



## Position Description: Cadets

### Prerequisites:

- a) A cadet must be 16 years of age.
- b) Achieve Calisthenics Skills Grade 3.
- c) Become a member of VCCA.
- d) New Requirement as of 2016, Prospective Cadets will present for a practical assessment prior to entering the course. This will be a group assessment of terminology and skills assessed by a panel of four adjudicators, examiners and experienced coaches. Result will be Satisfactory / Not Yet Able to Qualify. To be appointed as a cadet a result of satisfactory is required.

### Although you will gain personally from being a cadet coach your main responsibility is to:

- a) Assist the coach and assistant coach
- b) Assist the pupils

### The coach should benefit by knowing she has a cadet who:

- a) She can rely upon & trust at all times.
- b) Will always assist pupils by using the correct terminology.
- c) Will always demonstrate to the best of her ability & will use the correct techniques.
- d) Will be at competitions.

### Appearance & behaviour of the class assistant/cadet:

- a) Be punctual & reliable – great to chat to coach before class so you know what's expected from you.
- b) Wear a leotard to every class.
- c) Demonstrate to the best of your ability.
- d) Be prepared to assist – don't sit or talk to another assistant (gossip) during class time.
- e) Never speak over the coach or assistant coach when she is talking.
- f) Be positive & encouraging to all pupils.



- g) What happens in the class room stays in the class room, no speaking about another pupil to any other pupil or parents.

**Different ways of learning:**

- a) Verbal communication
- b) Non-Verbal communication – body language, posture, facial expressions, gestures, eye contact
- c) Touch
- d) Voice expression – it's not what you say it's how you say it!

**Communication in & out of class:**

- a) Positive suggestions
- b) Welcome all pupils using their names
- c) Talk generally when possible – families, school, kinder etc.
- d) Use friendly gestures e.g. Smile, wink, thumbs up etc.
- e) Be free with praise
- f) Be careful not to step outside the role of an assistant

**General duties:**

- a) Direct any queries from parent to the supervising coach – don't be drawn in!!
- b) Report to the supervising coach any information you may hear pertaining to the class where you assist.
- c) Warming up – will be your job. Learn from coach & ask questions if need be. Never attempt advanced movements on your own.

**Competitions:**

- a) Be aware as cadets you are representing your college
- b) Arrive to competition on time
- c) Show respect to parents, coaches & competition officials
- d) Ask your coach what help is needed before you get to first competition, she may want you to:
  - Sit with girls and entertain them
  - Help dress them
  - Headgears on



- Warm them up
- Open curtains
- Check what number is on stage

As coaches we rely on you to know what side of the stage the girls come on from, a note with names is the easiest way. This doesn't need to be done til closer to competition time.

If you have a problem, speak to your coach immediately.

Most importantly SMILE and have fun!!!!!!!

### **Professional Development:**

- Cadet course will be offered over two days. Active participation in all modules is required.
- Two courses per year-March & November.
- Need to be actively involved as a Cadet Coach at club level when you attend the Cadet course.
- Must be active as a Cadet for a minimum of 12 months before applying to do Level 1.
- Must complete 40 hours of supervised coaching before being assessed for Level 1 Coach accreditation.
- No maximum time for remaining a Cadet.

Document Approved By:	Name	Signature	Date
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