



Fort Collins Synchronized Swim Team

Assistant Coach Job Description

General

The Synchronized Swimming Coach is to provide a safe, fun and challenging environment for the Fort Collins Summer Synchronized Swim Team (FCS). This requires a balanced program including endurance, technical skills, artistry, understanding of the competitive requirements and cooperation for team performance.

A well-balanced program will enhance individual as well as team skills while providing an encouraging environment for new and advanced swimmers.

It is the primary responsibility of all coaches to ensure the safety of all swimmers. A certified life guard must be with the swimmers at all times at the pool. Coaches shall not leave practices while swimmers are still at the pool.

Your activities on a daily basis will be coordinated by the Head Coach. You will work with the Head Coach to determine your daily duties.

Individual Responsibilities

1. Provide positive leadership to the coaching staff and swimmers in a mature, calm and respectful manner. Radiate energy and enthusiasm while maintaining discipline and order
2. Know and actively support the mission and values of the FCS Team.
3. Be responsible for the development of and execution of consistent and appropriately challenging practice regimens to enhance the skills and knowledge of the swimmers.
4. Attend and be actively engaged in all practices.
 - a. Arrive no later than 15 minutes before practice begins, unless otherwise approved by the team manager.
 - b. Ensure all practices begin on time unless otherwise approved by the team manager.
 - c. Be dressed and prepared to be in the water every day.
5. Assess swimmer skills and abilities and match them with team needs. Identify and communicate improvement goals for each swimmer's personal improvement.
6. Teach swimmers figures and routines appropriate for the age and ability and have swimmers prepared for their meets. Teach the required routine to novice swimmers with a focus on basic skills and solid technique. Write routines and select appropriate music for intermediate swimmers, working with more advanced swimmers to select their music and write their own routines.
7. Spend equal time with all swimmers, teaching basic skills to novice swimmers and fine tuning skills of intermediate swimmers. Provide encouragement and challenge.



8. Be an excellent communicator and answer all questions of swimmers and parents, including proactively providing feedback and information when needed. Seek input from the team and team parents, educate and share your knowledge. Be flexible and work well with others.
9. Be a gracious representative and spokesperson for the FSC Team when at other team meets, when hosting meets at our pool, at league meetings, or at any time you are representing the team.
10. Attend all swim meets, coaching clinics, coaches meetings and water shows. Social events are not required but provide an opportunity to enhance relationships with the swimmers and their families.
11. Honor team traditions such as Big Sister/Little Sister program, Friday breakfasts, award celebrations and finals meet activities.
12. Work well with the Head Coach, other coaches and team manager; strive to balance the strengths of the coaching staff with the needs of the team. Cooperation and leadership demonstrated by the coaches is the best example for the coaches and swimmers.
13. Have a working knowledge of and follow the USA Synchro bylaws, rulebooks and administrative and technical guidelines.
14. Likewise, have a working knowledge of the Rocky Mountain Summer Synchro League and Rocky Mountain Synchro Association and implement any amended guidelines or by-laws voted on by the league for the summer program.

Qualifications for Position

1. Extensive experience as a competitive synchronized swimmer.
2. Previous leadership and coaching experience
3. Required: Current Life Guard Certification (includes Community First Aid and Professional Rescuers CPR). A copy of certifications must be given to the FCS team manager prior to the start of the summer season.
4. Must be available for the summer season schedule and request and receive approval of any expected absences from the team manager before a job offer is accepted.