

# COACH OF THE YEAR CRITERIA

## Leadership

- Shows initiative by stepping up within the club displaying qualities strong role model for participants and coaching team.
- Guide initiatives, effective communication skills, ability to inspire and set achievement goals
- Great delegation and collaboration skills
- Ability to motivate and oversee and support the ongoing progress within the sport, club and participants
- Displaying honesty, and integrity

## Coaching achievements

- Understands the purpose of coaching,
- Supports and develops the participants skills and abilities and able to recognize the individual ability of each participant
- Be goal orientated and able to achieve performance results
- Displays consistent improvement in the team

## Sportsmanship

- Leads by example and display, positive attitude, respect, be gracious regardless of the results.
- Positively recognize your participants performances and the performances of others
- Positive Role model for your team and club showing respect for Officials, volunteers, and all members in Calisthenics community

## Professional Development

- Endeavors to have an ongoing professional development plan in place outlining goals and objectives, enhancing skills and improving performance.
- Acknowledges gaps in own skillset
- Takes opportunity to attend professional development courses offered
- Seeks opportunities outside the calisthenics community to build on knowledge
- Seeks out mentors to support growth of personal skills and knowledge
- Shows innovation in approach to choreography, class planning/management, skills progression, coaching methods.

## Participant development

- Identifies skills to be developed, key strengths and strategies for improvement

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- Creates a positive and engaging environment to support retention
- Motivates and provides opportunities for individual participants to achieve appropriate goals
- Uses correct calisthenics terminology
- Supports Skills program
- Recognises opportunities for participant to advance to more challenging skills and provide the necessary support.

### **Active promotion of Calisthenics outside the Calisthenics community**

- Engage in opportunities and avenues to promote calisthenics in your local community
- A good ambassador for your club and sport
- Seen participating in local community events
- Helps form relationships with external key stakeholder
- Uses multiple platforms to promote the sport

### **Professionalism (demonstrated through the other criteria points)**

- Follows ACF Coaches Code of ethics
- Acts with integrity and respect at all times
- Presents in appropriate attire whilst representing the club and sport
- Creates a positive impression on others
- Displays dependability and organization for all aspects of coaching
- Shows confidence in own calisthenics skills and communication

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Criteria/ Points	1	2	3	4	5
<b>Mentoring Other Coaches</b>	Show very minimal or no mentorship of coaches/coaches in training inside or outside the club	Shows minimal mentorship of coaches/coaches in training inside AND outside the club	Shows regular mentorship of coaches/coaches in training inside or outside the club	Often shows mentorship of coaches/coaches in training inside AND outside the club	Always actively showing mentorship of coaches/coaches in training inside AND outside the club
<b>Leadership</b>	<p>Occasionally shows initiative, by stepping up within the club. Occasionally displaying qualities of a strong role model for participants and coaching team.</p> <p>Occasionally guides initiatives, effective with communication skills, and a proven ability to inspire and set achievement goals</p> <p>Occasionally demonstrates great delegation and collaboration skills</p> <p>Occasionally shows an ability to motivate and oversee and support the ongoing progress within the sport, club, and participants</p> <p>Occasionally displays honesty and integrity</p>	<p>Sometimes shows initiative, by stepping up within the club. Regularly displaying qualities of a strong role model for participants and coaching team.</p> <p>Sometimes guides initiatives, effective with communication skills, and a proven ability to inspire and set achievement goals</p> <p>Sometimes demonstrates great delegation and collaboration skills</p> <p>Sometimes shows an ability to motivate and oversee and support the ongoing progress within the sport, club, and participants</p> <p>Sometimes displays honesty and integrity</p>	<p>Regularly shows initiative, by stepping up within the club. Regularly displaying qualities of a strong role model for participants and coaching team.</p> <p>Regularly guides initiatives, effective with communication skills, and a proven ability to inspire and set achievement goals</p> <p>Regularly demonstrates great delegation and collaboration skills</p> <p>Regularly shows an ability to motivate and oversee and support the ongoing progress within the sport, club, and participants</p> <p>Regularly displays honesty and integrity</p>	<p>Often shows initiative, by stepping up within the club. Always displaying qualities of a strong role model for participants and coaching team.</p> <p>Often guides initiatives, effective with communication skills, and a proven ability to inspire and set achievement goals</p> <p>Often demonstrates great delegation and collaboration skills</p> <p>Often shows an ability to motivate and oversee and support the ongoing progress within the sport, club, and participants</p> <p>Always displays honesty and integrity</p>	<p>Always shows initiative by stepping up within the club. Always displaying qualities of a strong role model for participants and coaching team.</p> <p>Always guides initiatives, effective with communication skills, and a proven ability to inspire and set achievement goals</p> <p>Always demonstrates great delegation and collaboration skills</p> <p>Always shows an ability to motivate and oversee and support the ongoing progress within the sport, club, and participants</p> <p>Always displays honesty and integrity</p>
<b>Coaching Achievements</b>	<p>Proven understanding of the purpose of coaching by</p> <p>Occasionally supports and develops the participant's skills and abilities and able to</p>	<p>Proven understanding of the purpose of coaching by</p> <p>Sometimes supports and develops the participant's skills and abilities and able to</p>	<p>Proven understanding of the purpose of coaching by</p> <p>Regularly supports and develops the participant's skills and abilities and able to</p>	<p>Proven understanding of the purpose of coaching by</p> <p>Often supports and develops the participant's skills and abilities and able to recognise</p>	<p>Proven understanding of the purpose of coaching by</p> <p>Always supports and develops the participant's skills and abilities and able to recognise</p>

