



Shamrock Diving Club – Part Time Head Coach

Founded in 2009, Shamrock Diving Club is a vibrant competitive diving club based in Dublin, Ireland and trains at the National Aquatic Centre in Dublin. The Shamrock Diving Club is the only high diving club in Ireland. We have approximately 24 competitive divers and 8 non-competitive divers across 5 progressive Squads. We are seeking a Head Coach to work on a part time basis and to lead the Club into our next phase of growth.

Position Overview

As the Head Coach, the ideal candidate will play a crucial role in the development and performance of our divers and assistant coaches. You will be responsible for creating and implementing competitive and non-competitive diving training programmes, fostering athlete development across multiple squads and ensuring the overall success of the Club. The Head Coach will possess excellent leadership skills, be passionate about diving and support athletes to achieve their maximum potential.

Key Responsibilities

- **Program Development and Implementation:**
 - Develop and implement individual performance goals for various age groups and skill levels and create monthly lesson plans for pool and dryland time
 - Optimise the Pool / Dry-land time to ensure the most effective use of the facilities
 - Produce an annual competition / training camp program that includes and develops all competitive club members
- **Coaching and Athlete Development**
 - Monitor and evaluate diver progress, providing individualized feedback, guidance and adjustment to training, as needed

- Lead and mentor the Assistant Coaches, providing support, guidance and feedback to ensure consistent high standards of coaching
- Foster a positive and inclusive Club and team environment that encourages personal growth, good sportsmanship and a strong work ethic
- **Competition and Event Management**
 - Plan and coordinate participation and selection of athletes and/or teams for competitions and training camps
 - Take a lead role in setting competition goals and targets to athletes, parents and committee members
 - Attend diving competitions, at all levels, providing on-deck coaching and support to athletes and undertake judging duties as required

Qualifications and Skills

- **Education and Certification:**
 - Swim Ireland Level 2 Coaching Certificate for Diving or recognized international equivalent
 - Valid Swim Ireland / Sport Ireland Safeguarding Level 1 Certificate
 - Certified Garda vetting with Swim Ireland credentials
- **Experience**
 - Coaching experience at a competition level, with a proven track record of success
 - Experience in a leadership role, managing teams and working with athletes of various ages and abilities
 - Knowledge of Health and Safety regulations in relation to Diving and Dry Dive training
- **Skills**
 - Strong understanding of diving techniques and training methods
 - Excellent communication, interpersonal and organizational skills
 - Ability to motivate and inspire athletes and Assistant Coaches

How to Apply

Candidates please send your CV to: shamrockdivingclub@gmail.com

