

Bay Twisters Policy Document

1(b), Coaching

A cheer leading coach must bring a group of athletes together to learn a choreographed routine of movement and skill where each athlete must keep in time so their teammate can also keep in time and the performance of all athletes flows to create a performance that they hope will be better than their competitors.

Coaches Vision: This vision serves as a guiding framework for coaches to cultivate a supportive, inclusive and successful cheerleading program

Primary Objectives

1. Safety First: Provide a secure environment for athletes to learn and perform cheerleading skills.
2. Technical Excellence: Develop proficiency and timing in stunts, tumbling, jumps and dance.
3. Teamwork and Unity: Foster a culture of trust and mutual support amongst teammates.
4. Confidence and Self-Esteem: Empower athletes to believe in themselves and their abilities.
5. Sportsmanship and Respect: Instil values of respect, discipline and fair play.

Secondary Objectives

1. Physical Fitness: Encourage strength, flexibility, coordination and overall well-being.
2. Mental Toughness: Develop resilience, focus and a desire to perform well under pressure.
3. Communication Skills: Improve verbal and non-verbal communication among teammates.
4. Leadership Development: Identify and nurture leaders within the team.

Long-Term Goals

1. Competitive Success: Achieve regional, national or international recognition.
2. Program Growth: Expand the teams, develop sub-teams and create a robust program.
3. Athlete Development: Encourage the learning of new skills.
4. Coaching Development: Mentor assistant coaches and foster a coaching legacy.

Core Values

1. Respect: Emphasize respect for teammates, coaches, judges and opponents.
2. Integrity: Demonstrate honesty, ethics and sportsmanship.
3. Hard Work: Encourage diligence, dedication and perseverance.
4. Inclusivity: Foster diversity, equity and inclusion.
5. Fun: Prioritize enjoyment, camaraderie and team bonding.

Coaching Philosophy

1. Positive Reinforcement: Focus on encouragement and constructive feedback.

2. Athlete-Centric Approach: Prioritize athlete well-being, growth and self-expression.
3. Continuous Learning: Stay updated on techniques, safety guidelines and industry best practices.
4. Adaptability: Adjust strategies to meet team needs and circumstances.