

Saturday Sub-Juniors Development

Ages	8-10 years
Division	SE4 or SE5
Competitions	Local x 3 CaliVic State Champs x 1
Development/Premier	Development
Class day of week	Saturday
Weekly Class Times	11:00am-1:15pm
Class Duration	2:25 hours
Coach Vacancies	Section Coach x 1 2nd Assistant x 1 or Co-Coach x 2
Team number in 2025	9

Team Description

The Saturday Sub-Juniors team offers a weekend option for students aged 8-10 years In 2025 the age breakdown of the team was, by year of birth.

2015 x 3

2016 x 4

2017 x 2

Team Goals

- Saturday Sub-Juniors is designed to introduce young performers to the fun and fundamentals of calisthenics in a positive and encouraging environment.
- Develop a love of calisthenics along with strong calisthenics technique.
- Create a **positive and inclusive environment** where every participant feels valued.
- Celebrate **effort, improvement, and participation**, not just results.
- Developing correct **technique** across all apparatus and items.

Classes should have an element of fun so that students enjoy coming to class. Sub-Juniors often have students joining the team during the year, as the coach(es) you will need to have strategies on how to welcome and include new students throughout the year.

Team Details

- Holiday classes - 1 week of school holidays
- Extra classes - 3
- Camp - Day Camp at Studio
- Dress Rehearsal - Studio
- Pre-comp preparations - No

Coach Requirements

- Ability to coach children aged 8-10 years.
- Communicate with parents - 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 all 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.
- Ability to manage new students joining the team throughout the year.
- Strategies to retain students in the team
- Strategies to retain students to move up to Bentleigh Sub-Juniors the next year.
- 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 coaches to choreograph 2nd teams upon agreement with section coach (section coach has overall decision on music/choreography)
- Second assistants do not choreograph and/or take a team of their own
- Assistant coaches are required to support and work with section coaches under their overall direction

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