

## Coach

### Role

To work within a team to contribute to the development of the athletes in your session/s to enable them to achieve the best of their ability.

### Duties and Responsibilities

- To prepare session plans by using a cyclical annual plan you have set for the season and use relevant practices and coaching points to achieve the aim of the session using the principles of LTAD
- To effectively record the attendance and the progress of all the swimmers in your session/s via ongoing assessment
- Always be in control of your sessions, by maintaining discipline at all times, but keeping it enjoyable
- Always be consistent in your coaching and treatment of individuals
- Never leave your group unattended
- Always be aware of the NOP-EAP
- Always clear your equipment away at the end of your session
- Treat everybody with respect, kindness, understanding and consideration
- To attend relevant competitions
- To work within the team

### Skills and Qualities

- Ability to communicate effectively
- Ability to think flexibly and generate new ideas
- Ability to coordinate and facilitate
- Enthusiastic about the role
- Approachable

### Commitment

- To arrive at least 15 minutes prior to the start time and then to prepare the pool for the start of the session
- To start and finish your sessions on time
- To continue to develop your knowledge and professional development at every opportunity and to attend staff training as per your contract.