to work flexible hours, including early mornings, evenings, and weekends, to accommodate swim practice and competition schedules
- ❖ Knowledge of MCSL Rules & Procedures
- ❖ Experience with the online team management site - Swimtopia
- ❖ Organizational skills to plan and manage swim practices, meets, and other team activities
- ❖ Strong knowledge of swimming techniques, training principles, and competitive swimming rules
- ❖ Current Lifeguard and CPR/First aid certification (or willingness to obtain them prior to the start of the season)
- ❖ Dedication to creating a positive team culture

### **Head Coach Responsibilities:**

- ❖ Create a fun, supportive, safe, and competitive environment to foster the development of swim team participants as young people and athletes
- ❖ Provide hands-on coaching during practices, focusing on stroke technique, conditioning, starts, turns, and finishes and provide constructive feedback to help swimmers achieve their goals
- ❖ Attend all practices (morning & evening) and swim team functions starting in May with preseason planning with team reps and our Preseason Penguin Party through All Star Weekend at the end of July. (i.e. Pep Rallies, Divisional Relay Carnival, Coaches Long Course, Divisionals, All-Star Individuals & Relay Weekend)
- ❖ Assist the Head Coach with the planning, organizing, and attending all swim meets, including coordinating with other coaches, scheduling events, and ensuring a smooth running of the competition.
- ❖ Work with coaching staff to design and implement comprehensive swim training programs for swimmers of all ages and skill levels
- ❖ Assist the Head Coach with creating swimmer line-ups for meets and work with opposing team coaches as needed

- ❖ Communicate effectively with swimmers, parents, and other stakeholders regarding practice schedules, meet information, and any changes or updates.
- ❖ Assist in the recruitment of swimmers for the team, as well as conducting evaluations of swimmers abilities
- ❖ Maintain accurate records of swimmers' attendance, performance, and other relevant data
- ❖ Stay updated on the latest coaching techniques, training methods, and safety guidelines in the field of swimming
- ❖ Work with Team Reps and Poplar Run Aquatics Board to determine staffing needs for the team; meet weekly with Team Rep & assistant coaches to assign tasks and discuss plans for the week ahead
- ❖ Foster a culture of sportsmanship, discipline, and respect among swimmers, parents, and coaching staff.

Please note that this job description is a general overview of the responsibilities and qualifications required for the position of The Poplar Run Penguins Assistant Coach. Additional duties may be assigned as needed.

The Poplar Run Penguins offers competitive salary commensurate with experience in addition to other benefits.

If you are passionate about swimming and enjoy working with young athletes, we encourage you to apply for this exciting opportunity. To apply, please submit your resume and a cover letter highlighting your relevant experience and qualifications to the Poplar Run Team Representatives at [prteamrep@poplarrunaquatics.org](mailto:prteamrep@poplarrunaquatics.org) by February 15, 2026. We look forward to reviewing your application and exploring the opportunity for you to join the Poplar Run Penguins!