



Guideline for Coach Responsibilities

Lunds Akademiska Cheerleadingförening

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1. Introduction

This document serves to give you a structure of what the responsibilities and expectations are of coaches in Lund Cheer. For full obligations, please see the statutes. We hope that the guideline will encourage people to apply to be a coach and hopefully help them understand what it entails to be part of a coach team. Always prioritize health, safety and welfare for yourself and all the athletes.

2. All Coaches

- Plan and conduct tryouts, and set the teams.
- Plan team hangouts, minimum one per semester.
- Participate in meetings with the board.
- Partake in coach meetings.
- Plan practices.
- Help planning for the term schedule which is shared with the team(s).
- Have high attendance (minimum 70%) and involvement at practices. Be as active as possible.
- Teaching stunts, jumps, motions and routine.
- Take attendance.
- Partake in a photoshoot for the website.
- Decide on competitions.
- Plan competitions and competition practices.
- Plan team activities during competitions in cooperation with the board responsible for competitions, make time plans and help to keep the team on time.
- Plan extra practices.
- Plan a programme for proms.
- Update our social media if requested from the board.
- Keep track of the inventory (first aid, etc).
- Aid with programme planning for competitions if needed.
- Fill in the responsibility sheet. (and take your responsibly)
- Do the SET education.
- Read the policy for Core Values and eventual updates of it.

2.1. Head Coach

- Plan and arrange coach meetings.
- Be in contact with the board.
- Plan practices with the input of the coach committee.
- Post practice plans.
- Make and fill in a term schedule which is shared with the team(s).
- Plan evaluation talks with the team members.
- Letting the board know if more first aid supplements are needed.
- Assign a suitable way to deal with injuries.

- Plan a competition program.
- Notify the board if you are not able to do your assigned work as the Head Coach.

2.2. Vice Head Coach

- Plan and arrange coach meetings.
- Plan evaluation talks with the team members.
- Make and fill in a term schedule which is shared with the team(s).
- Plan a program for competition.
- Help the Head Coach with tasks where needed.
- Take over Head Coach responsibilities if the Head Coach is not able to do their work, after board approval.

2.3. Gymnastics Coach

- Plan and hold gymnastic practices and warmups.
- Know the gymnastics skills of the athletes.
- Keep everyone in the team feeling included and safe during gymnastics.

2.4. Stunting Coach

- Plan stunting progressions to develop the teams.
- Plan and help out with the stunting part of the program.
- Know the stunting skills of the athletes.
- Keep everyone in the team feeling included and safe during stunting.

2.5. Dance Coach

- Prepare a dance to send out or to teach during the tryouts.
- Prepare and teach the dances to the team, and include them in warmups.
- Help out with transitions and dances in the program.

3. Conclusion

If you need more information about your responsibilities as a Lund Cheer coach, please take a look at the statutes or ask the board. This guideline may be reviewed annually or as needed to reflect the workload and needs of the coach team. This should be done together with the board to facilitate discussions and that everyone's opinions are heard.