
Apprentice Coach Application (13+ or by Invitation)
Asquith Gymnastics Club

Application Deadlines

Fall Session – August 15 2025

February Break Session – January 15th 2026

Spring Session March 15th 2026

Welcome!

Thank you for your interest in becoming an apprentice coach at Asquith Gymnastics Club! As an apprentice coach, you will assist your mentor coach and help the younger athletes have fun while learning gymnastics. This agreement explains your role and the expectations for your involvement.

This is a volunteer position designed to give mentorship and experience to those who are interested to work towards becoming a coach.

Responsibilities and Expectations:

1. Set-Up and Clean-Up:

- You will help set up the gymnasium and gymnastics equipment before class begins and clean up the equipment after class ends.
- This includes making sure all mats, apparatus, and any other equipment are in their proper places.

2. Behavioral Expectations:

- As an apprentice coach, you are expected to be a good role model for the younger athletes by being respectful, kind, and patient.
- Have a positive attitude and a willingness to take direction from your mentor coach. Being open to feedback and staying engaged during class.
- Encourage the athletes and stay focused on your responsibilities.
- Always maintain a professional attitude and show respect to coaches, athletes, and fellow apprentice coaches.

3. Listening to Your Mentor Coach:

- You will be working closely with a mentor coach who will guide you through each session. It is very important to listen carefully to your mentor coach and follow their instructions.
- Don't hesitate to ask questions if you are unsure about your role or any part of the class.

4. Assisting Athletes:

- You will assist the athletes by helping them move from one station to another and by making sure they stay engaged and focused.
- You will help the athletes with basic gymnastics skills and activities, but you should always follow the lead of your mentor coach.
- **You will not be asked to spot athletes** (this means physically helping them with their movements or catching them during gymnastics). Only the mentor coach or experienced coaches will handle spotting.

5. No Phones or Devices During Class Time:

- To stay focused on the class, phones or devices are not allowed on the gym floor.

6. Attire

- Apprentice coaches will receive a coaching T-Shirt which they will be required to wear anytime they are with a class helping. Apprentice coaches will be required to have a non coaching shirt to wear while in their own class.
- Appropriate coaching attire must be worn while on the floor. Indoor shoes may also be worn.

7. Safe Sport

- All apprentice coaches must adhere to the Safe Sport section in the AGC Coaching Handbook and GymSask Safe Sport regulations.

Commitment:

- As an apprentice coach, you are expected to help for the full duration of the class you are assigned to. You are expected to be punctual and to treat this position as a job. You will be evaluated on your behaviour and commitment to the above rules and regulations.
- If you are unable to attend a class, please notify your mentor coach or the program coordinator in advance.
- Apprentice coaches will not be allowed on the floor outside their assigned hours. If they choose to remain at the gym until their class, they will have to remain in the viewing area and are not allowed into the rest of the school.
- If the above rules & regulations are not followed, Asquith Gymnastics Club reserves the right to remove an apprentice coach from the floor and/or from coaching for the season.

Signature:

By signing this agreement, you confirm that you have read and understood the expectations and responsibilities of your role as an apprentice coach. You agree to follow the rules and be a positive, helpful presence for the athletes and coaches.

Apprentice coach applications will be reviewed after the application deadline. All submissions will be carefully considered by the Asquith Gymnastics Club Board. While we appreciate every applicant's interest, **not all applications may be accepted**, as final selections will depend on a variety of factors, including program capacity and suitability. All applicants will be contacted once decisions have been made.

Name: _____

Signature: _____

Date: _____

Parent/Guardian Name: _____

Parent/Guardian Signature: _____

Date: _____