

Coaches Interview Questions:

Coaches Name:	Jessica Costigan
Date completed:	18/06/2018
How long have you been involved with calisthenics?	20 years
At what age group and year did you start calisthenics?	1999 - Subbies
What Clubs have you done calisthenics with?	Karilee
Briefly describe your involvement with calisthenics as a team member and the benefits you have gained?	<p>I have been competing with Karilee since 1999 and have also competed in nine Rep teams as a Junior, Intermediate and Senior.</p> <p>As well as gaining Calisthenics skills I have gained an enormous amount of life skills including:</p> <ul style="list-style-type: none"> - the ability to work in a team, coaching a team; - dedication; - goal achieving; - punctuality; - the ability to both receive and deliver constructive criticism; and on top of that - I have made lifelong friends and have had some of the most influential and positive women mould who I am today.
Who are your main supporters? Briefly describe their involvement?	My main supporters would have to be my mum and Nan. They both sit through every competition and concert I have performed in. They listen to endless Calisthenics conversations and have sequinned more costumes than I ever have.
When and where did you start your coach training?	I started my coach training after Rachel Holdway approached me in 2003 when I was a last year Junior about class assisting with her in Subbies.
What age groups have you taught as a cadet or coach? (include number of years)	I have taught Subbies, Juniors, Inters and Seniors.
What calisthenics coaching qualifications do you have?	I am a level 1 coach
Describe your coaching appointments and highlights?	<p>My coaching highlights would have to be</p> <ul style="list-style-type: none"> - Watching my girls grow from little Juniors into strong, confident and inspiring women in Seniors - My Junior Duo receiving 4th Place at Nationals in 2010 - Having at least one soloist compete in Nationals since 2009 - Taking Caitlin Job to Ballarat for Graceful - Taking Taylor Bye to Ballarat for Solo and this year her Graceful at the Nationals - Teaching the first and second place getters in Senior Graceful 2016 - Taylor Bye winning Senior Solo 2017 - Taylor Bye winning Senior Graceful 2018 - Karilee Intermediates winning Division 2 in Ballarat 2017 - Getting Karilee Intermediates and Seniors to Championship Reserve section in Ballarat

<p>Describe your coaching style and comment on things that you think are important standard and values to pass on to your team or soloists.</p>	<p>I like my girls to remember why they're dancing.</p> <p>Yes, we want to look amazing and be doing our best work but at the end of the day, if you're not enjoying it why are you doing it?</p> <p>I believe this adds to our success because you can see from the audience that we love what we're doing.</p>
<p>Describe things you have done that involve Calisthenics outside of Karilee?</p>	<p>I have competed in Rep team 2003, 2005, 2006, 2007, 2009, 2011, 2016, 2017 and 2018.</p> <p>I have cadetted / assistant coached Rep team 2008, 2010, 2013, 2018.</p>
<p>What is your favourite calisthenic item?</p>	<p>Gracefuls are my favourite, closely followed by Aesthetics then clubs.</p>
<p>What is your favourite calisthenic memory?</p>	<ul style="list-style-type: none"> - Winning my first item at Nationals in 2016 Aesthetics - Favourite probably isn't the right word but second to that would have to be training two Western Australian girls via skype a week prior to meeting and competing with them in Ballarat, resulting in second place in Division 1 (Tarryn Kluge and Jazmin Fettes).
<p>Briefly describe what you like most about calisthenics</p>	<p>I love achieving goals, seeing how far my girls come and how much they improve from February to November is the best feeling</p>
<p>What do you see as the main benefits of being involved with calisthenics?</p>	<p>My friends</p>