

# **Manatee Aquatic Masters Assistant Coach Position**

## **Program Overview**

Manatee Aquatic Masters (MAM) is a non-profit USMS Gold Club Designated swim team. Our team currently has more than 200 swimmers. Swimmers are aged 18 and older, and of all abilities, including beginners, recreational swimmers, both pool and open water competitive swimmers and triathletes. We pride ourselves on being a friendly, welcoming team for swimmers of all levels and swimming backgrounds.

We swim at the Emeryville Center of Community Life (ECCL)'s 25-yard outdoor 6-lane pool at 1100 47th St. in Emeryville, CA. We offer 25 morning practices per week. We also have 3 evening practices at Northeastern University at Mills in Oakland pool at 5000 MacArthur Blvd, Oakland, CA. Our team was founded in 1982 and has USMS "Gold Club" status.

We offer daily coached swimming workouts to improve skills; prepare swimmers for competition; and promote camaraderie, conditioning and competitive spirit. Here are our currently scheduled practice hours, which vary slightly depending on the time of year.

ECCL:

- **Monday-Friday** 5:30, 6:30, 7:30, 8:30
- **Saturday** 6:00, 7:15, 8:30, 9:45
- **Sunday** 8:00, 9:00

Northeastern at Mills: **Tuesday - Thursday** 5:30

## **Assistant Coach Position Overview**

The Assistant Coach is a year-round position. The Assistant Coach is expected to enthusiastically and reliably coach approximately 4-9 hours each week, in addition to offering occasional clinics or open water events.

## **Primary Duties and Responsibilities**

The Assistant Coach's responsibilities and expectations include the following:

- Serve as an active, motivating and enthusiastic deck coach for 1 - 2 days per week
- Coordinate with other coaching staff to prepare creative, varied, fun and challenging workouts
- Support individual member and team goal-setting and performance monitoring
- Help swimmers improve technique through individualized coaching at all workouts
- Communicate team and pool updates as appropriate while on deck
- Foster a welcoming environment for swimmers of all abilities
- Encourage participation in all team activities, events, meets, races, and volunteering
- Take attendance at all practices
- Follow rules of our lease agreement with the ECCL and any posted pool rules
- Attend coaches' meetings as required

## Competition Coaching Additional Duties (optional)

Competitive swimming is an important part of MAM's identity, and our ideal assistant coach will have competition experience and focus. These additional services will be remunerated, including travel expenses to out of town swim meets. Responsibilities could include:

- Plan, organize and lead clinics, such as: efficiency in the water; stroke & turn mechanics; race rules & techniques; open water swimming techniques
- Attend select swim meets and/or open water events to provide
  - coaching and feedback to MAM members at swim meets
  - organization for swim meet relays
  - assistance with the EZ-up tent
  - Work with individual swimmers to set goals, monitor goals, and prepare for competitive events

## Requirements

The ideal candidate will preferably have prior Masters swimming coaching experience and at least Level 2 USMS Coaching Certification. Candidates must have Lifeguard/ Water Safety for Swim Coaches; Adult CPR; and First Aid certifications. Other experience will be considered.

Summary of qualifications include:

- Minimum Certifications, or will obtain within 1 month of hire:
  - Adult CPR and First Aid / AED
  - Lifeguard certification / Water Safety for Swim Coaches
  - Level 2 USMS Coaching Certification
- Excellent interpersonal skills
- Experience with both pool and open-water Masters swimming
- Experience coaching swimmers of all abilities, competitive and otherwise
- Experience promoting camaraderie, conditioning and competitive spirit
- Professional, reliable, organized and with a positive and energetic attitude
- Patience with a wide variety of people and personalities
- Must be willing and able to encourage, instruct and observe swimmers from the deck
- Valid driver's license and reliable car, or ability to get to the pool reliably.
- Passion for swimming!

## Compensation and Benefits

**Compensation:** We pay a minimum of \$33/hr. Compensation is commensurate with applicant's job qualifications. Specific hours to be negotiated.

**Benefits:**

- Free MAM membership and swim privileges at ECCL and Northeastern/Mills during MAM workout hours.
- Financial support for certifications and/or professional coaching continuing education

## To Apply

Please email with your interest and a resume to Tryn, our Head Coach, at [coach@manateeswimming.org](mailto:coach@manateeswimming.org), and Cc the board president at [president@manateeswimming.org](mailto:president@manateeswimming.org).