



THE ATHLETE COLLECTIVE

THE HANDBOOK

More than just an acrobatics program, The Athlete Collective is a six-week intensive designed to build stronger, more confident young athletes through expert coaching, strength and conditioning, mentorship, and community.

START DATE
9TH AUGUST 2026
SYDNEY · AUS

IN THIS BOOK.

Please read this cover to cover before
applying. Every page is here for a reason.

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MEET YOUR COACH

COACH CAILIE.

I've been involved in acrobatics and dance for over 18 years, competing at both state and national level before transitioning into coaching. Working with athletes of all ages has given me a genuine passion for helping young athletes enjoy the sport while reaching their potential.

The Athlete Collective was created to provide athletes with something more than a weekly class. By combining in-person coaching, strength and conditioning, mentorship, and at-home training, the program gives athletes extra opportunities to develop between their regular training.

My coaching focuses on safe progressions, quality technique, and creating a positive environment where athletes feel supported to challenge themselves, build confidence, and enjoy the learning process. Each athlete develops differently, and sessions are adapted to suit each individual's stage of development.

Certified Personal Trainer · Diploma in Sport & Recreation Management · Gymnastics New South Wales qualified.

18+

YEARS IN SPORT

10X

NSW
REPRESENTATIVE

3X

NATIONAL
CHAMPION

'20

AUSTRALIAN
SQUAD



WHY THE ATHLETE COLLECTIVE?

The Athlete Collective is designed to complement your athlete's regular training by providing the coaching, strength, structure, and support needed for long-term development.

01

ATHLETE DEVELOPMENT PROGRAM

combining in-person coaching, at-home strength training, Zoom coaching, and mentorship to support progress every week.

02

PROGRESS BETWEEN SESSIONS

Development continues between weekly intensives through structured home training, live Zoom coaching, goal setting, and ongoing support.

03

BUILT ON STRONG FOUNDATIONS

Every athlete develops through quality technique, body awareness, strength and movement patterns. Strong foundations create safer athletes and long-term progress.

04

DEVELOPING THE WHOLE ATHLETE

Athletes develop confidence, resilience, discipline, and consistency alongside their physical skills, creating habits that support long-term success.

Because long-term success isn't built in a single session, it's built through consistent coaching, quality training, and strong foundations.

PROGRAM FOCUS.

Every session is designed to build the complete athlete through quality coaching, safe progressions, and long-term development.

FOCUS 01

01

STRENGTH & CONDITIONING

Develop full body strength, power, and stability to support acrobatic performance.

FOCUS 02

02

ACROBATIC SKILL DEVELOPMENT

Learn and refine acrobatic skills through quality coaching, structured progressions, and coach-assisted spotting where appropriate.

FOCUS 03

03

BODY AWARENESS & CONTROL

Develop balance, coordination, body control, and spatial awareness through handstand progressions, shaping drills, and gymnastics foundations.

FOCUS 04

04

FLEXIBILITY & MOBILITY

Active flexibility and mobility work to move better and help stay injury-free.

FOCUS 05

05

TECHNIQUE FOUNDATIONS

Focus on correct body shapes, technique, and movement patterns that create strong foundations for every skill.

FOCUS 06

06

MINDSET & GOALS

Confidence, goal setting, and progress tracking are incorporated into every session.

WHAT'S INCLUDED

01

SIX IN-PERSON TWO-HOUR INTENSIVES

Every Sunday, located at a Sydney based studio.

02

WEEKLY AT-HOME STRENGTH & CONDITIONING TRAINING

To be performed 2-3 times per week.

03

FORTNIGHTLY ZOOM SESSIONS

Discuss the program, answer any questions and demonstrate movements.

04

30 MINUTE PRIVATE LESSON

Complimentary, to be booked into Cailie's system — time details will be provided once the applicant is accepted.

05

ATHLETE SUPPORT & MENTORSHIP

Because young athletes need more than just a strict routine, they need guidance from someone who's experienced it all.

06

GOAL SETTING & PROGRESS TRACKING

Compare before and after to ensure students are getting the most out of the program.

07

INDIVIDUAL COACHING FEEDBACK

Coach Cailie is hands on and loves to help and encourage.

08

EXPERT COACHING

Years of experience has shaped Coach Cailie to become a coach who wants to go above and beyond for their students.

THE SIX-WEEK IN-PERSON INTENSIVE

The weekly in-person intensives are where athletes put their training into practice. These sessions focus on advanced skill development, technical progressions, and hands-on coaching in a safe and supportive environment.

Unlike the at-home program, the intensives allow athletes to work on skills that require spotting, immediate feedback, and individual technical corrections with Coach Cailie.

PROGRAM DETAILS

TRAINING DAY

EVERY SUNDAY

Throughout the six-week program.

