



## DEPARTMENT OF RECREATION

Marc Elrich  
*County Executive*

Robin Riley  
*Director*

# Upper County Dolphins

8211 Emory Grove Rd, Gaithersburg, MD 20878

The Upper County Swim Team is seeking a Head Coach for the 2025 summer swim season. The Dolphins have approximately 50 swimmers and will be competing in Division O and is part of the Montgomery County Recreation Department. The goal of the team is to provide an opportunity for children ages 5 to 18 to have fun, build self-confidence, teamwork, and good sportsmanship through competitive swimming.

### Requirements and Primary Responsibilities for the Head Coach:

- Must be at least 18 years of age
- Employees are required to show proof of vaccination for COVID-19 (must be fully vaccinated)
- Must commit to the full season from Memorial Day weekend through the beginning of August.
- Previous experience; head coach or 2-3 seasons as a coach
- Strong leadership and interpersonal skills
- Communicate effectively with team reps, parents, and swimmers
- Ability to manage, guide, train and evaluate assistant coaches during practices & meets
- Ability to coach swimmers from 5 – 18 regardless of ability level in all 4 competitive strokes
- Ability to break down stroke mechanics and teach basic skills
- Develop swim practices that balance both stroke work and endurance training
- Provide constructive feedback and instruction to all swimmers
- Coach all daily morning and evening practices from Memorial Day through All-Star Weekend
- Coach all swim meets throughout the season from Time Trials through All-Stars
- Attend MCSL and Division meetings as well as MCR-Aquatics pre/post season meetings
- Attend pre-season parents meeting and participate in pre-season planning as requested
- Create weekly line-ups for A meets, Relay Carnival, Divisionals
- Lead and manage team at weekly A & B meets, relay carnivals, Coaches Long Course, Divisionals and All Star meets
- Knowledge of all MCSL policies, rules, and procedures
- Knowledge of Hy-Tek Meet Manager and Team Manager
- Bring motivation, enthusiasm, positive attitude, and team spirit to the team
- Current MC Pool operator's license, lifeguarding/CPR certification, preferred, not required.

Interested candidates need to send a resume and 3 professional swim references to Trish Dent-Lewis at [Patricia.Dent-Lewis@montgomerycountymd.gov](mailto:Patricia.Dent-Lewis@montgomerycountymd.gov)

### Aquatics