



Head Age Group Coach

Chehalem Swim Team

in collaboration with

Apex Aquatics

📍 Newberg, Oregon | ⌚ 30+ hours/week | 💰 \$34,000–\$39,000

🚀 Start: ASAP
(Current Short Course Season)

🌟 Why This Role Matters

If you're ready to lead, mentor, and shape a program starting in year zero, this is your shot.

In December of 2024, Chehalem Swim Team (CST) partnered with Tigard-Tualatin and Canby Swim Clubs to form Apex Aquatics — a regional collaboration now serving 300+ swimmers across the Portland metro area. We're building something bigger than a single club — a unified swim culture that supports athletes from their first lap to the national stage. We're looking for a driven, organized, and inspiring coach to guide our 11–14 year-old athletes — helping them build technical skills, race confidence, and competitive success. The head age group position plays a central role in shaping the foundation and identity of Apex's age-group program.

Key Offer Highlights

- ✓ State, regional, zone and sectional championship qualifiers
- ✓ 300+ athlete program across three Oregon communities
- ✓ Dedicated assistant coach to support the 11-14 squads
- ✓ Creative control of your training plan and structure
- ✓ Mentorship & growth budget for continued development

- ✓ Direct mentorship from our Apex head coaches and Apex leadership team
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Chehalem Swim Team (CST)

A longstanding USA Swimming–sanctioned nonprofit (501(c)(3)) with an average of 115 active swimmers annually, based at the Chehalem Aquatic Center, one of Oregon’s newest aquatic facilities, operated by Chehalem Park and Recreation District in Newberg, OR. Practices are held in a dedicated 8-lane competition pool with an adjoining 5-lane, 20-yard stretch pool. The competition pool can be configured as short course yards (SCY) and short course meters (SCM), depending on the season. The facility also hosts three annual home meets, providing excellent racing opportunities for swimmers at every level.

-  **Facility address:** 1802 Haworth Ave., Newberg, OR 97132
-  **Virtual tour of facility:** <https://www.cprdnewberg.org/general/page/tour-facility>
-  **Learn more:** <https://www.gomotionapp.com/team/orcst/page/home>

Apex Aquatics Collaboration

- 3 partner clubs, all independently run
 - 4 facilities, all with competition pools
 - 300+ swimmers total
 - Joint practices, training trips, and meets
 - Recent championship meet results for Apex Aquatics
 - 9th at the 2025 Oregon 11–14 SC State Championships
 - 10th at the 2025 Oregon SC Senior State
 - 10th at the 2025 NW Age Group Regionals
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What You’ll Do

The head age group coach oversees all levels of our 11-14 squads and works directly with the 11-14 performance squad. You’ll coach basic to advanced technical skills, organize meet entries, create season plans, organize daily workouts, mentor assistant coaches, and ensure consistent athlete progression across all 11-14 swimmers. Training plans and group design are aligned with the head coach to ensure continuity across the program.

Your Key Responsibilities:

- Lead daily practices that balance technique, race skills, speed, and fun
- Collaborate with Apex staff to align season training plans and meet calendars.
- Create daily and seasonal training plans aligned to squad/team goals
- Run and plan dryland workouts throughout the year

- Attend all applicable meets, including travel and championship meets
 - Work with CST and Apex coaches to ensure athlete progression
 - Manage and mentor age-group assistant coaches
 - Introduce and encourage the competitive side of swimming in a positive, growth-oriented way
 - Communicate with the head coach, parents, and athletes
 - Maintain and promote a positive team culture
 - Assist with 10&U performance athletes as needed
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Schedule & Hours

- Approximately 30 hours per week
- Main practices: Monday–Friday afternoons, Saturday mornings
- Dryland: 2 days a week following practices
- Meets: weekends and travel required (Approx. 2-3 meets per month)

Practice Schedule:

- Sept–Feb: 3:00–5:00 PM (weekdays)
 - Mar–Aug: 4:00–6:00 PM (weekdays)
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What We Are Looking For

We're looking for a motivated coach who leads with clarity and energy — someone who works and collaborates well with other coaches, builds trust and respect with athletes and families, and knows how to incorporate fun when appropriate. You'll thrive here if you enjoy structure, clear communication, and the freedom to design training that gets results.

Preferred Qualifications & Experience:

- 5+ years recent age-group club coaching
 - USA Swimming coaching credentials (or willingness to obtain): Athlete Protection/SafeSport, background check, CPR/First Aid
 - Lifeguarding certification (preferred)
 - Strong technical swim knowledge, communication, and organizational skills
 - Team-first mindset
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What You'll Get

We know coaches thrive when they're supported — not just scheduled.

Coach Growth Package (\$500+ annual value):

- Annual ASCA membership
- \$100 annual continuing education or professional development stipend
- \$200 Arena gear stipend
- Full reimbursement for required certifications
- Access to cross-program collaboration with experienced Oregon coaches for shared development and best practices.

Additional Perks:

- Consistent practice blocks at the Chehalem Aquatic Center
 - Support from a collaborative, experienced coaching staff
 - Additional employment opportunities with CPRD or local high school swim programs
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Why You'll Love Working Here



Train in an 8-lane competition pool with elite facilities



Be part of something new — and help build it right



Work with athletes who want to improve



Collaborate with three established Oregon clubs



Grow as a coach and mentor in a supportive, high-energy culture



How to Apply

We're interviewing on a rolling basis and aim to onboard ASAP for the current short-course season.

Ready to make an impact? Let's talk.

✉ Send your resume and up to three references to:

CST Board President **Tina Urback** — president@cstsharks.com

Applications will be reviewed as they are received — early submission encouraged. We're eager to bring a coach on board as soon as possible to strengthen our age group program for the current season.



Summary Snapshot

Position: Head Age Group Coach (athletes 11–14 y/o)

Organization: Apex Aquatics / Chehalem Swim Team

Location: Newberg, OR

Hours: 30 per week

Pay: \$34,000–\$39,000/year

Reports to: Chehalem Swim Team Head Coach

Start Date: ASAP (current 2025-2026 short-course season)

CST / Apex Aquatics is an equal opportunity employer.

Learn more about our team at <https://www.gomotionapp.com/team/apex/page/home>