

# Assistant Age Group Coach Position

## YMCA of the Triangle Area Swim Team

### Job Overview:

- Assist the Site Director in coaching one or more training groups
- Attend scheduled practices which include water and dryland workouts
- Work together with the Site Director to create and plan workouts
- Attend meets at Site Director's discretion
- Maintain required certifications
- Work together with the Site Director to create a coaching schedule that accommodates the coach's personal schedule and meets the coach's experience level

### Certifications:

The YOTA Swim Team works closely with other YMCA departments to maintain consistent certification opportunities for our coaches.

- Required - YMCA Swimming Coach
  - All coaches must earn their YMCA Swimming coach certification within the first 65 days of employment. Coaches are responsible to maintain these certifications throughout the time of their employment.
- Additional - USA Swimming Coach
  - Coaches who plan to attend a sanctioned USA Swimming meet must be a certified USA Swimming coach. Coaches who earn this certification will maintain an increased hourly rate.

YMCA Swimming Certification Requirements	
<input type="checkbox"/> Principles of Competitive Swimming & Diving	<input type="checkbox"/> Safety Training for Swim Coaches - Online
<input type="checkbox"/> CPR	<input type="checkbox"/> Safety Training for Swim Coaches - In Water or Lifeguard Certification
<input type="checkbox"/> First Aid	
<input type="checkbox"/> Athlete Protection Training	

USA Swimming Certification Requirements	
<input type="checkbox"/> Welcome to USA Swimming	<input type="checkbox"/> CPR
<input type="checkbox"/> Coaching Quality Framework	<input type="checkbox"/> First Aid
<input type="checkbox"/> USADA Coaching Advantage Tutorial	<input type="checkbox"/> Safety Training for Swim Coaches - Online
<input type="checkbox"/> Concussion Protocol	<input type="checkbox"/> Safety Training for Swim Coaches - In Water or Lifeguard Certification
<input type="checkbox"/> Background Check	
<input type="checkbox"/> Athlete Protection Training	

### Starting Salary:

- \$13/Hour for coaches who complete the requirements for YMCA Swimming Coach registration
- \$15/Hour for coaches who complete the requirements for YMCA Swimming and USA Swimming Coach registration

*Note: Coaches with significant coaching experience will start at a higher hourly rate.*

### Benefits:

- YMCA membership included
- Mileage (\$.655/mile) to and from swim meets and trainings
- All required trainings will be reimbursed

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#### Age Group Training Levels:

Training Group		Age	Practice Duration	Practice Frequency
Seasonal	YOTA Prep	10 & Under	1 hour	2 days/week
	Junior/High School Prep	11 & Older	1 - 1.25 hours	3 days/week
Competitive	Green	9 & Under	1.25 hours	3 days/week
	White	9-11	1.5 hours	4 days/week
	Purple	10-12	1.75 hours	5 days/week
	Silver	11-14	2 hours	6 days/week

#### Age Group Training Sites:

Site	Site Director Contact
A.E. Finley YMCA	Macy.Blake@YMCATriangle.org
Chapel Hill YMCA	David.McDevitt@YMCATriangle.org
Downtown Durham/Hope Valley Farms YMCA	Stanley.Bass@YMCATriangle.org
Kerr Family YMCA	Jake.McGee@YMCATriangle.org
OPC/Alexander Family YMCA	Antoinette.Pujol@YMCATriangle.org
Taylor Family YMCA	Brooks.Teal@YMCATriangle.org