



The Hudson Girls Swim and Dive team is seeking a qualified, energetic, and safety-focused diving coach to lead our varsity and junior varsity diving program. The diving coach is responsible for instructing student-athletes in 1-meter springboard diving techniques, ensuring proper pool deck safety, developing dive sheets/degree of difficulty (DD) strategies, and fostering a positive, competitive team environment.

Essential Duties and Responsibilities:

- Technical Instruction & Athletic Coaching
- Teach fundamental and advanced 1-meter springboard diving techniques, including approach, hurdle, take-off, flight position, and entry.
- Design and execute daily practice plans focusing on progression, conditioning, dryland training, and mental preparation.
- Evaluate individual diver skills and safely guide athletes through learning new, higher-degree-of-difficulty dives.
- Provide real-time feedback and video analysis when appropriate to improve form and technical execution.

Meet Management & Strategy:

- Construct, review, and submit official dive sheets/cards prior to dual meets and championship invitationals in accordance with NFHS rules.
- Manage diver rotation, scoring, and sportsmanship during competitions.
- Coordinate with the Head Swimming Coach to manage overall meet scores and team logistics.
- Travel with the team to away meets and oversee student-athletes during transportation and events.

Safety, Risk Management & Compliance

- Maintain a secure and safe training environment, enforcing all pool safety rules and spotting procedures.

- Ensure strict adherence to National Federation of State High School Associations (NFHS) diving rules and state athletic association guidelines.
- Respond promptly to injuries, maintain accurate incident reports, and liaise with the Certified Athletic Trainer (ATC).
- Monitor student-athlete academic eligibility, attendance, and adherence to the Athletic Code of Conduct.

Communication & Administration:

- Maintain clear, professional communication with student-athletes, parents, school administrators, and athletic staff regarding schedules, expectations, and program updates.
- Organize and care for all diving equipment, including springboards, fulcrums, mats, and dryland apparatus.
- Participate in preseason parent/athlete meetings, postseason banquets, and athletic department meetings as required.

Qualifications & Requirements Required:

- High school diploma or equivalent.
- Proven competitive diving background at the high school, club, or collegiate level.
- Demonstrable knowledge of NFHS diving rules, scoring system, dive numbers, and degree-of-difficulty tables.
- Current CPR, First Aid, and AED Certifications (or willingness to obtain prior to season start).
- Ability to pass a mandatory background check and complete state-required coach credentialing (e.g., Fundamentals of Coaching, Concussion in Sports, Sudden Cardiac Arrest).

How to Apply:

Interested candidates should submit a resume, cover letter, and three professional references to <https://wecan.waspa.org/Vacancy/265999>.

