

THE MALLOW SWANS SWIMMING CLUB



## POSITION AVAILABLE

### Head Swim Coach

**Mallow Swans Swimming Club** are looking to appoint a suitably qualified Level 3 swim coach to join our competitive swimming club.

**Position Overview:** As the Head Coach, you will play a crucial role in the strategic development and performance of our swimmers and coaching staff. You will be responsible for creating and implementing training programs, fostering athlete development, and ensuring the overall success of the club. The ideal candidate will possess a deep understanding of competitive swimming, excellent leadership skills, and the ability to inspire and motivate athletes to achieve their fullest potential.

**Location:** Mallow Swimming Pool, Mallow Co. Cork

**Start Date:** October 2024

**Closing date of application:** September 2024

**Working Hours:** Part-time. This will involve a weekly commitment of circa 6-8 hours poolside coaching plus attendance at meets and competitions.

**Reporting to:** Mallow Swimming Club Committee

**Contract Type:** Self-employed

**Remuneration:** Negotiable and competitive depending on candidate's qualifications and experience

About us: The Mallow Swans began when a group of passionate enthusiastic swimmers decided to get together and combine their ambitions and form the swimming club back in 1999. They started very small, holding training sessions on a Saturday morning, with coaches such as Steve Murphy, Ashling Murphy and Neil Sexton.

Our first competition that year was a trip to the Silver Springs Hotel in Cork against a local club. Here, we won a shield, which was the club's first ever piece of silverware. We hosted our first gala a year later, with the help of experienced committee member, Paschal Sweeney. The success of this gala and the talent of our core swimmers greatly helped the club to grow and succeed around Ireland. We have had several coaches over the years, all who brought their own teaching styles and personalities. It was due to these coaches, as well as those who have evolved from swimmers to coaches that have made the club what it is today. The original coaches of Steven Murphy, Ashling Murphy and Deirdre Linehan set a president of treating swimming as a sport that is competitive, educational but most of all FUN, which is a philosophy that has been carried down throughout the years.

We now have over 200 fabulous swimmers divided into 6 different competitive groups, 1 non competitive group and we are still growing.

Our club is affiliated to Swim Ireland (the national governing body for swimming) and is run on a voluntary basis by the Club Management Committee.

## Key Responsibilities

- **Program Development and Implementation:**
  - o Design and oversee comprehensive training programs for various age groups and skill levels, including competitive, developmental, and junior swimmers.
  - o Develop and execute a long-term strategic plan that aligns with the club's goals and objectives.
- **Coaching and Athlete Development:**
  - o Primary Coach for our Top squad of Performance swimmers.
  - o Monitor and evaluate swimmer progress, providing individualized feedback and adjustments to training as needed.
  - o Lead and mentor a team of Coaches, providing guidance, feedback, and professional development opportunities.
  - o Foster a positive and inclusive team environment that encourages personal growth, sportsmanship, and a strong work ethic.
- **Competition and Event Management:**
  - o Plan and coordinate participation in local, regional, and national competitions.
  - o Attend swim meets, providing on-deck coaching and support to athletes.
  - o Develop strategies and race plans tailored to individual swimmers and relay teams.

## Essential

### Qualifications and Skills

- **Education and Certification:**
  - o Bachelor's degree in Sports Science, Physical Education, or a related field (preferred).
  - o Swim Ireland Level 3 Coaching qualification or equivalent.
  - o Safeguarding and Garda Vetting compliance
- **Experience:**
  - o Coaching experience at a competitive swimming level, with a proven track record of success.
  - o Experience in a leadership role, managing teams, and working with athletes of various ages and abilities.
- **Skills:**
  - o Strong understanding of swimming techniques, training methodologies, and athlete development principles.
  - o Excellent communication, interpersonal, and organizational skills.
  - o Ability to motivate and inspire athletes and coaching staff.

Applications: Applications to [chairperson@mallowswans.ie](mailto:chairperson@mallowswans.ie) with an up-to-date CV and details of all relevant qualifications and experience.