

Junior Coaches Info.

Junior Coaches are needed to support our head coaches every practice and during meets. Please read below for requirements and application information.

Age Requirements:

To volunteer for a junior coach position, your teen must be entering 9th grade in the fall, or older.

Application:

If your teen is interested in volunteering to be a junior coach, please have he/she fill out the Junior Coach Application, found below.

It must be signed by Junior Coach applicant and parent and turned in on or before **May 3rd, 2021.**

Other Requirements:

Applicants **must** also complete Safety Training for Swim Coaches, click link below. Or, if they are Lifeguard Certified, please have them turn in a copy of their certification along with their application.

[Link: Red Cross Safety Course](#)

The Red Cross Safety Training is a 3 hour online water safety course that teaches how to help maintain a comfortable and safe environment for swimmers. There is a \$25 fee, which will need to be paid by the participant. However, Timber Cove Swim Team will reimburse the fee upon fulfilling their Junior Coach duties. To receive reimbursement: Please print out certificate and bring to the **mandatory Junior Coach meeting on Sunday, May 2nd, 2021 at 5pm at Timber Cove Pool.**

JUNIOR COACH JOB RESPONSIBILITIES/CONSENT

1. As part of the coaching staff, you will be a role model to all our younger swimmers. Please remember that your behavior must therefore conform at all times to one or more of the following objectives:
 - a. Good Sportsmanship: Every coach associated with this team is expected to be both an active model and teacher of the values associated with sportsmanship, including but not limited to:
 - i. Respect & Courtesy for others (teammates, coaches, parents, competitors, etc...) and for the sport of swimming
 - ii. Unselfishness and Sensitivity for the well-being of the team
 - iii. Kindness & Friendliness always and to everyone (teammates, coaches, parents, competitors, etc...)
 - b. Personal Excellence: Every coach associated with this team is expected to model this objective by being:
 - i. Reliable and Responsible for being on time (practice, meets, ready bench, etc...) and doing what you are supposed to be doing.
 - ii. Self-discipline and Motivation means helping others to see the connection between 'what you put in' and 'what you get out.' The more practices you attend (and effort during each practice) will positively pay off.
 - iii. Improvement over race placement or point totals isn't the objective, but it is improving your individual and relay times.
 - iv. Encouraging to others (teammates, competitors, etc...) especially when they are disappointed.
 - c. Fun: Every coach associated with this team is expected to contribute such that each swimmer's experience will be as fun as our imagination and the dictates of safety will allow. We expect the following:
 - i. Sense of humor that allows the swimmers to get to know you and see your fun side
 - ii. Imagination that keeps learning fun and not monotonous
 - iii. Nurturing to the younger swimmers so that they feel safe and secure
2. Attend EVERY scheduled practice. Arrive 15 minutes before practice to help ready the pool and stay after to tear down the pool. Three late arrivals/early dismissals is equivalent to one unexcused absence.
3. If you are ever unable to work your assigned practice, you must notify the Head Coach/Assistant Coach at least 24 hours prior to your absence and line up one of the alternate Junior Coaches to cover your shift. Not doing so is an unexcused absence for which you will receive a warning. Multiple 'excused' absences not indicated at the beginning of the season can result in a warning and/or demotion to alternate position if agreed by board and coach staff. We need dependable coaches.
4. Arrive 15 minutes early for meets and help swimmers get their event numbers and help with team warm-up. Stay late to tear down the pool when the meet is finished. Arriving late or not remaining to tear down is equivalent to one unexcused absence.
5. Work the meet. Get your ready area event(s) that you will be helping for the 8&U relay and individual events from the Assistant Coach(s) before the meet. While in ready area, keep the

swimmers behaved, calm (not frightened), and motivated. Follow the ready area volunteer's instructions when and whom to take to which lanes. Be prepared to help swim alongside a young swimmer for his event.

6. Above all, remember you are here to aid in the development of the younger swimmers. This requires that you listen to the head coach and assistant coaches while they are giving instructions so that you know what the swimmers are expected to do. You will be actively involved in the practices and in aiding the younger swimmers (most of the time IN THE WATER). This also means that there will be no horseplay with other coaches during the practices. If the Head Coach/Assistant Coach has to correct any action distracting from the coaching/learning of the swimmers, you will receive a warning.
7. Attend all meets, including the 3 finals meets: Last Chance, Reserve and Champ. You must identify any of these meets that you will not be able to attend at the beginning of the season. You will receive two warnings for not attending any meet without prior approval of the Head Coach and lining up one of the Alternate Junior Coaches to cover for you. If the meet is one of the final 3, it may make you ineligible for coaching consideration the following year.
8. There are two conditions that allow for automatic suspension from the coaching staff for the remainder of the season and make you ineligible for coaching consideration the following year.
 - a. In the event your actions or your failure to act places any swimmer in any material physical jeopardy in the reasonable opinion of the Board.
 - b. Any third warning obtained as discussed within this document.
9. Help the Assistant Coach(s) get the team motivated before a swim meet! Lead cheers and chants. You are expected to be cheering for all Timber Cove swimmers – the youngest to the oldest. Everyone needs to know that the coaches are behind them and watching their accomplishments.
10. In addition, to be able to coach effectively with the youngest swimmers, you must be able to tread water for 2 minutes without holding the ropes or touching bottom.

I understand and acct all of the above responsibilities, with the exceptions noted (include any known practices and/or meets that you cannot attend):

Junior Coach Signature: _____ Date: _____

Parent Signature: _____ Date: _____