

LOS RANCHITOS
SHARKS
Los Ranchitos Swim Team
Head Coach
Job Description

1. Attendance is mandatory at all meets, practices and designated LR, Los Ranchitos, meetings. Attendance at practices and meets equates to approximately 35 hours per week. Absences are permitted only with prior agreement of your team manager(s) or the Personnel Chairman.
2. Know and apply rules and regulations applicable to swim meets, swimmer eligibility, stroke and turn and other related technical aspects of competitive swimming, as adopted by the Valley Aquatic League.
3. Provide direct supervision of Assistant Coaches and Coaches In Training, CIT's, overseeing and directing them in all swim team related activities, including; meets and practices.
4. Practices:
 - a. Arrive 15 minutes prior to practice to set up pool.
 - b. Structure, organize and lead the practice plan. Practice plan should include stroke instruction, assessment and correction in strokes. Post written daily plan on LR provided white board. After meets, work with swimmers to address DQ issues.
 - c. Assign assistant coaches to specific tasks and ensure they are carried out.
 - d. Ensure all coaches are on the pool deck at all times during practices.
 - e. Supervise all swim team members to provide for a safe and effective running of swim team by interceding in all issues of safety and deferring to the safest course of action.
 - f. Ensure that the pool area is clean after practice and that one coach remains until all swimmers have left the pool area.
 - g. Seed the meets with manager(s).
5. Meets:
 - a. Before the meet, plan meet strategy and prepare entry cards with the assistance of the entire coaching staff, where appropriate.
 - b. Prepare Pro Entry Team disc. Post team entry sheets at Friday afternoon practice and each meet so that swimmers and parents know in what events each swimmer is entered in the meet.
 - c. Arrive 15 minutes prior to warm-ups to post events and prepare team area.
 - d. Assign tasks to Assistant Coaches.
 - e. Coordinate all swimmer changes, including relays, at the meet.
 - f. Promote team spirit and good sportsmanship during meets.
 - g. Ensure that one coach remains until all swimmers have left the pool area.
 - h. With the assistant coaches, at the conclusion of the meet be sure that the pool area is cleaned up.
6. Supervise the proper use and maintenance of LR Cabana Club pool facilities and equipment at all practices and meets. Notify the team manager(s) of any needed equipment repair or replacement.
7. Encourage and promote team spirit and good sportsmanship at all times.
8. Work cooperatively with respective the team manager(s) to promote a positive team experience.



Los Ranchitos Swim Team

Assistant Coach

Job Description

1. Attendance is mandatory at all meets, designated practices and designated LR meetings. Attendance at practices and meets equates to approximately 35 hours per week. Absences are permitted only with the prior agreement of your team manager(s) or the Personnel Chairman.
2. Know the rules and regulations applicable to swim meets, swimmer eligibility, stroke and turn and other related technical aspects of competitive swimming as adopted by the Valley Aquatics League.
3. Practices:
 - a. Arrive 15 minutes prior to practice to set up pool.
 - b. Remain on the pool deck at all times, offering stroke instruction, assessment and correction in strokes.
 - c. Supervise all swim team members to provide for a safe and effective running of swim team by interceding in all issues of safety and deferring to the safest course of action.
 - d. Ensure the pool area is clean after practice.
 - e. Assist weekly in seeding the meets with the Head Coach, as requested.
4. Meets:
 - a. Before the meet, plan meet strategy and prepare entry cards with the Head Coach and the entire coaching staff.
 - b. Arrive 15 minutes prior to warm-ups to prepare team area.
 - c. Promote team spirit and good sportsmanship during meet.
 - d. At the conclusion of the meet, provide assistance in cleaning up pool area.
5. Assist the Head Coach in teaching competitive swimming skills, including in-water instruction. In absence of the Head Coach the First Assistant may be substituted for the Head Coach.
6. Assist the Head Coach in the proper use and maintenance of LR Cabana Club pool facilities and equipment at all practices and meets.
7. Encourage and promote team spirit and good sportsmanship at all times.
8. Accept duties as assigned by the Head Coach.
9. All Assistant Coaches ages 18 and under will swim for their team, wearing the current team swimsuit.

LOS RANCHITOS
SHARKS
Coach In Training, CIT
Job Description

Objective: To promote team spirit, encourage good sportsmanship, and work with the age 10 and under swimmers.

CITs must be at least 14 years of age and have at least two years competitive team swimming experience. CPR is recommended.

1. Attendance is mandatory at all meets and designated ten and under practices. Attendance at practices and meets equates to approximately 15 hours per week. Absences are permitted only with prior agreement of your team manager(s) or the Personnel Chairman.
2. Practices:
 - a. Assist the Head Coach in teaching competitive swimming skills, including in-water instruction of the age ten and under swimmers.
 - b. Arrive 10 minutes prior to practice to help set-up the pool.
3. Meet responsibilities:
 - a. Assist the Head Coach in maintaining spirit and order with younger swimmers.
 - b. Arrive 10 minutes prior to warm-ups to help prepare team area.
 - c. Promote team spirit and encourage good sportsmanship during the meet.
4. Assist the Head Coach in the proper use and maintenance of the LR Cabana Club pool facilities and equipment at all practices and meets.
5. Encourage and promote team spirit and good sportsmanship at all times; i.e., wearing the current team swimsuit, etc.
6. CIT's will swim for their team.