

## **Bay Twisters Policy Document**

1(a), **Coaching: Fostering a positive coaching environment is crucial for development, enjoyment and success for the athletes and the club.**

By following this structured approach, we will effectively promote a positive coaching environment that supports the athlete's development.

### **Coaching Philosophy**

1. Focus on development: Emphasize skill development, teamwork and sportsmanship.
2. Positive reinforcement: Foster self-esteem, confidence and resilience through encouragement and constructive feedback.
3. Inclusive and supportive: Create a safe space for diverse personalities, abilities and experiences.

### **Coaching Practices**

1. Clear communication: Explain expectations, strategies and feedback in a clear, respectful manner.
2. Active listening: Encourage athlete input, concerns and ideas.
3. Empathy and understanding: Recognize and address emotional and physical well-being.
6. Skill-specific training: Arrange extra coaching/training for individual needs and abilities.
6. Comp day positivity: Foster excitement, teamwork and sportsmanship during competitions.

### **Team Culture**

1. Teamwork-oriented: Emphasize collaboration, mutual support and camaraderie.
2. Respect and inclusivity: Promote tolerance, empathy and kindness among teammates.
3. Celebrating successes: Acknowledge individual and team achievements.
4. Learning from failures: Use setbacks as opportunities for growth and development.

### **Parent and Community Engagement**

1. Open communication: Keep parents informed about team activities, expectations and athlete development.

### **Coach Characteristics**

1. Role modelling: Demonstrate positive behaviour, sportsmanship and respect.
2. Knowledgeable: Stay updated on coaching best practices, Cheer sport-specific skills and competition rules.
3. Passionate: Show genuine enthusiasm for the sport and athletes' growth.

### **Key Outcomes**

1. Increased confidence: Athletes develop self-assurance in their abilities.
2. Improved skills: Athletes demonstrate enhanced technical, tactical and physical abilities.
3. Better teamwork: Athletes cooperation, communication and mutual support improves.

4. Enhanced enjoyment: Athletes have fun, develop passion for the sport and value their team mates.

5. Positive relationships: Athletes, coaches and parents foster strong, supportive bonds.