

Hydra Aquatics Position Description:

Associate Coach

Position Summary

The Associate Coach is a part-time, entry-level coaching position ideal for high school students interested in supporting youth swimmers and gaining experience in the sport. Working under the direct supervision of a Senior Coach, the Associate Coach helps deliver engaging, safe, and developmentally appropriate swim practices for beginner-level swimmers enrolled in Hydra's Beginner and Stroke School programs.

This role emphasizes hands-on instruction, enthusiastic encouragement, and a team-first attitude. Associate Coaches are expected to model Hydra's core values and provide a positive experience for every swimmer, regardless of age or ability.

Key Responsibilities

- Assist the Senior Coach in delivering daily practice sessions for beginner and stroke development groups
- Demonstrate proper stroke technique, starts, and turns as requested
- Provide individual attention and feedback to young swimmers in the water and on deck
- Help supervise group transitions, lane organization, and swimmer safety
- Support a positive team culture by encouraging effort, respect, and fun
- Assist with practice setup and cleanup as needed
- Maintain punctuality, preparedness, and professionalism at all times
- Assist at Mini-Meets, as requested

Qualifications

Required

- Current high school student (minimum age 15, or per facility/employment policy)
- Strong communication skills with children and ability to follow directions from Senior Staff
- Available to work weekday afternoons and/or weekends during practice hours
- Enthusiasm for helping others learn and grow in a positive team environment
- Current certifications in CPR/AED/Lifeguard (or willingness to obtain)
- Willingness to obtain appropriate work permit
- USA Swimming Safe Sport Certification (or willingness to obtain)

Preferred

- Prior experience in competitive swimming, summer league, or swim instruction

Core Competencies

- Enthusiasm and Positive Attitude
- Responsibility and Reliability
- Basic Technical Knowledge of Strokes
- Communication with Young Athletes
- Team Collaboration and Respect
- Coachability and Willingness to Learn

Compensation

- Hourly wage based on experience and certifications
- Mentorship and professional development from senior coaching staff
- Hydra Aquatics coaching apparel

About Hydra Aquatics

Hydra Aquatics of Northern Virginia is a swimmer-first USA Swimming member club dedicated to building strong foundations for athletes of all levels. Our Beginner and Stroke School Programs introduce children to the sport through structured, fun, and safe swim instruction led by experienced coaches and supported by enthusiastic Associate Coaches.

Hydra Aquatics is an Equal Opportunity Employer and is committed to creating a welcoming and inclusive environment. We encourage applications from students of all backgrounds who share our values of respect, growth, and teamwork.