

Thursday Sub-Juniors

Ages	8-10 years
Division	SE Premier
Competitions	Local x 3 CaliVic State Champs x 1 RSSS Ballarat x 1
Development/Premier	Premier
Class day of week	Thursday
Weekly Class Times	4:30pm-7:15pm
Class Duration	2.75 hours
Coach Vacancies	Section Coach x 1 Assistant Coach x 1 or Co-Coach x 2
Team number in 2025	24

Team Description

Thursday Sub-Juniors is our premier Sub-Juniors product. This product needs a high commitment level for both students and coaches and involves preparing students to perform at a higher division at 5 competitions.

2015 x 12 (going up to Juniors in 2026)

2016 x 9

2017 x 3

Team Goals

- Sub-Juniors Premier team is designed for students committed to achieving excellence in strength, technique, and artistry.
- The Sub-Junior Premier 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.

Team Details

- Holiday classes - yes
- Extra classes - 6
- Camp - yes
- Dress Rehearsal - Theatre
- Pre-comp preparations - yes if a late comp

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