



**Gymnastics**  
New South Wales

# Gymnastics NSW

## State Team

### POSITION DESCRIPTION

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Position Title: **Head Coach**

Reports To: Team Manager

Location: Varied

The selection onto a GNSW state team is a prestigious honour that only a handful of athletes and officials are recognised with each year. To ensure the best possible performance at the Australian Championships, and to provide a transparent decision making process, Gymnastics NSW (GNSW) has developed this policy. It should be used in conjunction with the Gymnastics NSW Selection Policy and the sport specific criteria.

#### Position Objective

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The Head Coach is required to:

- Provide the best coaching and structure available to ensure the state team competes at their highest level.

#### Specific Duties

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The Head Coach will perform the following duties:

- a) Disseminate any schedule changes and information distribution by the Team Manager to all Team Coaches of your designated Gymsport;
- b) Relay any concerns/issues identified by the coaching team to the Team Manager;
- c) Communicate with the Team Manager and be aware of training schedules and competition timetables, athletes and team structure and other items related to fitness and performance prior to departure;
- d) Liaise with the coaches of all Team competitors, including the competitors personal coach if appropriate, and endeavour to obtain the necessary information to ensure all athletes are able to achieve their personal best;
- e) Establish an appropriate training program for the duration of the tour;
- f) Arrange, in conjunction with the Team Manager through Sports Medicine, any fitness testing necessary before departure;
- g) While on tour, the Head Coach with the other officials is responsible for the gymnasts' well-being – physical, mental, and emotional, their program, training, recreation, sleeping and meals;



- h) Have a willingness to assist with supervisory and chaperoning duties as required by the team management;
- i) Attend all meetings as required by the team management;
- j) Follow all directions and instructions provided by the team management and in team meetings;
- k) Ensure, in conjunction with the Team Management through Sports Medicine, that athletes have access to and seek medical and physiotherapy treatment as required;
- l) Supervise training, personal appearances, eating habits/diet, conducive to competition performance;
- m) Ensure a good Team spirit so that all gymnasts may participate and perform to their personal best;
- n) Work cooperatively and communicate with NSW team management, coaches, judges, chaperones, officials and athletes in the interest of the NSW State Team;
- o) Consult with the Team Manager on all matters and specifically on any problems with Team Members;
- p) Ensure a full first aid/trainer's kit is carried;
- q) The Head Coach is responsible for submitting the order of work in accordance with the regulations. This will be determined in consultation with other Team Coaches and Team Manager;
- r) Accompany any athlete who originates from your Home Club for drug testing, if requested by the Team Manager;
- s) Accompany any athlete from your Gymsport for drug testing if requested by the Team Manager;
- t) Liaise with the Team Manager pertaining to any specific details regarding Chaperone duties and transportation required by the Teams under your guidance;
- u) Prepare a written report on the tour and submit it to the Team Manager;
- v) Read, understand and comply with all Gymnastics NSW Policies and in particular the 'Drug and Alcohol Management Policy', 'Working with Children Policy', 'Member Protection Policy' and applicable 'Codes of Conduct'.



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## Attributes

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To be considered for this role you will be an experienced gymnastics coach with the required level of coaching accreditation. You will be a team player with a willingness to coach all athletes on the team. You will be responsible and will have the desire to represent NSW to the highest standard.

## Reviews

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No later than two weeks following the completion of the event you will be required to submit a team report, in writing, to the Gymnastics NSW Events and Sports Program Manager. The report should contain feedback on areas that worked well, areas that need attention, and recommendations for future teams.