



Junior Coach Expectations

Practice

Attitude

- Have a positive attitude ALWAYS when dealing with kids, other coaches, AND parents
- Be respectful to ALL members of the team
- Lead by example

Lane Lines

- Put lines in water at beginning of the day
- Take lanes out at end of the day

Set-Up

- Lead stretches
- Assist with moving kids in lanes

In the Water

- Ensure kids are listening to head and assistant coaches
- Be in the water to fix mistakes in stroke technique as you see it during younger practices
- Notify head or assistant coaches of any major issues in kids' behavior/attitudes/technique
- Ask questions if you do not know something

Fun Friday

- Be in the water to ensure kids don't run into each other
- Help divide kids into teams
- Make sure kids are following the rules of whatever game is being played
- Supervising all parts of the pool (deep and shallow ends) where kids are playing
- Display good sportsmanship and lead by example

Meets

Check-In

- Arrive at pool at 6:15am
- Write kids event numbers on their arms from their sticker
- Help find kids that have not checked in by 6:45

Warm-Up & Cheers

- Assist in getting kids into correct lanes
 - 8 and unders in their own lanes
 - 9 – 12 in their own lanes
 - 13 and up in their own lanes
- Help get kids out of the water at the conclusion of warm-up
- Direct kids to wherever cheers are being held
- Lead cheers

Ready Area

- BE POLITE ALWAYS
- 8 and under Relays
 - Politely let ready area volunteers know that you are assisting with 8 and under relays
 - Assist with moving littles to both ends of the pool
 - STAY with the 8 and unders during the race
 - Assist littles in when to leave the deck DURING the race
- Listen to ready area volunteers and help whenever possible with organizing kids
- If one of our swimmers is missing, help find them

During the Meet

- Treat EVERYONE with respect
- Check in with head and assistant coaches
- Assist kids/parents/board members when possible
- Ensure kids know what they are swimming or where they need to be

End of Meet

- Assist with tear down