



STATE TEAM POSITION DESCRIPTION

POSITION TITLE: Personal Coach

REPORTS TO: Head/Team Coach

LOCATION: Varied

Gymnastics QLD is the peak body responsible for the management, coordination, development and promotion of gymnastics in Queensland. Gymnastics QLD is an affiliate member of the Australian Gymnastics Federation.

Objectives:

The stated objectives of Gymnastics Queensland are to:

- Encourage, develop, promote and control Gymsports throughout the State of Queensland
- Establish and maintain, throughout Queensland, a uniform code of rules and regulations to govern Gymsports under its jurisdiction
- Develop a network of successful member clubs across Queensland to deliver quality Gymsports programs
- Provide services and support, to member clubs, coaches, judges and administrators, which is second to none.
- Encourage community health, welfare, physical education and research through gymnastics
- Regulate, supervise, coordinate and promote Gymsports activities, programs, competitions and events
- Facilitate cooperation between members of the Association and external organisations, bodies and individuals
- Promote membership of the Association and foster the interests of its members
- Affiliate with organisations and any other bodies to further the purposes of the Association
- Provide a means by which Clubs in Queensland can become affiliated to further these purposes

Position Objective:

The Personal Coach is required to:

- Assist the Head/Team Coach in providing the best coaching available to ensure the state team competes at their highest level.

Specific Duties:

The Personal Coach will perform the following duties:

- a) While on tour, the coach with the other officials is responsible for the gymnasts' well-being – physical, mental, and emotional, their program, training, recreation, sleeping and meals.
- b) Ensure a good Team spirit so that all gymnasts may participate and perform to their personal best.
- c) Communicate with the Team Coach and request advice on training schedules and other items related to fitness and performance prior to departure.
- d) Assist with supervision of training, personal appearances, eating habits/diets, conducive to competition performance.
- e) Accompany any athlete who originates from your Home Club for drug testing, if requested by the Team Manager.
- f) Accompany any athlete from your Gymsport for drug testing, if requested by the Team Manager.
- f) Consult with the Team Coach on all matters and specially on any problems with Team Members.
- g) Read, understand and comply with all relevant Gymnastics QLD policy and procedure with particular emphasis upon the Gymnastics QLD Member Protection & Child Protection Policies, including the Role Specific Codes of Conduct

Reviews

Provide in writing any relevant feedback on areas that worked well, areas that need attention and recommendations for future teams and individuals. This feedback should be provided to the Team Coach/ Head Coach at the conclusion of the event for inclusion on the Team Report