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	<p>recognise the individual ability of each participant.</p> <p>Occasionally demonstrates goal orientation and ability to achieve performance results</p> <p>Occasionally displays improvement in the team</p>	<p>recognise the individual ability of each participant.</p> <p>Sometimes demonstrates goal orientation and ability to achieve performance results</p> <p>Sometimes displays improvement in the team</p>	<p>recognise the individual ability of each participant.</p> <p>Regularly demonstrates goal orientation and ability to achieve performance results</p> <p>Regularly displays improvement in the team</p>	<p>the individual ability of each participant.</p> <p>Often demonstrates goal orientation and ability to achieve performance results</p> <p>Often displays improvement in the team</p>	<p>the individual ability of each participant.</p> <p>Proven goal orientation and ability to achieve performance results</p> <p>Always displays consistent improvement in the team</p>
<b>Sportsmanship</b>	<p>Occasionally leads by example and displays a positive attitude, respect, and is gracious regardless of the results.</p> <p>Occasionally positively recognises participants performances and the performances of others</p> <p>Is occasionally a positive Role model for your team and club showing respect for Officials, volunteers, and all members in Calisthenics community.</p>	<p>Sometimes leads by example and displays a positive attitude, respect, and is gracious regardless of the results.</p> <p>Sometimes positively recognises participants performances and the performances of others</p> <p>Is sometimes a positive Role model for your team and club showing respect for Officials, volunteers, and all members in Calisthenics community.</p>	<p>Regularly leads by example and displays a positive attitude, respect, and is gracious regardless of the results.</p> <p>Regularly positively recognises participants performances and the performances of others</p> <p>Is regularly a positive Role model for your team and club showing respect for Officials, volunteers, and all members in Calisthenics community.</p>	<p>Often leads by example and displays a positive attitude, respect, and is gracious regardless of the results.</p> <p>Often positively recognises participants performances and the performances of others Is often a positive Role model for your team and club showing respect for Officials, volunteers, and all members in Calisthenics community.</p>	<p>Always leads by example and displays a positive attitude, respect, and is gracious regardless of the results.</p> <p>Always positively recognises participants performances and the performances of others Is always a positive Role model for your team and club showing respect for Officials, volunteers, and all members in Calisthenics community.</p>
<b>Professional Development</b>	<p>Occasionally endeavors to have an ongoing professional development plan outlining goals and objectives to enhance skills and improving coaching abilities.</p> <p>Occasionally acknowledges gaps in own skillset</p>	<p>Sometimes endeavors to have an ongoing professional development plan outlining goals and objectives to enhance skills and improving coaching abilities.</p> <p>Sometimes acknowledges gaps in own skillset</p>	<p>Regularly endeavors to have an ongoing professional development plan outlining goals and objectives to enhance skills and improving coaching abilities.</p> <p>Regularly acknowledges gaps in own skillset</p>	<p>Often endeavors to have an ongoing professional development plan outlining goals and objectives to enhance skills and improving coaching abilities.</p> <p>Often acknowledges gaps in own skillset</p>	<p>Always endeavors to have an ongoing professional development plan outlining goals and objectives to enhance skills and improving coaching abilities.</p> <p>Always acknowledges gaps in own skillset</p>

