

Junior Coach

Training Outline



4 PHASE

PROCESS



01

PHASE ONE

GETTING IN THERE- THIS IS THE FIRST STEP ON YOUR JOURNEY. YOU WILL HAVE A SET AMOUNT OF HOURS YOU MUST COMPLETE IN EVERY AREA OF OUR PROGRAMS.



02

PHASE TWO

INTRO TO COACHING- THIS IS WHEN YOU WILL LEARN "HOW TO COACH." EVERYTHING FROM KEEPING A SMILE ON YOUR FACE TO LESSON PLANNING



03

PHASE THREE

MENTORING- AFTER YOUR EVALUATION MEETING YOU WILL BE PLACED INTO A MENTORSHIP WHICH YOU WILL THEN NEED TO FULLFILL HOURS IN ORDER TO MOVE ON.



04

PHASE FOUR

CERTIFICATION! WE WILL BE SENDING YOU TO THE APPROPRIATE COURSES TO START THE CERTIFICATION PROCESS.



01

PHASE ONE

STEP 1-
INTRODUCTION COURSE
ON

STEP 2-
FILL IN YOUR HOUR BOOK
STEP 3-

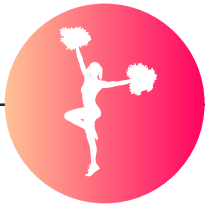
TAKE TRAMPOLINE INTRO
COURSE

STEP 4-
TAKE MINI TESTS AND PASS
WITH 80% OR ABOVE



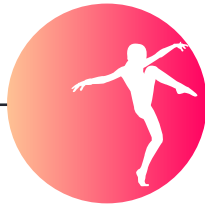
Competitive Gymnastics

Xcel- 2 hrs
Compulsory- 2 hrs
Optionals- 2 hrs



Competitive Cheerleading

Level 2+- 2 hrs
Level 1/prep- 2 hrs
Pom-2 hrs



Ninja 2 hrs



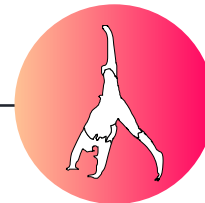
Parkour 2 hrs



Circus & Ariel Arts 2 hrs



Pre-school Classes 2 hrs (5 & under)



Recreational Classes 2 hrs (5 & over)

02

PHASE TWO

STEP 1-
GENERAL COACHING COURSE ON

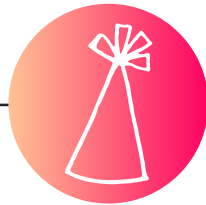
STEP 2-
FILL IN YOUR HOUR BOOK

STEP 3-
DO MINI TESTS PASS WITH 80% OR ABOVE

STEP 4-
HAVE EVALUATION MEETING REGARDING PROGRESS
MADE AND NEXT STEPS



**Physical
Ability**
3 hrs



**FUN while
working**
3 hrs



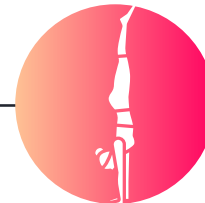
Spotting
3 hrs



**General
Warm-ups**
3 hrs



Flexibility
3 hrs



**Basic
Shaping**
3hrs

03

PHASE THREE

STEP 1-

FULFILL YOUR MENTORSHIP HOURS UNDER YOUR SPECIALITIES

STEP 2-

COACH ONE CLASS IN EACH OF YOUR SPECIALTIES

STEP 3-

FINAL EVALUATION MEETING TO REVIEW & MAKE SURE YOU FEEL CONFIDENT GOING INTO THE NEXT STEP

04

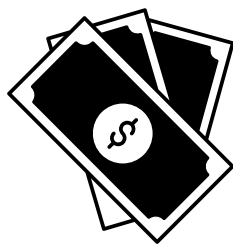
PHASE FOUR

STEP 1-

GO TAKE YOUR CERTIFICATION!

STEP 2-

HAVE YOUR OWN CLASS & AND START MAKING THAT MONEY!





ADDITIONAL INFORMATION

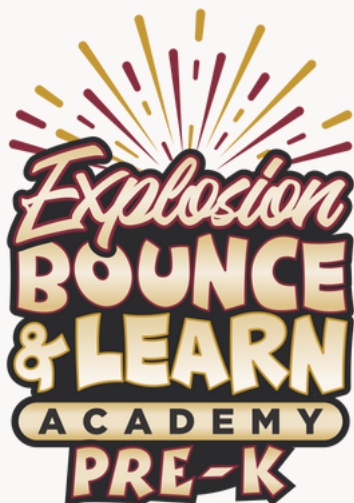


MINIMUM AGE REQUIREMENT-
PHASE 1- 12 YRS
PHASE 2- 14 YRS
PHASE 3&4- 15 YRS *AS REQUIRED BY
FEDERATIONS



TESTS-
IF YOU FAIL A TEST YOU, WILL BE
ASKED TO REPEAT THOSE HOURS IN
ORDER TO TRY AND TAKE THE TEST
AGAIN.

IF YOU ARE UNABLE TO MAKE THE
COURSES, YOU WILL HAVE TO
SCHEDULE A MAKE-UP TIME WITH THE
COURSE CONDUCTOR.



DISCLAIMER-
BY COMPLETING PHASES 1-3 DOES
NOT GUARANTEE YOU WILL BE SENT
FOR COURSES OR HIRED. YOUR
EFFORT, ATTITUDE, AND
INVOLVEMENT GREATLY IMPACT THE
DECISION TO HIRE YOU, AS WELL AS
ANY POSITIONS AVAILABLE.

Hour book example page

DATE

✦ _____

CHECKLIST

AS YOU READ EACH QUESTION, SIMPLY TICK "YES" IF YOU AGREE OR "NO" IF YOU DISAGREE WITH THE STATEMENT.

01	WAS THE JUNIOR COACH 10 MIN EARLY FOR CLASS?	YES <input type="checkbox"/>	NO <input type="checkbox"/>
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02	DID THE JUNIOR COACH ENGAGE WITH THE ATHLETES?	YES <input type="checkbox"/>	NO <input type="checkbox"/>
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03	DID THE JUNIOR COACH KEEP A POSITIVE ATTITUDE THROUGHOUT THE WHOLE CLASS?	YES <input type="checkbox"/>	NO <input type="checkbox"/>
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04	DID THE JUNIOR COACH REMAIN STANDING THROUGHOUT THE CLASS?	YES <input type="checkbox"/>	NO <input type="checkbox"/>
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05	WERE THEY HELPFUL?	YES <input type="checkbox"/>	NO <input type="checkbox"/>
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WHAT ARE 3 THINGS FOR THE JUNIOR COACH TO IMPROVE ON-

1 _____

2 _____

3 _____

WHAT ARE 3 THINGS THAT THE JUNIOR COACH DID WELL ON-

1 _____

2 _____

3 _____

CLASS NAME & TIME

EVALUATING COACHES NAME-

✦ _____

✦ _____