

# O'NEAL AQUATICS CLUB

The O'Neal Aquatics Club is seeking an Age Group Coach to coach after 5pm during the school year and then early morning and afternoon practices during the summer. Ages 10-15. An average of 10 hours per week (including Saturdays) plus swim meets; which are on about 1 per month. All travel expenses will be covered, including mileage. Hourly rate to be determined based on experience. All certification costs reimbursed.

We are looking for a responsible, dependable and fun coach. We are searching for someone who is dedicating to teaching the love of competitive swim to future generations. The qualities most desired are the ability to communicate to ages indicated, teach, listen, empathize, organize, goal set, self awareness, patient, respectful, ethical, positive, enthusiastic and trusting. We want our coaching staff to embody the sport of swimming but also be exemplary humans. Being a coach is an honored position, which holds the power to shape athletes into upstanding individuals.

#### Responsibilities Include:

- Developing a coaching plan geared to the success of each athlete on roster
- Running practice 5 days per week
- Attending swim meets
- Communicating with parents/guardians
- Planning team building activities
- Developing an understanding of each athlete's abilities and appropriately assigning them meet events based on skill level
- Minimal pool maintenance
- Maintaining USA Swimming coaching certifications

O'Neal Aquatics Club is a growing swim club in its 6th year located in Southern Pines, NC. We are dedicated to the development of competitive athletes at all levels while building strength of character and physical well being in an positive environment where safety of the athlete, integrity, self-discipline, and consideration for others are fundamental. We are small but mighty, producing top ranked swimmers in NC. We offer a year round swim team, swim lessons and summer swim league. Come and join our prestigious club as we continue to grow and develop. For more information about OAC, please check out our website at O'Neal Aquatics Home ([gomotionapp.com](http://gomotionapp.com)).

To apply, please contact Head Coach, Jen Schmitz, at [jschmitz@onealschool.org](mailto:jschmitz@onealschool.org)