



## Team/Annual Program Coaching Expectations at North Peace Gymnastics Association

Our coaching team is committed to fostering a positive, respectful, and supportive environment for all athletes. We value open communication and professional conduct and aim to provide a rewarding experience for every gymnast. Below are the core expectations parents can anticipate from our coaches:

### 1. Timely Communication

- **Practice Updates:** Coaches and/or Admin will inform families promptly about any changes to practice schedules, meet times, or events.
- **Response Time:** Emails or messages will be acknowledged within 24 hours on weekdays and within 72 hours on weekends. Coaches will take the time to respond to emails or messages at length and thoughtfully during assigned administrative time which occurs on a weekly basis.
- **Urgent Notifications:** For any urgent matters (injuries, emergencies), we will reach out to parents immediately.

### 2. Respect for Athletes

- **Positive Reinforcement:** Coaches will use encouraging language and emphasize each athlete's strengths, promoting confidence and a positive self-image.
- **Equal Treatment:** All athletes will receive fair and impartial attention, training, and resources, respecting each gymnast's unique pace and abilities.
- **Safe Training Environment:** Coaches prioritize each athlete's physical and emotional safety, ensuring drills and exercises align with the athlete's skill level and readiness.
- **Valuing Athlete Voice:** Coaches listen to and consider athletes' input in matters that directly affect them, fostering a supportive environment where they feel heard and respected.



### 3. Respectful and Supportive Practice Environment

- **Constructive Feedback:** Coaches will provide specific, constructive feedback aimed at improvement.
- **Encouraging Sportsmanship:** Coaches model and encourage respectful behavior, fostering a culture of teamwork, respect, and camaraderie among athletes.
- **Inclusive Practices:** Every athlete is valued, and coaches foster an inclusive environment where all gymnasts feel they belong.

### 4. Open Communication Channels

- **Clear Communication of Goals:** Coaches will communicate team and individual goals to athletes, ensuring alignment on training and competitive objectives.
- **Accessible for Questions:** Coaches will be available to answer questions, communicate athlete goals or discuss concerns during scheduled meetings.
- **Parent-Coach Meetings:** Meetings may be held periodically (at the parent, athlete or coach request) to discuss the athlete's progress, goals, and any concerns from parents or athletes.

### 5. Commitment to Athlete Well-being

- **Health-Focused Training:** Coaches prioritize balanced, health-oriented training to support both the physical and mental well-being of each athlete.
- **Positive Training Environment:** Practices are structured to promote a positive attitude toward training and competition, aiming to prevent burnout and support long-term success.

### 6. Professional Boundaries

- **Appropriate Interactions:** Coaches maintain professional, supportive relationships with athletes, creating a safe and respectful environment that promotes growth.

North Peace Gymnastics Association  
10023 95 Ave.  
Fort St John, BC V1J1H9  
250-787-5327  
npga@telus.net



- **Clear Boundaries:** All interactions adhere to our club's standards, respecting appropriate athlete-coach boundaries to support the athlete's well-being.

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This document serves as a commitment from our coaching team to uphold a positive, respectful, and growth-centered environment for all athletes. If you have any questions, please reach out to our office for further assistance.