SESSION TIMES

Sessions will commence from 9 AM onwards. Final training times will be confirmed following the application process to allow athletes to be grouped appropriately based on age, experience, and enrolment numbers.

LOCATION

Training will be held at one dedicated venue within the Sutherland Shire for the duration of the program. The confirmed venue address will be provided to successful applicants before the program begins.

01 SKILL DEVELOPMENT

Learn and refine new acrobatic skills through safe, progressive coaching.

02 HANDS-ON SPOTTING

Athletes are safely spotted while learning skills that cannot be taught online.

03 TECHNICAL CORRECTIONS

Receive immediate feedback to improve technique, body position, and execution.

04 GYMNASTICS FOUNDATIONS

Develop strong shapes, body awareness, and movement patterns that support long-term progression.

05 STRENGTH & DRILLS

Build strength specific to acrobatics while applying it directly to new skills.

06 FLEXIBILITY & MOBILITY

Improve flexibility, active mobility, and movement quality to support safer skill development.

07 INDIVIDUAL FEEDBACK

Every athlete receives ongoing coaching and technical corrections throughout the session.

AT-HOME STRENGTH & CONDITIONING PROGRAM

As part of The Athlete Collective, athletes will receive a structured at-home strength and conditioning program designed to complement their weekly in-person training. The program helps athletes build strength, stability, mobility, and body awareness while encouraging consistency between weekly sessions.

DELIVERED

Weekly via email

COMMUNICATION

Dedicated WhatsApp group

ATHLETE JOURNAL

Progress tracking and weekly goals

SESSIONS

2-3 sessions per week (20-30 minutes)

EQUIPMENT REQUIRED

Bodyweight or minimal home equipment

FOCUS AREAS

Strength and conditioning · Core stability · Handstand development · Flexibility and mobility · Body control and alignment · Injury prevention · Gymnastics foundations

ZOOM SESSIONS

FORTNIGHTLY ZOOM SESSIONS

Throughout the program, athletes will participate in three live Zoom sessions held on Friday evenings. These sessions provide guided coaching, accountability, and ongoing support between weekly intensives.

PROGRAM DETAILS

Frequency — 3 live Zoom sessions

Day — Friday evenings

Duration — 30–45 minutes



01 GUIDED STRENGTH & CONDITIONING

Live workout focusing on strength, stability, gymnastics foundations, and body control.

02 ATHLETE CHECK-INS

Celebrate progress, discuss challenges, and stay accountable.

03 GOAL SETTING

Review goals and continue building confidence and consistency.

04 Q&A SESSION

Ask questions about training, technique, recovery, or the program.

PRIVATE LESSON

30 MINUTE PRIVATE LESSON

As part of The Athlete Collective, each athlete will receive one complimentary 30 minute private lesson to be used during the six-week program.

This one-on-one session provides the opportunity to focus on individual goals, refine technique, develop specific skills, and receive personalised coaching tailored to each athlete's needs.



DURATION

30 minutes

BOOKING

Private lessons must be booked within the six-week program and are subject to Coach Cailie's availability.

FOCUS

Tailored to each athlete's individual goals, technical development, and areas for improvement.

ATHLETE SUPPORT & MENTORSHIP

At The Athlete Collective, coaching extends beyond the gym. Throughout the program, athletes will receive ongoing support, guidance, and encouragement to help them stay motivated, accountable, and confident in their training.

Whether it's celebrating success, working through challenges, or answering questions, Coach Cailie is committed to supporting each athlete throughout their journey.



THE ATHLETE JOURNAL

Each athlete receives their own Athlete Journal to use throughout the six-week program. It is designed to encourage accountability, track progress, and help athletes stay engaged. Athletes will use their journal to set weekly goals, record coach feedback and technical corrections, track home training, celebrate wins, and reflect on areas for improvement. During live Zoom sessions, goals are reviewed and progress discussed to keep every athlete accountable.

01 GOAL SETTING

Work towards achievable short-term and long-term goals throughout the six weeks.

02 PROGRESS TRACKING

Celebrate improvements and recognise progress made throughout the program.

03 ATHLETE SUPPORT

Receive ongoing encouragement and guidance to help build confidence and consistency.

04 QUESTIONS & ADVICE

Athletes can ask questions about training, technique, and program expectations during Zoom sessions and in-person intensives.

05 POSITIVE TRAINING ENVIRONMENT

Train in a supportive community that encourages effort, growth, and continuous improvement.

IS THE ATHLETE COLLECTIVE RIGHT FOR YOU?

WHO IS THIS PROGRAM FOR?

The Athlete Collective is designed for motivated athletes who are looking to build strength, improve technique, and take their training to the next level. Whether your athlete is working towards their first handstand or refining advanced acrobatic skills, this program provides the coaching, support, and training needed to continue progressing.

