



Portmarnock Swim Team Level 3 Coach Vacancy

Reporting to: Chairperson of Portmarnock Swim Team

Qualifications Required (essential):

- Minimum of Swim Ireland level 2 coaching certification, preferably Level 3
- Up to date Swim Ireland / Sport Ireland safeguarding level 1 certification
- Up to date Garda vetting through Swim Ireland
- Current Swim Ireland coaches licence
- Up to date CPD's

Other qualifications desired (not essential):

- Level 2 Swimming teacher certification
- Strength & Conditioning Certification (CSCS, UKSCA)

Responsibilities for the Coach will include:

- Development of an annual training and competition programme based around the principles of long term athlete development (LTAD).
- Support the preparation of training session plans for allocated squads
- Support the implementation of squad criteria
- Coaching training sessions of the A and A junior squads
- Ensuring that the appropriate level of coaching is available for all training sessions including land training. Some of this responsibility may be delegated to other coaches where appropriate.
- Provide suitable and relevant feedback on progress to both parents and athletes as required
- Ensure that you are well briefed about any special needs of the athletes involved i.e.: fitness levels, medical conditions, physical impairments or disabilities.
- Attending all appropriate competitions and training camps.
- Monitoring athletes progress and support movements between squads in conjunction with the Head Coach/other squad coaches, and in conjunction with club committee
- Attend coach meetings and provide regular coaching updates
- Following health and safety procedures and Swim Ireland's safeguarding policy.
- Be aware and understand the facility emergency action plan and normal operating procedures.

- Complying with all relevant Swim Ireland and club policies.
- Maintaining qualifications, CPD & licensing.

Skills required:

- Organisation
- Leadership
- Adaptability
- Excellent communication
- Brilliant time management
- Team player
- Athlete centred coaching approach

Skills desired:

- Sufficient with Excel / PowerPoint
- Knowledge of programming swimming training plans (microcycles – macrocycles)
- Able to use Performance Analysis software (NacSport, Dartfish etc) and HYTEK for Gala submissions

Please email portmarnockswimteammembership@gmail.com with your cv and any supporting information.

Closing date: 30th May