



# ASSISTANT COACH INFORMATION SHEET



## WHAT DO ASSISTANTS DO?

- Assistant coaches are a volunteer position, and are paired with a recreational coach and team during the season
- Assistants help with giving feedback, leading small parts of practices, and supporting the swimmers
- During practices, assistants are in the water with the swimmers

## HOW DO I BECOME AN ASSISTANT COACH?

- Swimmers in the 13-15 and Junior (16-20) age categories are eligible to be assistant coaches
- Coaching applications are typically open from May to June for the upcoming season and will be posted on the website and social media
- When selecting assistant coaches, we consider the swimmer's behaviour, leadership, and responsibility as an athlete

## HOW DO I BECOME A REC COACH?

- Swimmers are eligible to become recreational coaches once they turn 15 or enter grade 10. At this time, the Rec Lead Coach will assist them in getting their AquaGO! certification

## VOLUNTEER HOURS

Assistant coaching hours are eligible for high school volunteer hours! Assistants can get the volunteer hours from from their school or online and bring it to the rec lead coach to sign during the season.



## GET STARTED!

Email  
[reccoach@nepeansynchro.com](mailto:reccoach@nepeansynchro.com)  
to let us know you're interested!