IS THIS THE RIGHT FIT?

The Athlete Collective is best suited to athletes who are committed to their development, willing to challenge themselves, and excited to learn. Every athlete progresses at their own pace with coaching and progressions adapted to suit individual needs.

THIS PROGRAM IS PERFECT FOR:

- ✓ Dancers
- ✓ Acrobats
- ✓ Gymnasts
- ✓ Cheerleaders
- ✓ Athletes wanting to build strength and body control
- ✓ Athletes wanting to improve flexibility and mobility
- ✓ Athletes wanting to develop handstands and technical skills
- ✓ Athletes wanting to strengthen their gymnastics foundations
- ✓ Athletes wanting to safely learn and refine acrobatic skills
- ✓ Athletes looking for additional coaching outside their regular classes
- ✓ Athletes wanting to build confidence and consistency in their training
- ✓ Athletes who enjoy learning in a supportive, high-quality environment

FOR ATHLETES

YOUR COMMITMENT

- ✓ Attend all sessions whenever possible
- ✓ Arrive on time and ready to train
- ✓ Bring your athlete journal to every intensive and Zoom session
- ✓ Complete your weekly at-home strength program
- ✓ Be coachable and willing to learn
- ✓ Support and encourage fellow athletes
- ✓ Respect coaches, teammates, and the training environment
- ✓ Prioritise safe technique over rushing new skills
- ✓ Communicate any injuries or concerns

FOR PARENTS

A NOTE FOR PARENTS

DROP AND GO

Parents are welcome to drop athletes off for training.

WEEK SIX PRESENTATION

Week six includes a short progress and presentation where parents are invited to attend.

PRIVATE LESSONS

The complimentary private lesson is booked separately during the six-week program and is subject to Coach Cailie's availability.

COMMUNICATION

All important updates, reminders, and program information will be shared via email and the cohort WhatsApp group.

PHOTOGRAPHY

Photos and videos may be captured throughout the program and will only be used with signed parental consent.

HOMETRAINING

Parents play an important role in encouraging athletes to complete their weekly home strength program and help them stay accountable throughout the six weeks.

PROGRAM INVESTMENT.

\$750 AUD

Includes all program components, complimentary private lesson, athlete journal, and GST

PAYMENT SCHEDULE

ENROLMENT DEPOSIT

Due upon acceptance to secure your athlete's place

\$250

FINAL BALANCE

Due by Sunday 2nd August 2026

\$500

The enrolment deposit is non-refundable. The final balance is non-refundable after payment, except where required under Australian Consumer Law. Failure to pay the remaining balance by the due date may result in enrolment being cancelled and the position offered to another applicant.

CANCELLATION POLICY

If your athlete is unable to participate before the program commences, please notify Coach Cailie in writing as soon as possible. Enrolment fees are non-refundable; however, a credit may be issued to be used for private lessons with Coach Cailie, based on timing and circumstances.

AVAILABILITY

LIMITED PLACES

To maintain a high standard of coaching, individual feedback and athlete safety, places are strictly limited. Applications are assessed based on age, experience, readiness and suitability. Coach Cailie reserves the right to decline or defer an application if the program is not the most appropriate fit or if all places have been filled.

LEGAL PROTECTIONS

AUSTRALIAN CONSUMER LAW

Nothing contained within this handbook excludes, restricts or modifies any rights or remedies available under the Australian Consumer Law.

HOW TO APPLY.

THE STEPS

01 SUBMIT YOUR APPLICATION

Complete the application form on our website by Monday the 13th of July 2026.

02 APPLICATION REVIEW

Applications are carefully reviewed based on age, experience, goals, and program suitability.

03 ACCEPTANCE EMAIL

Successful applicants will receive their acceptance email along with all enrolment information.

04 SECURE YOUR PLACE

Pay the \$250 enrolment deposit to confirm your athlete's position.

05 FINAL PAYMENT

The remaining balance is due by Sunday 2nd August 2026.

06 WELCOME TO THE ATHLETE COLLECTIVE

Training officially begins on Sunday 9th August 2026.

[Secure Your Place →](#)

SUCCESSFUL APPLICANTS RECEIVE:

- ✓ Confirmation of acceptance
- ✓ Private coaching session booking
- ✓ Athlete Welcome Pack
- ✓ Allocated intensive day and time
- ✓ Zoom timetable and access
- ✓ Terms, waivers, and invoice



JOIN THE ATHLETE COLLECTIVE.

Thank you for taking the time to learn about The Athlete Collective. I can't wait to welcome our very first athletes. Applications are now open.

WEBSITE

COACHCAILIE.COM.AU

INSTAGRAM

@COACH.CAILIE