

Junior Coach Description and Application

Duties

Assist Coaches with in and out of water activities. These include:

- Hands-on work with younger swimmers in-water
 - Run dryland workouts for younger groups
 - Assist with starts and turns both in and out of the water
 - Serve as a visual demo for drills
 - Assist coaches and parents during meets/serve as a runner to relay coach's messages
- Lead cheers
- Plan 1 social team-building event

Requirements

- Be a participating or past member of the Gator Swim Team
- Must be at least 15 years old by the start of the season
- Must be able to attend drill, start/turn, and dryland workshops
- Must be available to work a minimum of 3 days per week in-water
- Must have current lifeguard certification

Preferred

- 5+ Years competitive experience
- Willingness to work with younger swimmers

Benefits

- One-on-one instruction with head/assistant coach
- Chance to take a leadership role as a part of the Kingsgate Gator Swim Club

Junior Coach Applicant Information Card

Name:	DOB:	# of years of Swimming experience
In the space provided, briefly explain why you want to be a Junior Coach for the Kingsgate Gators. Be sure to include personal connections to the team, prior work experience with helping young swimmers, and any other skills you can utilize while coaching for Kingsgate.		
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Email or Contact # (e-mail preferred)		