

Tsunami Swimming

Swim & Stay Fit Coach – Job Description



The goal of Tsunami Swimming's Swim & Stay Fit program (SSF) is to provide swimmers with weekly workouts and instruction in the competitive strokes, with the potential to cross over into competitive swimming. Participants' skill levels will vary from beginner swimmers with knowledge of freestyle and backstroke only to summer league swimmers and even some former year-round swimmers. Workouts should be tailored to match the participants' ability levels.

About the program:

SSF classes are divided into five 6-week sessions beginning in September and ending in late May. See the complete list of class dates on our website here: <https://tsunamiswimming.org/programs/swim-and-stay-fit>. Coaches are needed for the following sessions: Sunday afternoons (4-6pm); M/W evenings (5-6pm); T/Th mornings (5:30-6:30am); and T/Th evenings (5-6pm). All classes are located at the Saint Michael the Archangel Catholic High School pool in Spotsylvania County.

SSF Coach Responsibilities:

- Provides swim instruction based on the Tsunami Swimming Swim & Stay Fit (SSF) curriculum
- Continually evaluates swimmers' progress and completes required skills checklists on a regular basis
- Uses creative ideas and techniques to identify and resolve challenges that swimmers face
- Attends all scheduled classes and trainings, arriving at least 5 minutes prior to class start times
- In cases of a known planned absence, notifies Tsunami staff at least 2 weeks in advance
- Please note: Coaches must be able to attend at least two-thirds of the scheduled classes during each 6-week session (4 of the 6 Sunday classes & 9 of the 12 weekday classes). Regular attendance is critical to gaining the swimmers' trust and evaluating progress.

SSF Coach Qualifications:

- Knowledge and/or prior experience with competitive swimming; including all 4 competitive strokes, starts and turns, and related drills
- Previous coaching experience is encouraged, but not required
- Friendly and approachable demeanor with swimmers, parents, and Tsunami staff
- Ability to follow verbal and written instructions and lesson plans, and make adjustments as needed to meet the needs of the swimmers
- Professional work-related practices of alertness, dependability, and courteousness

Position Information:

- This is a W-4, part-time position offering tax withholding but no paid benefits
- Pay starts at \$14/hour

To Apply:

- Apply online: <https://tsunamiswimming.org/work-for-tsunami>
- Or, send an indication of interest and your resume to info@tsunamiswimming.org