

2022-Florida Gold Coast All-Star Dual Meet Coach Info Sheet

The Florida Gold Coast Age Group Vice-Chair will select the coaches for the current year's FGC All-Star Dual Meet Team based on the following criteria and with the understanding that all selected coaches will agree to perform the duties and responsibilities listed within this document. In addition, all interested coaches must complete the attached application and sign the application thereby indicating that they will adhere and abide by the listed code of conduct.

SELECTION CRITERIA

1. Coaching applicants must turn in a completed application by stated deadlines below.
2. It is the preference to select only one coach from a team. However, if multiple coaches apply from the same team a second coach may be selected as needed.
3. All coaching applicants will be evaluated based upon the following criteria: a) years of club coaching experience, b) Florida Gold Coast coaching experience, c) Misc. coaching experience, d) Swimming Clinics attended and e) ASCA Certification and Education
4. The Florida Gold Coast Age Group Chair will select the All-Star Dual Meet Head Coach. Once the head coach is selected, he/she will approve the recommendations for assistant coaches.

SELECTION PROCESS

<u>Date:</u>	<u>Action:</u>
February 7	Applications available to all Florida Gold Coast Coaches-Posted on FGC Website
February 23	Applications due
February 25	Head Coach will be named
February 28	Assistant Coaches will be selected

FGC AGE GROUP VICE CHAIR TEAM DUTIES & RESPONSIBILITIES

1. Coordinate Athlete Sign-ups at JO Meet. Accept all Florida Gold Coast applications from swimmers
2. Assist the Head Coach in making sure all entries are processed in TM.
3. Review the generated reports to be used by coaches for final team selection and relays, etc.
4. Communicate with all applicants on the selection or "we hope you will reapply next year" after selections close.
5. Coordinate and oversee design; ordering and distribution of team outfitting.
6. Accept all 2nd confirmations that selected swimmers will be attending/participating.
7. Make sure the generated TM entry file is completed and submitted by the entry deadline.
8. Coordinate Staff Meeting with Head Coach to meet with a full staff at the JO Meet.

HEAD COACH DUTIES

1. Assist in a coaching staff meeting at JO Meet.
2. Outline and explain swimmer selection process to the coaching staff
3. Take all entries from the JO Meet & process all entries into TM and is submitted by entry deadline.
4. Develop reports for entire Coaching Staff to use for any final selections and relays, etc.
5. Develop Team Florida Gold Coast relay policy for all to follow.
6. Communication with Staff and Age Group Chair through selection process to end of All-Star Meet.
7. Encourage athlete & coach participation and emphasize/communicate Florida Gold Coast goals
8. Communicate with the All-Star Team by use of a "newsletter" the week before the meet. .

COACH DUTIES & RESPONSIBILITIES

1. Each coach will be assigned an age group. Coaches will be notified of their age group when selected to the staff. Head Coach & Age Group Chair will also oversee each age group.
2. Each staff member (Coach) is expected to be in attendance for the entire meet weekend.
3. Review all team entry limits. Keep entry limits in mind (no swimmer can swim more than 6 events).
4. Correspond with Head Coach & Age Group Chair on relay selections. Keep swimmer lists for further reference or if changes need to happen.
5. COMMUNICATION throughout the competition is vital with your entire age group!
6. Two coaches assigned per age group. You are responsible for those swimmers throughout the entire meet.
7. Follow all staff duties/instructions as laid out by both the Age Group Chair & Head Coach for the entirety of the competition-including warm-ups, meet sessions, and overseeing of assigned athletes.

FGC COACHING STAFF-MEET ACTIVITIES - TENTATIVE

ALL FGC All-Star Coaches will be present at all events!

**Tentative Schedule* subject to change.*

***Friday, March 25, 2022**

1:00-1:30 p.m .-Staff arrival at the designated hotel. (TBD)

1:30-2:45 p.m .-Assemble/organize all FGC All-Star Team outfitting, supplies.

2:45-3:15 p.m .-Leave for pool.

3:15-4:15 p.m .

- Greet FGC athletes at pool
- hand out team gear
- a brief team meeting to answer questions
- Ice breaker games with Head Coach
- Name games with coaches by age groups
- FGC TEAM Cheers!!!

