

Masters Sapphires

Ages	26+ years
Division	Div 5
Competitions	Local x 3 CaliVic State Champs x 1 RSSS Ballarat - if team members decide to enter they will be invoiced separately
Development/Premier	n/a
Class day of week	Thursday
Weekly Class Times	7:30 - 10pm
Class Duration	2.5 hours
Coach Vacancies (Dependent on numbers)	Section Coach x 1 2nd Assistant x 1 or Co-Coach x 2
Team number in 2025	10

Team Description

The Masters Sapphires team includes adults with a wide range of backgrounds — from lifelong performers to complete beginners — team goals emphasize inclusion, enjoyment, wellbeing, and personal achievement, while still offering challenge and growth.

Team Goals

- Foster a welcoming, supportive, and fun environment where everyone feels comfortable participating.
- Celebrate team spirit, laughter, and connection — success starts with a positive culture.
- Make training a highlight of the week — a space to move, de-stress, and enjoy being part of a team.
- Support beginners to learn the basics while offering challenges for experienced members.
- Encourage continual improvement — small wins every week build big results!
- Remind everyone it's never too late to learn, perform, or shine on 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