

Bob and Meg O'Donnell began the LASO Swim Team in Marion, VA in the spring of 2001. They will be retiring this March, 2018 and are looking for a committed head coach to continue with the growth and improvement of the team. Marion is located on I-81 in southwest Virginia, 25 miles south of Wytheville, VA, and 45 miles north of Bristol, VA. Marion is the site of Hungry Mother State Park and the Lifetime Wellness Center, home of the LASO team. The Wellness Center is a 52,000-square foot state-of-the-art facility owned and operated by the Smyth County Community Foundation. LASO practices in the 6-lane, 25-yard pool in the aquatics area which also has a jacuzzi and therapy pool. The upper level of the center contains the fitness area. Over 80 pieces of cardiovascular, selectorized, plate-loaded and free weight equipment is on this floor. An indoor track and racquetball court are also on the upper level. A full-size gymnasium is on the ground floor. Programs and activities are offered throughout the day and evening for youngsters and seniors.

Take the ball and run.

Over the past 16 years the program has been developed from the ground up by acknowledging that every swimmer starts as a beginner but has true potential with hard work, dedication and coaches that care about each individual person. The team has had an average of 45 swimmers which makes this process realistic. Beginners can be nurtured, "B" levels can be challenged and elite swimmers can be pushed for success at all levels.

It is all up to you.

Over the years, practices have run 4-6 pm during the school year with 2 mornings and Saturdays added. Over the summer, practice is 7-9 am with the benefit of using the town's outdoor 50-meter pool. Swim team has access to the cardio and weightlifting areas of the Lifetime Wellness Center. Meets have been usually once/month.

Requirements:

Write and execute well thought out workouts

Develop positive atmosphere for an excellent learning and working situation

Love what you do and project that to the swimmers

Get them excited about goal setting and working hard toward those goals

Recognize each swimmer's ability or disability

Praise, encouragement, praise!!!

Make up meet schedule, get meet info to families and enter swimmers in meets

Attend meets

Be a positive mentor

Technique, technique, technique!!!

Work with the athletes psyche as well as their physical self

Have a current USA Swim Certificate including Background Check, CPR/First Aid, Safety Training for Coaches and Athlete Protection Training.

In summary: We are looking for a mature individual that is wanting a family oriented lifestyle in Southwest Virginia. This person needs to possess energy and creativity to continue the program progression. He/she will be working in an environment right alongside the families of your swimmers in a rural but progressive community. This is a rare opportunity for a self-motivated and highly-energized coach to take this program and make it yours.

Options of time, commitment, responsibilities and salary are negotiable.

Please e-mail a statement of interest with a resume including your reasons for moving to SW Virginia plus how you would intend to keep the program growing.

Email to Meg O'Donnell at modonnell@lifetimewc.com.