4:15-5:30 p.m .-FGC Team Warm-Up TEAM Cheers!!!

5:30-8:00 p.m.-Competition begins. Session 1.

8-8:30 p.m.-FGC Staff answers questions from swimmers & parents; clean & organize team area

8:45 p.m .-Leave pool for the day. Staff enjoys take-out of your choice at the hotel for some socially distant bonding! Organize for Day 2.

***Saturday AM, March 27**

7:15 a.m .-FGC Staff arrives at Indian River Pool

7:15-7:30 a.m .-Organize heat sheets & team area;

7:20 a.m .-Greet athletes!

7:30-7:40 a.m .-Pre-meet dryland warm-up; last-minute announcements. TEAM Cheers!!!

7:45 a.m.- 11 & Olders Warm-Up

8:15 a.m.- 10 & Unders Warm-Up

8:45 a.m.-FGC TEAM Meeting! TEAM Cheers!!!

9:00 a.m.-Competition Starts! Good Luck FGC!! TEAM Cheers!!!

9-12:00 Noon-Meet-Session 2. FGC STAFF DOES NOT LEAVE UNTIL ALL MEMBERS ARE GONE & TEAM AREA IS CLEAN.

***Saturday PM, March 27. 2021**

1:15 p.m .-FGC Staff arrives at Indian River Pool

1:15- 1:30 p.m.-Organize heat sheets & team area; greet athletes

1:30 p.m

- Last-minute announcements.
- Games with Coach Marco
- TEAM Cheers!!!

1:45-2:45 p.m.-FGC TEAM Warm-Up

3:00 p.m.-Meet Starts! Good Luck FGC!! TEAM Cheers!!!

3-6:00 p.m.-Meet-Session 3

FGC STAFF DOES NOT LEAVE UNTIL ALL MEMBERS ARE GONE & TEAM AREA IS CLEAN.

Sunday AM, March 28, 2021

7:15 a.m .-FGC Staff arrives at Indian River Pool

7:15-7:30 a.m .-Organize heat sheets & team area;

7:20 a.m .-Greet athletes!

7:25-7:40 a.m

- Pre-meet dryland warm-up
- last-minute announcements.
- Game with Coach Marco
- TEAM Cheers!!!

7:45 a.m.- 11 & Olders Warm-Up

8:15 a.m.- 10 & Unders Warm-Up

8:45 a.m.-FGC TEAM Meeting! TEAM Cheers!!!

9:00 a.m.-Competition Starts! Good Luck FGC!! TEAM Cheers!!!

9-12:00 Noon-Meet-Session 2.

12:00-12:30 FGC AWARDS and team meeting, goodbye activity

FGC STAFF DOES NOT LEAVE UNTIL ALL MEMBERS ARE GONE & TEAM AREA IS CLEAN.

2022 FLORIDA GOLD COAST ALL-STAR DUAL MEET

COACHING STAFF APPLICATION

Name:

Date:

Club:

Phone (W):

E-Mail:

Phone (C):

Staff selection criteria:

Years Coaching/Where: (specify your position)

Florida Gold Coast (All-Star/Zone) Coaching Experience: (specify your position)

Misc. Coaching Experience-when/where: (specify your position)

Coaching Clinics Attended-when/where:

Your current ASCA Certification and # of Continuing Education points:

Other relevant coaching accomplishments or training:

Why would you be a good FGC All-Star Coach?

Which age group do you enjoy working with the most?

_____, I, certify by my signature that my above answers are accurate and truthful. I acknowledge that this application also lists out the duties of FGC All-Star Staff for this All-Star Dual Meet event.

Upon FGC Staff appointment, I understand that I will be receiving additional documents - Updated All-Star Dual Meet Information; Code of Conduct, and Florida Gold Coast Swimming Travel Policies. I will return these signed documents as part of the FGC Staff requirements.

Please rename the document to correspond with your full name; scan and then return via email attachment to coachlizkershaw@gmail.com.

DEADLINE TO APPLY IS WEDNESDAY, February 23, 2022