

# **Oregon Masters Swimming**

## **Policy for OMS Coach at National Championship Meets:**

**Policy Statement:** OMS will supply a qualified swimming coach, to assist all OMS-registered swimmers, at each USMS National Championship Pool Meet in which 15 or more OMS-registered swimmers are likely to enroll. OMS will pay this coach a stipend, and reimburse expenses, upon his or her satisfactory completion of all responsibilities.

**Qualifications:** The OMS Coach...

- Is currently coaching an OMS-registered club or local team.
- Has extensive knowledge of swimming technique.
- Has demonstrated ability to work effectively with athletes of all masters ages & abilities in a competitive environment.
- Has demonstrated ability & willingness to perform similar responsibilities, through either the OMS Host Coach program or the USMS On-Deck Coach program.
- Has demonstrated appropriate organizational skills.
- Has an enthusiastic & positive demeanor.

**Responsibilities:** The OMS Coach shall...

- Prepare & send a pre-event letter or e-mail to all OMS swimmers who are enrolled at the meet, outlining the details of coaching assistance & soliciting information for the development of relay lineups.
- Attend the pre-meet technical meeting if possible.
- Develop relay lineups and enter them in a timely manner [see OMS policy on reimbursement for relays at national meets].
- Designate an OMS seating area & hang the OMS banner if possible.
- Offer guidance & splits during warm-up to those who desire it.
- Offer pre-race guidance & post-race comments throughout the meet to those who desire it.
- Offer encouragement as needed.
- Serve as advocate for OMS swimmers regarding protests & administrative problems.
- Distribute a brief evaluative survey to swimmers at or after the meet.
- Prepare a written report on the Meet for the OMS Board, including pertinent information from the meet, results of the evaluative survey, and recommendations for future coaching assistance.
- Behave in a professional manner at all times.

**Selection:**

- The OMS Coaches Committee will actively solicit applicants for this position well before each National Championship Pool Meet in which it appears likely that 15 or more OMS swimmers are likely to enroll.
- Applicants for this position will apply by sending a completed application to the Chair of the OMS Coaches Committee before the deadline.
- The OMS Board will review the applications, and select and notify the Coach promptly.
- The selected Coach will sign an agreement with the OMS Board to perform the listed responsibilities.

**Stipend and Expenses:**

- OMS will pay a stipend of \$125 per day.
- OMS may pay an additional stipend for relay coordination, the amount to be determined at the time of appointment.
- OMS will reimburse for reasonable expenses relating to travel, lodging, and team communications.

**Assistant Coaches:**

- The OMS Board may appoint an Assistant Coach for National Championship Pool Meets in which 40 or more OMS-registered swimmers are likely to enroll. An additional coach may be appointed if 75 or more OMS-registered swimmers are likely to enroll.
- The Assistant Coach(s) shall have the qualifications listed above, share the responsibilities listed above as determined by the Head Coach, and follow the selection process as listed above if possible.
- The stipend for the Assistant Coach(s) shall be determined by the OMS Board at the time of appointment.

## **Oregon Masters Swimming**

### **Application for OMS Coach at National Championship Meet**

**Meet:** USMS Long Course National Championships, Indianapolis, IND  
**Dates:** August 6-10, 2009  
**Deadline:** Application received by June 15, 2009  
**Selection:** Coach(s) selected by the OMS Board no later than July 11, 2009.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone (h): \_\_\_\_\_ Phone (w): \_\_\_\_\_ Fax: \_\_\_\_\_

E-mail (required): \_\_\_\_\_

1. Which OMS Local Team or Club are you currently coaching?
2. For which position are you applying? \_\_\_\_\_ Head Coach \_\_\_\_\_ Assistant Coach
3. List all qualifications you would like to be considered in applying for this position (education & swim coaching certification level, experience, achievement & awards, etc.):
  
4. List all experience you have coaching in a similar situation (for example, the OMS Host Coach or USMS On-Deck Coaching programs, All Star, Zone or National Team Coach):
  
5. List the qualities and strengths that will make you successful in this position:
  
6. Why do you wish to be selected to this position?
  
7. If selected, are you prepared to fulfill all of the responsibilities listed on the attached sheet?

Signed: \_\_\_\_\_ Date: \_\_\_\_\_

Please return your completed questionnaire by the above deadline to:  
Dennis Baker, OMS Coaches Chair

E-mail: bakeswim@yahoo.com