



## FIRST COLONY SWIM TEAM - LEAD COACH

### Overview:

First Colony Swim Team (FCST) is currently accepting applications for a Lead Coach for the 2024-2025 season. FCST, based in Sugar Land, TX, is a USA Swimming Silver Medal Club which creates opportunities, within a safe and supportive environment, for swimmers to merge passion and commitment with expertise resulting in the highest level of personal performance. The ideal candidate will have a passion for swimming and coaching, a strong technical background, and a willingness to work as a team player. The lead coach will help support the Head Coach and Head Age Group coach in developing some of the team's top senior and age group swimmers, working to support FCST's mission and the philosophy of the Head Coach.

### Responsibilities:

- Write, oversee, and coach daily workouts which include quality stroke work and clear developmental progressions; responsible for creating seasonal and annual training plans
- Assist swimmers in setting seasonal and long-term performance goals
- Attend all assigned regular season and championship meets
- Provide clear and quality feedback to all swimmers during practices and meets
- Maintain administrative responsibilities including but not limited to attendance and workout logs, an updated group page, weekly communication emails, parent education
- Work with committees and on additional responsibilities as assigned by the Head Coach and/or General Manager

### Preferred Qualifications:

- 3+ years of competitive coaching experience
- ASCA Level 3 or higher
- USA Swimming Coach Membership in good standing
- Ability to work independently and multi-task while prioritizing work demands
- Strong written and verbal communication skills
- Experience with TeamUnify and Microsoft Office

### Compensation:

Competitive salary commensurate with experience, paid time off, meet travel reimbursement, and professional development opportunities

### Benefits:

The Lead Coach would be eligible to participate in the following benefits: retirement, medical, dental, vision, life insurance, long-term disability and short-term disability insurance

### How to Apply:

Applicants should email a resume and 3 professional references to FCST's Head Coach, Ben Pulskamp, [coachben@swimfcst.com](mailto:coachben@swimfcst.com)

**Application Deadline: June 30, 2024**