

# County Sligo Swimming Club

## Assistant Coach - Level 2



### About the Role

County Sligo Swimming Club (CSSC) are seeking applications for an Assistant Coach (Level 2) who will work with the Head Coach to develop, deliver and implement a coaching plan for the club.

Timeline: 2019/2020 Swim Season  
Hours: 4 Hours per week  
Reporting to: Head Coach  
Salary: Per hour based on experience & qualification.

### About the Club

CSSC are based out of Sligo Regional Sports Complex and is one of Connacht's premier swimming clubs.

We are a competitive swimming club and take an active role in the vibrant Irish swimming scene, competing at local, national and international level.

We strive to provide a safe, positive and competitive environment for all our members. The club teaches swimmers at all times to have respect for themselves, their coaches and other competitors.

For more information on the club visit our website at [www.sligoswimclub.ie](http://www.sligoswimclub.ie).

### Qualifications

- Level 2 - Assistant coach

### Applications

Please apply to [coach@sligoswimclub.ie](mailto:coach@sligoswimclub.ie) with CV, details of all relevant qualifications, updated insurance and references.

**Closing Date:** Applications should be submitted by 30th June 2019.

### Duties

The Assistant Coach will carry out such duties as are assigned by the Head Coach including:

- To provide a positive and safe environment for all CSSC Members
- To deliver a technical programme for competitive swimmers, following Swim Ireland LTAD (Long Term Athlete Development Plan) with the guidance of the Head Coach
- Have an understanding and be aware of CSSC Training Group movement criteria
- Ensure all swimmers, at all levels, are coached and trained to meet their full potential
- Provide explanations and demonstrate swimming techniques
- Correct faults in swimming techniques and identify ways to improve performance
- To be a positive role model, creating a positive environment in which to motivate and encourage member to participate in swim sessions
- Evaluate sessions and give feedback
- Travel to events as agreed with the Head Coach
- Flexibility in relation to working hours, and to provide cover for other coaches where necessary
- Support the Club and the Committee in its efforts to ensure financial security
- Attend continuing education offerings for swimming coaches.

### Skills

- Hard working and passionate about swimming
- Have a strong understanding of stroke mechanics and training principles
- Strong verbal communication skills
- Excellent prioritisation, organisational and problem-solving skills
- Must be self-motivated with the ability to enthuse a wide range of participants
- Ability to manage a group of participants effectively
- Team player with the ability to collaborate
- Excellent interpersonal skills.