



2026 Junior Coach Application and Expectations

Name: _____ Parent or Guardian's name: _____

Applicant Contact Information (if available): Cell Phone number: _____

Email: _____

Parent or Guardian Contact Information: Cell Phone number: _____

Email: _____

Grade completing in 2025/2026 school year: _____ Age: _____

Have you been a junior coach before? _____ Are you life guard certified? _____

How long have you done swim team? _____ years

Please write a paragraph below explaining: why you want to be a junior coach, what you believe it takes to be a junior coach, and the influence that junior coaches have on the team.

I, _____, have read and agree to follow the responsibilities and expectations outlined below if I am selected to be an El Lago Dorado Junior Coach.

Applicant Signature

Parent or Guardian Signature

Date

El Lago Dorado Junior Coach Expectations and Responsibilities

Junior coaches are a valuable and important part of the El Lago Dorados Swim Team coaching staff. Junior coaches are a volunteer position but may be rewarded with awards (e.g. gift cards) for their reliable and responsible service.

Responsibilities:

- Take directions from Head Coach and assistant coaches
- Attend Junior Coach training
- Show up on time to the days they've agreed to be there
- Be an example to other, particularly younger, swimmers.
 - This includes appropriate behavior, language, dress, etc.

During Practice

- Help instruct swimmers assigned to them (usually by lane) on strokes and techniques
- Be in the pool with swimmers
- Keep swimmers safe
 - Assist less experienced swimmers
 - Ensure swimmers are not engaging in activities that could hurt themselves or another swimmer
- Stop disruptions that prevent swimmers from practicing or getting instruction (including between junior coaches). This might include stopping horseplay, bullying, chatting, or parental direction. If the junior coach is unable to stop the situation he or she should immediately let a coach or board member know.
- Communicate schedules to coaching staff and show up on time when you are supposed to be there
 - Sign in / out (this also helps when you need volunteer hours for school)

During Meets

- Help with check-in and race assignments.
- Help organize younger swimmers for races, particularly relays
- Help get swimmers from ready area to starting blocks

Junior Coach Scheduling Availability

Practice Starts on Monday, April 27. Junior coaches are needed for the 5-6 year old practices and the 7-8 year old practices and this is what their schedule will be based on. However, they are welcome to help with the 9-10 year old age group if they want.

Please Indicate below any days that you are NOT available to do junior coaching (leave it blank if you can be at the practice / meet as a junior coach).

| Week of | Mon | Tue | Wed | Thur | Fri | Sat (Meets) | Meet Location |
|----------|-----|-----|-----|------|-----|----------------|------------------|
| April 27 | | | | | | | |
| May 4 | | | | | | | |
| May 11 | | | | | | | Home (mini-meet) |
| May 18 | | | | | | | Nassau Bay |
| May 25 | | | | | | | Brooks |
| June 1 | | | | | | | Home |
| June 8 | | | | | | | Timber Cove |
| June 15 | | | | | | | Home |

Practice times:

While school is in session

- 9-10 years old 4:45 - 5:45 pm
- 5-6 years old 5:45 - 6:15 pm
- 7-8 years old 6:15 - 6:45 pm

Starting May 22, Tuesday – Friday will be in the morning

- 5-6 years old 8:30 am - 9:00 am
- 7-8 years old 9:00 am - 9:45 am
- 9-10 years old 9:45 am - 10:45 am