

Masters Onyx

Ages	26+ years
Division	Div 2
Competitions	Local x 2-3 CaliVic State Champs x 1
Development/Premier	n/a
Class day of week	Monday
Weekly Class Times	7:45 - 9:45pm
Class Duration	2 hours
Coach Vacancies (Dependent on numbers)	Section Coach x 1 2nd Assistant x 1 or Co-Coach x 2
Team number in 2025	12

Team Description

The Masters Onyx are skilled and experienced performers who still train for excellence and challenge, while maintaining the fun, camaraderie, and wellbeing focus that defines the Masters spirit.

Team Goals

- Foster a supportive, respectful, and encouraging culture where everyone contributes positively.
- Value teamwork and connection — success comes from unity, trust, and shared goals.
- Balance fun and focus — enjoy the journey while working toward high-level performance outcomes.
- Balance ambition with awareness — train smart, recover well, and perform safely.
- Support one another through challenges, both physical and personal.
- Recognise progress — technical, artistic, and personal — throughout the season.
- Embrace competition as a chance to showcase hard work and team pride, not just to win.
- Celebrate the unique strength and confidence that Masters bring to the stage.

Team Details

- Holiday classes - Yes
- Extra classes - 3
- Camp - No
- Dress Rehearsal - Studio

Coach Requirements

- Ability to coach performers ages 26+ years.
- Communicate clearly with all team members.
- Create a safe, inclusive, and positive atmosphere where students can make friends, and build the foundation for lifelong love of calisthenics.
- Track team budget. This includes costume budget, prop budget, extra class budget & mentor coach budget.
- Track team attendance
- Communicate with the committee as required.
- Select and prepare music and upload to competitions in a timely manner.
- Strategies to retain students in the team
- Strategies to retain students to move up to Bentleigh Inters the next year.

Section Coach Responsibilities

- Section Coaches are responsible for all teams costumes, rod tape, club covers (in consultation with assistant where required)
- Section Coaches responsible for all music/DLP uploads for all teams

Assistant Section Coach Responsibilities

- Assistant coaches to choreograph 2nd teams upon agreement with section coach (section coach has overall decision on music/choreography)
- Assistant coaches are required to support and work with section coaches under their overall direction

Second Assistant Section Coach Responsibilities

- Assistant coaches are required to support and work with section coaches under their overall direction
- Second assistants do not choreograph and/or take a team of their own

Coach Key Performance Indicators (KPIs)

Performer Development

- Improvement in performers skills, fitness, and performance over the season.
- Consistency in attendance, engagement, and effort during classes and competitions.
- Improvements in individual and team technique.

Team Performance

- Achievement of class and competition goals
- Team results or progression in competitions (where applicable)
- Positive feedback from adjudicators

Student Wellbeing & Retention

- Student satisfaction and enjoyment levels (mid year feedback survey)
- Retention rate of students (during the year)
- Retention rate of students (next year)

- Evidence of positive team culture and inclusion.

Coaching Effectiveness

- Quality and structure of training sessions (planning, delivery, and progression)
- Ability to adapt coaching methods to suit age, skill level, or learning styles
- Communication and rapport with athletes and parents
- Demonstration of leadership, professionalism, and positive role-modelling

Professional Development

- Completion of coaching accreditation or ongoing education
- Attendance at workshops, seminars, or professional development sessions
- Implementation of new techniques, drills, or strategies learned
- Self-evaluation and reflection on coaching practices

Organisational Contribution

- Adherence to club policies, codes of conduct, and safety standards
- Contribution to club events, competitions, and community involvement
- Effective collaboration with assistant coaches, helpers, and club administrators
- Timely and clear communication with students and parents

Coach Support

The club will support our coaches in the following ways:

- Coach Leadership Team (CLT)
- Mentor Coach (3 hours)
- Mid year coach review
- Team Selection Policy