

Delmar Dolphins Lead Age Group/ Performance Group 3 Coach

With the support and guidance of the head coach this position will-

- Design seasonal periodization planning for short and long course seasons
- Plan and design daily training sessions using team metrics/nomenclature and philosophies
 - Commit Swimming will be used for all planning of training
- Review key metrics, as specified, and agreed upon with head coach, using Triton Wear for all G3 swimmers
- Oversee Age Group Assistant coaches in the Performance Group 3 level
- Assist with meet entry for Age Group Programs
- Attend competitions for Age Group Programs and other programming as needed

Requirements

- 5 Plus years of Age Group Coaching for a USA Swimming or YMCA Team
- Competitive Swimming Experience
 - Preferably culminating at the collegiate level
- Degree work in related fields such as Exercise Physiology, Biology, Kinesiology a plus
- USA Swimming Certs- all in good standing
- Strong communication ability with skill to speak and teach to different learning types and personalities
- Ability and willingness to work nights and weekends
- Willingness to take personal leave around the team's season
- Open to new ideas and willing to bring your own to help grow our knowledge

Compensations

- Salaried position with range of \$20,000-\$30,000 annually based on experience of selected candidate
- USA Certs covered by club
- All travel etc covered by club
- **Benefits available via USA Swimming**