



ROLE: LIMERICK MASTERS ASSISTANT SWIMMING COACH

Timeline: 2019/2020 Swim Season

Hours: 4 Hours per week

Reporting to: Limerick Masters Executive Committee

Salary: Per hour based on experience & qualification

Limerick Masters Swimming Club are seeking applications for Assistant Coach for the 2019/2020 season. Founded in 1987 Limerick Masters Swimming Club is one of the largest Masters Swimming Clubs in Ireland. We are a competitive Masters club with a passion for swimming, healthy lifestyle, quality coaching and good fun. We cater for over 90 members and 20 associate members. Members swimming ability ranges from improver to International Masters competitors. There is also a wide range in age from early twenties to mid-eighties. Members compete in both pool and open water events both in Ireland and abroad. The club organise the Irish Open Long Course Masters Championships in March of each year and the Thomond Swim, an 1800m open water event which takes place on the River Shannon in Limerick city during the summer months.

The Club are seeking to recruit an experienced Masters Assistant Swimming Coach who will work with the Head Coach to develop, deliver and implement a coaching plan for the club/

DUTIES

- To plan and deliver swim session with the guidance of the Head Coach.
- Identify participants' abilities and encourage them to reach 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 members participate in swim sessions
- Evaluate sessions and give feedback
- Travel to events as agreed with the Executive Committee on an annual basis
- Regular reporting to the Executive Club Committee and meetings with them as required.
- Attend continuing education offerings for swimming coaches

QUALIFICATIONS

- Level 1 - Assistant coach or currently completing Level 1 with a Level 2 teachers award

SKILLS

- Hard working and passionate about Master's Swimming
- Have a strong understanding of stroke mechanics and training principles
- Detailed oriented and ability to produce accurate results
- Strong written and verbal communication skills
- Excellent prioritization, organizational 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
- Proficiency in Excel & MS Office

Please apply to committee@limerickmasters.com with CV, details of all relevant qualifications, updated insurance and references. **Closing Date:** Applications should be submitted by 30th June 2019.