

Job Title: Swim Coach - WWRX Recreational Swim Team (Ages 5-18)

(Windsor Water Rats Express)

Location: Windsor High School Pool, 50 Sage Park Ave. Windsor, CT 06095)

Job Type: Part-Time Seasonal/Hourly Coach (September 2024-February 2025)-Winter Season
Part-Time Seasonal/Hourly Coach (April 2025-August 2025)- Summer Season

Hours: Approximately 6:00-8:00 PM weekdays, weekend morning practices and weekend swim meets (1-2 weekends/monthly).

About Us: We are an independent, non-profit swim team committed to fostering a love for swimming and encouraging the development of water skills in a fun and supportive environment. Our recreational swim team serves children aged 5-18, providing them with the opportunity to enhance their swimming abilities, build confidence, and develop teamwork skills.

Position Overview: We are seeking an enthusiastic Recreational Swim Coach to collaborate with other coaches as we guide swimmers in personal stroke development and team improvement. The ideal candidate will have a passion for working with young swimmers, from beginners to more advanced levels, and will be dedicated to creating a positive and engaging atmosphere in the pool during practices and meets.

Key Responsibilities:

Coaching & Training: Plan and conduct age-appropriate swim practices and training sessions, focusing on technique, endurance, and overall skill development. Tailor workouts to accommodate varying skill levels and age groups within a practice group.

Skill Development: Provide individual and group instruction to improve swimmers' technique, efficiency, and performance in all strokes and competitive starts and turns.

Motivation & Support: Foster a positive, inclusive environment where swimmers feel encouraged to achieve their personal best. Promote sportsmanship, teamwork, and a love for swimming.

Safety & Supervision: Ensure a safe training environment by adhering to all safety guidelines and protocols. Supervise swimmers at all times during practice and meets, and respond to emergencies as needed.

Communication: Maintain open and respectful lines of communication with swimmers, parents, and other coaching staff. Provide regular feedback on performance and address any concerns or issues promptly. Collaborate with the Head Coach to plan practices and meets. Report successes and concerns to the Board.

Event Management: Assist in organizing and overseeing swim meets, including setting up line-ups, managing warm-ups, and providing guidance during competitions.

Professional Development: Stay updated on the latest coaching techniques, swim training methods, and best practices. Attend workshops and training sessions as required.

Qualifications:

Experience: Previous coaching, particularly with children and teens in a swim team setting, is highly desirable. Experience with recreational swim programs and competitive swimming is a plus.

Skills: Strong knowledge of swimming techniques, drills, and training methods. Excellent communication and interpersonal skills, with the ability to motivate and engage swimmers of all ages and abilities.

Attributes: Passion for swimming and working with youth, patience, and a positive attitude. Ability to handle multiple tasks and work well in a team environment.

Certification: It is a requirement that the Coach(es) meet the following minimum credentials or obtain the following credentials in a reasonable time to be determined by the Board.
<https://www.usaswimming.org/docs/default-source/membership/coach-membership-requirements.pdf>

1. Complete a USA Swimming background check (www.usaswimming.org/backgroundcheck). Junior Coaches are exempt.
2. Complete all training for Swim Coaches (Please refer to USA Swimming for current list). <https://www.ctswim.org/Coaches/USA-Swimming-Coach-Requirements/>
3. Complete any additional requirements listed on <https://www.usaswimming.org/docs/default-source/membership/coach-membership-requirements.pdf> which vary for coaching membership level.
4. Register as a coach with CT swimming https://www.ctswim.org/Customer-Content/www/CMS/files/About/MyAccountConnecticutFAST_Coach.pdf
5. Provide the Board with email confirmation that your application has been received and entered into the database; then complete Steps 7 & 8.
6. Complete Foundations of Coaching 101 (www.usaswimming.org/FOC).
7. Complete the online Athlete Protection Training course (www.usaswimming.org/protect).

Physical Requirements: Ability to swim proficiently and demonstrate various swimming techniques. Physical stamina to lead practices and remain active during training sessions and meets. Ability to respond quickly and effectively in emergency situations.

Compensation: All coaches are independent contractors. Most weeks coaches work between 6-10 hours throughout the season. Hourly compensation is \$17-18/hr based on experience

How to Apply: Interested candidates should email Becca Quinby at wwwrxpresident@gmail.com. Please include "Swim Coach Application" in the subject line.

Join us in inspiring the next generation of swimmers!