

Volunteer Assistant Coaches Needed

I CAN Junior Triathlon Club

The I CAN Junior Triathlon Club is a fun, safe, and exciting place where kids of all sizes, shapes and abilities can come together to learn and experience the awesome sport of triathlon. The program is open to children ages 6-18.

Job Description

Swim – The primary duties of the Assistant Swim Coach will be to work in concert with the Lead Coach to assess and develop the triathlete's freestyle stroke.

Requirements

Assistant coaches should have an understanding of the basis techniques for assessing movement efficiency in swimming. They should be familiar with the use of pull buoys, paddles, kickboards and other swimming equipment. They should be familiar with primary swimming drills used to promote effective stroke production. They must be motivated and have a very positive and encouraging attitude.

Bike – The primary duties of the Assistant Bike Coach will be to work in concert with the Lead Coach to maintain safety and develop the triathletes biking skills and technique.

Requirements

Assistant Coaches should have a knowledge and understanding of basic biking safety and skills. They must be motivated and have a very positive and encouraging attitude. You should have a mountain or road bike and be able to participate in training rides with the junior triathletes.

Run – The primary duties of the Assistant Running Coach will be to work in concert with the Lead Coach to develop the triathletes running skills.

Requirements

Assistant Coaches should be familiar with the basis for the development of efficient running technique. They should be able to identify basic element of running form that can be developed to improve running efficiency and economy. They must be motivated and have a very positive and encouraging attitude.

Training Schedule

Session I – March 16th thru May 27th

Session II – June 22nd thru August 2nd

Training Times

Mondays and Wednesdays – Swim and Run, 5:15 to 6:45 PM at Alta Sierra Intermediate School

Saturdays – Swim and Bike, 9:00 to 11:00 AM at Alta Sierra Intermediate School

How to Apply

Email your personal and athletic qualifications or resume to coachtodd@icantriclub.com

Primary Contact

Todd Waldner – 559.905.9473

For More Information about our Club

Visit our website at www.icantriclub.com

If you have experience working with kids coupled with running or swimming experience that would be awesome but not absolutely necessary.