



DEPARTMENT OF RECREATION

Marc Elrich
County Executive

Robin Riley
Director

Upper County Dolphins

8211 Emory Grove Rd, Gaithersburg, MD 20878

The Upper County Swim Team is seeking an Assistant Coach for the 2025 summer swim season. The Dolphins have approximately 50 swimmers and will be competing in Division O and is part of Montgomery County Recreation. The goal of the team is to provide an opportunity for children ages 5 to 18 to have fun, build self-confidence, teamwork, and good sportsmanship through competitive swimming.

Requirements and Primary Responsibilities for the Assistant Coach:

- Must be at least 16 years of age
- Must commit to the full season from Memorial Day weekend through the beginning of August.
- Report directly to the Head Coach
- Previous experience as a swimmer; maybe required to show swimming skills of 4 competitive strokes
- Attend all swim meets as assigned
- Attend all practices as assigned
- Ability to break down and teach all 4 competitive strokes
- Provide constructive feedback and instruction to all swimmers
- Provide in-water coaching and demonstrations
- Knowledge of MCSL rules and procedures
- Enthusiastic, energetic and team spirited
- Other duties or activities as assigned

Current lifeguarding and CPR certifications are recommended.

Interested candidates need to send a resume and 2 professional swim references to Trish Dent-Lewis at Patricia.Dent-Lewis@montgomerycountymd.gov

Aquatics