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	Occasionally takes opportunity to attend professional development courses	Sometimes takes opportunity to attend professional development courses	Regularly takes opportunity to attend professional development courses	Often takes opportunity to attend professional development courses	Always takes opportunity to attend professional development courses
	Occasionally seeks opportunities outside the calisthenics community to build on knowledge	Sometimes seeks opportunities outside the calisthenics community to build on knowledge	Regularly seeks opportunities outside the calisthenics community to build on knowledge	Often seeks opportunities outside the calisthenics community to build on knowledge	Always seeks opportunities outside the calisthenics community to build on knowledge
	Occasionally seeks out mentors to support growth of personal skills and knowledge	Sometimes seeks out mentors to support growth of personal skills and knowledge	Regularly seeks out mentors to support growth of personal skills and knowledge	Often seeks out mentors to support growth of personal skills and knowledge	Always seeks out mentors to support growth of personal skills and knowledge
	Occasionally shows innovation in approach to choreography, class planning/management, skills progression, coaching methods.	Sometimes shows innovation in approach to choreography, class planning/management, skills progression, coaching methods.	Regularly shows innovation in approach to choreography, class planning/management, skills progression, coaching methods.	Often shows innovation in approach to choreography, class planning/management, skills progression, coaching methods.	Always shows innovation in approach to choreography, class planning/management, skills progression, coaching methods.
<b>Participant Development</b>	Occasionally identifies skills to be developed, key strengths and strategies for improvement	Sometimes identifies skills to be developed, key strengths and strategies for improvement	Regularly identifies skills to be developed, key strengths and strategies for improvement	Often Identifies skills to be developed, key strengths and strategies for improvement	Always Identifies skills to be developed, key strengths and strategies for improvement
	Occasionally create a positive and engaging environment to support retention	Sometimes create a positive and engaging environment to support retention	Regularly create a positive and engaging environment to support retention	Often create a positive and engaging environment to support retention	Always create a positive and engaging environment to support retention
	Occasionally motivate and provide opportunities for individual participants to achieve appropriate goals	Sometimes motivate and provide opportunities for individual participants to achieve appropriate goals	Regularly motivate and provide opportunities for individual participants to achieve appropriate goals	Often motivate and provide opportunities for individual participants to achieve appropriate goals	Always motivate and provide opportunities for individual participants to achieve appropriate goals
	Occasionally uses correct calisthenics terminology	Sometimes uses correct calisthenics terminology	Regularly uses correct calisthenics terminology	Often uses correct calisthenics terminology	Always uses correct calisthenics terminology
	Shows little support for Pupils Skills program	Sometimes supports Pupils Skills program	Regularly supports Pupils Skills program	Often supports Pupils Skills program	Strongly supports Pupils Skills program

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	Occasionally recognises opportunity for participant to advance to more challenging skills and provide the necessary support.	Sometimes recognises opportunity for participant to advance to more challenging skills and provide the necessary support.	Regularly recognises opportunity for participant to advance to more challenging skills and provide the necessary support.	Often recognises opportunity for participant to advance to more challenging skills and provide the necessary support.	Always recognises opportunity for participant to advance to more challenging skills and provide the necessary support.
<b>Promotion of Calisthenics outside the Calisthenics community</b>	<p>Engages in very little opportunities and avenues to promote calisthenics in your local community</p> <p>Is occasionally a good ambassador for the club and sport</p> <p>Is occasionally seen participating in local community events</p> <p>Occasionally helps to form relationships with external key stakeholder</p> <p>Occasionally uses multiple platforms to promote the sport</p>	<p>Engages in some opportunities and avenues to promote calisthenics in your local community</p> <p>Is sometimes a good ambassador for the club and sport</p> <p>Is sometimes seen participating in local community events</p> <p>Sometimes helps to form relationships with external key stakeholder</p> <p>Sometimes uses multiple platforms to promote the sport</p>	<p>Engages in few opportunities and avenues to promote calisthenics in your local community</p> <p>Is regularly a good ambassador for the club and sport</p> <p>Is regularly seen participating in local community events</p> <p>Regularly helps to form relationships with external key stakeholder</p> <p>Regularly uses multiple platforms to promote the sport</p>	<p>Engages in multiple opportunities and avenues to promote calisthenics in your local community</p> <p>Is often a good ambassador for the club and sport</p> <p>Is often seen participating in local community events</p> <p>Often helps to form relationships with external key stakeholder</p> <p>Often uses multiple platforms to promote the sport</p>	<p>Engages in many opportunities and avenues to promote calisthenics in your local community</p> <p>Is always a good ambassador for the club and sport</p> <p>Is always seen participating in local community events</p> <p>Always helps to form relationships with external key stakeholder</p> <p>Always uses multiple platforms to promote the sport</p>

### Marking scheme:

Occasionally = less than 25% of the time

Sometimes = approx. 25% of the time

Regularly = approx. 50% of the time

Often = approx. 75% of the time

Always = approx. 90-100% of the time