



Larinda Calisthenics College

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Larinda Calisthenics College - Letter of Agreement - Coaches 2026

Letter Of Agreement - Coaches and Assistants

Aims:

- To assist the coaching team
- To develop personal coaching and leadership skills
- Provide development and learning to students

Responsibilities and Requirements

In line with above but not limited to, it is also required that all members of the coaching team adhere to the following:

- Attend all classes and extra practices and advise the senior coach if unable to do so
- Arrive at least 5 minutes prior to class commencement time
- Assist with the set up on any equipment (ie; mats)
- Always wear the correct uniform when representing the college
- Attend all classes in approved attire with hair tied back
- No footwear to be worn during class to ensure that students can see correct foot placement and correct technique
- Not engaged in behaviour that doesn't assist the students; such a having social conversations with fellow assistants in class time or sitting on the stage/leaning on the walls
- Maintain confidentiality about any matters relating to students, coaches, teams or the college
- Have the best interests of Larinda Calisthenics College at heart and engage in behaviour that doesn't compromise any pupils position at Larinda
- Exclusively coach/assist at Larinda Calisthenics College only. (Extenuating situations may be discussed with the committee)
- Abide by the rules set out by Calisthenics Victoria and Calisthenics Victoria Coaches including all policies and upholding of values
- Abide by the Calisthenics Victoria/Royal South Street policy regarding photography
- Ensure that all students receive assistance at every class whether it be one-on-one or in a group
- Greet students, carers and parents on arrival and at competitions
- Gather students together and have them ready to start to ensure that class begins at the set time
- Always offer positive encouragement and feedback to students for any achievements
- Pack away equipment at the end of class
- Ensure all team members depart premises safely

**** (COACHES ARE TO ENSURE THEY HAVE READ AND ARE FAMILIAR WITH THE LARINDA CC - COACHES GUIDELINES) ****

As part of the coaching team at Larinda Calisthenics College I will act as follows:

- Meet all requirements above, at all times
- Be committed to providing a supportive and encouraging environment to students and coaches
- Complete all tasks above to the best of my ability
- Display reliability and trustworthiness
- Promote a healthy body image and lifestyle
- Lead by example being a role model to students
- Always be positive and cheerful
- Be fun and approachable
- Always do the utmost for the team in order for everyone to achieve their goals
- Be respectful at all times

Support and Guidance

Larinda Calisthenics College Committee and coaching team will provide the following:

- Provide coaching task and opportunities as appropriate
- Provide education and feedback to improve coaching skills and abilities
- Provide emotional support

If at any time the above mentioned codes and rules are breached, the committee and coaching team reserved the right to take disciplinary action.

Larinda Calisthenics Club thanks you for your commitment and wishes you every success for the upcoming year.

Contact email address

1. (Required) I hereby accept the assisting/coaching position for 2025. I acknowledge that I have read and will comply with the following policies that can be found on the Larinda Calisthenics College website in addition the above agreement. Social Media Policy, Child Safety Policy & Code of Conduct. By submitting this form I agree to the acceptance of the Letter of Agreement.

Signature
