

# Synchro Assist Program

*Title: Synchro Assistant*

*Report to: Team Coach, Head of Rec. & Head Coach*

*Number of positions available: 2 (dependant on enrolment)*

*Period: Sept-Dec & Jan-May*

Synchro Assistants are athletes who have a special interest in gaining some coaching experience through volunteer coaching. Synchro Assistants work with Recreational athletes under the supervision of the Recreational Team Coach. Synchro Assistants will help the coach lead both in pool and dry land sessions, providing constructive feedback while creating a positive environment.

## **General Responsibilities:**

- Work with recreational swimmers during pre determined weekly times
- Demonstrate a willingness to learn about the Recreational Program
- Demonstrate proficiency in key skills such as
  - communicating with swimmers
  - teaching basic skills
  - maintaining a safe learning environment
  - adapting activities to various abilities and circumstances

## **Specific Responsibilities:**

- Review and be knowledgeable of the ASSC Coach Manual
- Be knowledgeable of all safety procedures
- Meet weekly with the Recreational Team Coach to discuss practice plans
- Assist the Recreational Team Coach in providing feedback
- Accompany swimmers out of pool as requested by Recreational Team Coach (bathroom, injury, call home, etc...)
- Assist with clean up at end of practice
- Ensure that all athletes have met up with a parent at the end of each practice

# Synchro Assist Application Form

Name of applicant: \_\_\_\_\_

I give permission for my child to participate in the ASSC Synchro Assist Program. I understand that they will be donating their time, as this will be a volunteer position.

I understand that once my child has completed the program, the Head of Recreation may provide a recommendation for the athlete to pursue a higher level of coach training, once the athlete comes of age.

Parent Signature \_\_\_\_\_

Date \_\_\_\_\_

Athlete Signature \_\_\_\_\_

Date \_\_\_\_\_

