

Seniors Premier

Ages	17+ years
Division	Div 1
Competitions	Local x 3 CaliVic State Champs x 1 RSSS Ballarat x 1
Development/Premier	Premier
Class day of week	Tuesday
Weekly Class Times	6:45pm - 10:15pm
Class Duration	3 hours
Coach Vacancies (Dependent on numbers)	Section Coach x 1 Assistant Coach x 1 2nd Assistant x 1 or Co-Coach x 2 2nd Assistant x 1
Team number in 2025	24

Team Description

The Intermediates product needs a high commitment level for both students and coaches and involves preparing students to perform at a higher division at 5 competitions.

Team Goals

- Seniors designed for students committed to achieving excellence in strength, technique, and artistry.
- This team demands a high level of dedication, discipline, and consistency, as the performers refine skills, enhance physical conditioning, and elevate performance quality.
- Classes should have an element of fun so that students enjoy coming to class.
- Foster a **respectful and encouraging environment** where everyone feels included and valued.
- Celebrate reliability, resilience, and commitment as much as results
- Provide **safe, supportive opportunities** to perform and take feedback constructively.

- Emphasise confidence through preparation — “we perform how we train.”
- Cultivate belief in the teams’ ability to deliver under pressure and enjoy performing as a team.
- Approach every training and competition with focus, discipline, and intent.
- Build strong communication, trust, and mutual respect within the team.
- Support one another through challenges — physical, emotional, or competitive.
- Embrace feedback and use setbacks as motivation for growth.
- Aim for continual improvement in strength, flexibility, and skill execution.
- Incorporate advanced technique work and conditioning to perform at the peak.
- Prioritise injury prevention and recovery to sustain longevity at an elite level.
- Uphold the values of sportsmanship, dedication, and respect.
- Compete with grace, celebrate others’ success, and value the individual's own journey.

Team Details

- Holiday classes - Yes
- Extra classes - 6
- Camp - DA Day at Studio
- Dress Rehearsal - Theatre
- Pre-comp preparations - Yes if a late comp

Coach Requirements

- Ability to coach performers ages 17+ years.
- Communicate with team- both face-to-face and through written communication channels.
- 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
- Ensure under 18 students are signed in and out of classes and competitions
- 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

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