

## Coaches Interview Questions:

Coaches Name:	<ul style="list-style-type: none"> <li>• Katherine Reber</li> </ul>
Date completed:	<ul style="list-style-type: none"> <li>• 20 June 2018</li> </ul>
How long have you been involved with calisthenics?	<ul style="list-style-type: none"> <li>• 19 years</li> </ul>
At what age group and year did you start calisthenics?	<ul style="list-style-type: none"> <li>• Tinies in 2000</li> </ul>
What Clubs have you done calisthenics with?	<ul style="list-style-type: none"> <li>• Brindabella and Karilee</li> </ul>
Briefly describe your involvement with calisthenics as a team member and the benefits you have gained?	<ul style="list-style-type: none"> <li>• I have learnt how to be organised and work together in a team</li> <li>• I have learnt how to work hard to achieve goals and be a good role model to the younger performers</li> </ul>
Who are your main supporters? Briefly describe their involvement?	<ul style="list-style-type: none"> <li>• My family - My sister competes alongside me, my mum is involved with costume and management, and my dad comes along to watch the competitions.</li> <li>• My coaches - They not only teach me, but also inspire and support in many ways both in and outside calisthenics.</li> <li>• My teammates - They are massive supporters who come along to watch at solo comps and it's always a privilege to share the stage with them.</li> </ul>
When and where did you start your coach training?	<ul style="list-style-type: none"> <li>• Karilee Juniors in 2013</li> </ul>
What age groups have you taught as a cadet or coach? (include number of years)	<ul style="list-style-type: none"> <li>• I have cadetted and coached with the juniors for 6 years.</li> <li>• I have also taught calisthenics skills to subbies, juniors and inters for 3 years.</li> </ul>
What calisthenics coaching qualifications do you have?	<ul style="list-style-type: none"> <li>• Level 1 coach</li> </ul>
Describe your coaching appointments and highlights?	<ul style="list-style-type: none"> <li>• I was appointed cadet for juniors in 2013-2015</li> <li>• I taught my first team item in 2015</li> <li>• I received my level one in 2016</li> <li>• I was appointed assistant coach for juniors in 2016-2017</li> <li>• I was appointed co-coach with Merry for juniors in 2018</li> <li>• One of my coaching highlights is having one of my soloists invited compete at nationals in 2016-2018</li> </ul>

<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>	<ul style="list-style-type: none"> <li>● I believe my coaching style is quite calm and I do enjoy a good laugh along with my girls as I coach them</li> <li>● I try to let the girls have fun while I coach them, but still push forward so I get the things I have planned done</li> <li>● I believe it is good to have high expectations for the girls you coach and allow them to be challenged with your choreography.</li> <li>● I encourage my girls to work hard and enjoy performing and not become too driven or stress over placings or being perfect all the time</li> </ul>
<p>Describe things you have done that involve Calisthenics outside of Karilee?</p>	<ul style="list-style-type: none"> <li>● I have taught solos for 5 years and calisthenics skills for 3 years</li> <li>● I have also been a part of the calisthenics nationals as an ACT representative, both as a team member and soloist from 2005-2018</li> </ul>
<p>What is your favourite calisthenic item?</p>	<ul style="list-style-type: none"> <li>● I enjoy them all</li> </ul>
<p>What is your favourite calisthenic memory?</p>	<ul style="list-style-type: none"> <li>●</li> </ul>
<p>Briefly describe what you like most about calisthenics</p>	<ul style="list-style-type: none"> <li>● I most enjoy the friendships I have made during my time involved with calisthenics</li> </ul>
<p>What do you see as the main benefits of being involved with calisthenics?</p>	<ul style="list-style-type: none"> <li>●</li> </ul>
<p>Is there any else you would like to comment on?</p>	<ul style="list-style-type: none"> <li>●</li> </ul>