



MOUNT
KELLY

Performance Swimming Coach

Performance Swimming Coach

The Mount Kelly Performance Swimming Coach has a duty of care to all swimmers within the swimming programme, but will have specific responsibilities for the development of the Regional and National Swimmers within Mount Kelly's Blue training squad structure and also the Development programme within Mount Kelly's Pink Squad structure. The primary focus of the role is to deliver coaching excellence to these two specific groups and to significantly contribute to Mount Kelly's positive swimming reputation in all areas of the coaching and competitive process which leads to significant performance improvements at all levels. To report to and work closely with the Director of Swimming, who is responsible for overseeing the development, direction and management of the swimming programme.

Duties and Responsibilities

Coaching in a positive environment

- Provide excellence in coaching and training with a consistency of recognised best practice (British Swimming Long Term Athlete Development Plan) using a mix of conventional and creative solutions to improve performance outcomes for swimmers aspiring to achieve county, regional, national and International levels of excellence.
- Continually encourage and motivate young aspiring swimmers of all ages and levels of ability that are engaged in the swimming programme.
- Manage the day-to-day wellbeing of swimmers within the programme and within your specific training group; regularly liaise and update the Director of Swimming, the coaching team, the swimmers, the school staff and parents on progress and matters of importance. A close liaison between Housemasters and academic tutors is important.
- Provide a level of strength and conditioning that is appropriate for individual needs and compliments the progression pathway.
- Develop strong professional relationships with swimmers, staff, school staff and parents.
- To lead by example in timekeeping, smartness and managing expectations.

Planning, goal setting, recording and monitoring

- Complete an annual periodisation plan for your training group, liaising with the Director of Swimming, focusing on key competitions in order to gain qualification times to compete successfully at Championship events.
- Preparation of annual, weekly and daily session plans which clearly display progression pathways and help to engage swimmers and parents of swimmers and also Mount Kelly school staff in the process of planning for swimming improvement.

- Utilise and further develop the goal setting system. These include process and outcome goals for both training and racing and relate to all areas of physiological, biomechanical and psychological development for each and every swimmer within the programme.
- Manage your swimmers on-line log books via Training Peaks providing frequent feedback and monitoring
- Ensure registers of swimming attendance are kept up to date via our Swim Manager App
- Review and reflect on performances at the end of each 6-week training phase sharing results with swimmers, key staff and updating parents on progress.

Video analysis

- Provide video analysis to your specific coaching group and selected individual swimmers via Mount Kelly Swimming Performance Centre protocols.

To assist in the short, mid and long term development plans of Mount Kelly Swimming

- Contribute to ideas and initiatives that will help to maintain and improve Mount Kelly Swimming's reputation and track record as a leading swimming programme both Nationally and Internationally.
- Contribute to fundraising initiatives and income generation.

Competition & training camp logistics

- Contribute to existing training camps by identifying and organising key training camp opportunities for selected training groups and swimmers and be available to coach as either part of a larger coaching team or to deliver individually.
- Assist in all aspects of competition logistics which will include, where appropriate, the transportation of swimmers to and from events, liaising with Houseparent's on estimated return times, liaising with parents and arranging for out of school meals.
- Complete the School minibus test.
- Liaising with the Operations Manager in the planning and booking of accommodation and transport as required.

Communication

- To be available for weekly staff meetings and update on progress and matters of importance.
- To contribute to the continual updating of news, information and points of relevance for key members of staff, swimmers, parents and co-workers.
- Ensure all forms of communication with parents; swimmers and staff are utilised i.e. one-to-one updates, swimming pool noticeboards, websites, common room noticeboard and social media.
- Allow for one-to-one individual swimmer and parent appointments as required during office hours.

Other Administration responsibilities and duties

- Liaise with the Director of Swimming on daily office hours and availability.

- Specifically contribute to the school & swimming website, newsletter and weekly HTML updates via news reports, a coaching blog, and links to social media sites.
- Jointly responsible for the maintenance of the swimming social media sites.
- Contribution to recruitment, via ideas, initiatives and marketing opportunities.
- Contribution to Open Days and swimming assessment sessions.
- To keep abreast of e-mails and personal filing.
- To meet swimmers report writing deadlines at the end of each term, and also, following swim assessments.
- Assist in keeping noticeboards in the Swimming pool, Common Room and the Swimming Performance Centre, fresh and updated regularly.

Staff Liaison

- A responsible approach to building professional relationships whilst liaising and working with all staff associated with the Mount Kelly Swimming programme and the school to ensure continuity of care between the pastoral, swimming performance and academic programmes.

Personal Specification

Skills and Knowledge	<ul style="list-style-type: none"> • Excellent communication skills, verbal and written • Excellent organisational skills • Ability to take responsibility for tasks, prioritising and scheduling own and others work to ensure deadlines are met • Dynamic coach able to lead by example and motivate, develop, encourage and mentor young age group swimmers. • Works well as a member of a team • An effective communicator at all levels and able to professionally promote and represent Mount Kelly at all times. • An understanding of, and commitment to, Long Term Athlete Development (LTAD) • Can ensure controlled and measured responses in stressful situations • Sets high standards for self and others and promotes appropriate high levels of performance at all times • Effective time management skills. • Competent in the use of IT • An appreciation of standard UK swimming protocols • Experience with data collection
Qualifications/ Experience	<ul style="list-style-type: none"> • Swim England Level 2 Swimming Coach • Minimum of 3 years coaching experience • Current track record of progressing Regional and National level Swimmers • Sports Science Degree or equivalent will be an advantage • First Aid qualification would be an advantage • Full UK driving licence
Other Requirements	<ul style="list-style-type: none"> • Satisfactorily meeting the schools employment checks – Disclosure and Barring Service (DBS) check, references, qualifications and legal entitlement to work in the UK