



Cadets' and Class Assistants' Letter of Agreement Inc. Codes of Behaviour & Duty Descriptions

Being a cadet or class assistant means to assist the Coach with her instruction to the pupils. Every Coach has their own style, so take the time before you commence with a new Coach to find out her aims for the class and the level of responsibility she expects from you.

As an assistant for Horsham Calisthenics College,

I will:

***Be of benefit to the Coach by:**

- being reliable and trustworthy
- using correct terminology
- always demonstrating to pupils to the best of my ability
- assisting quickly and independently
- remembering she is the 'Coach'.

***Be of benefit to the Pupils by:**

- remembering pupils develop at their own rate mentally and physically
- not pushing or expecting too much from pupils
- increasing their self-confidence and enjoyment of the sport
- aiding skill development
- increasing pupils terminology knowledge
- learning and remembering each pupils name.

***Be of benefit to myself by:**

- improving my self-confidence, self-respect and self-control
- increasing my level of technical ability
- gaining personal satisfaction in seeing my pupils improve
- gaining valuable experience from the Coach.

***Uphold my personal presentation by:**

- always wearing correct calisthenics attire
- keeping hair neat and not wearing excessive jewellery or make-up
- promoting a healthy body image
- abiding by CVI's non-smoking policy.



***Set high Standards for myself by:**

- arriving 15minutes prior to class to conference with the coach
- notifying the coach at least 24hrs prior to any class I cannot attend
- always being positive and cheerful during class
- encouraging and rewarding even the smallest achievement
- demonstrating to the best of my ability & being aware of banned movements
- treating all pupils equally and with respect.

If at anytime, any of the above mentioned codes/rules are breached, disciplinary action may be taken in accordance with the Club/College constitution.

Horsham Calisthenics Club thanks you for your commitment to the club and wishes you every success for the upcoming year.

I(name) hereby accept to the be a cadet /

class assistant with(section) for(year)

Signed: **Dated:** / /
