

Coaches Interview Questions:

Coaches Name:	Merry Jackson
Date completed:	19 th June 2018
How long have you been involved with calisthenics?	18 years
At what age group and year did you start calisthenics?	Tinies, 2001
Briefly describe your involvement with calisthenics as a team member and the benefits you have gained?	<p>I've been in every age group from Tinies through to Seniors, and I've competed in State Teams in Inters and Seniors.</p> <p>I can't do justice to the benefits I've gained—resilience, teamwork, taking critique, winning and losing with grace—but the greatest benefit is the community I've gained from my club. We all look after each other—it's like a family.</p>
Who are your main supporters? Briefly describe their involvement?	Mum—she sits faithfully through not only my own competitions, but the teams I coach, and is always ready to give me some honest feedback (even if I don't like hearing it!).
When and where did you start your coach training?	2009, as a Class Assistant in Tinies—some of the girls in that team are in Inters now!
What age groups have you taught as a cadet or coach? (include number of years)	Tinies 2009, Juniors 2010, Tinies and Juniors 2011, ACT Juniors 2012, ACT Juniors 2013, Inters 2013, Tinies 2014, Tinies/Subbies/Seniors 2015, Tinies/Subbies/Seniors 2016, ACT Subbies 2017, Subbies 2017, ACT Subbies 2018, Juniors 2018.
What calisthenics coaching qualifications do you have?	Accredited Level One Coach, WWVP Check, First Aid Qualified.
Describe your coaching appointments and highlights?	<p>I've coached in every age group from Tinies through to Seniors in my relatively short coaching career, but there have been many highlights along the way!</p> <p>My favourite achievement over my coaching career was my Sub Junior March winning Division 2 in Ballarat three times in a row—I love March.</p> <p>I also can't forget the two state teams I have assistant coached, in 2017, our ACT Subbies were lucky enough to receive 1st place for Song and Action at Nationals—SO exciting!</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>I think my coaching style is quite calm and light hearted. I'm very willing to have a laugh during class, but my girls also know when it's time to knuckle down and work hard.</p> <p>I aim to pass on the benefits I've gained from our sport to my girls—not only do I want to train their feet to stretch, but also to train them to look after each other, be courteous to others, and know the value of putting in the effort.</p>
Describe things you have done that involve Calisthenics outside of Karilee?	<p>SO much State Team! I've done 7 years so far, and loved every moment.</p> <p>I also teach solos, duos, and gracefuls, and was lucky enough for one of my duos to qualify for the National Championships in Canberra this year.</p>

What is your favourite calisthenic item?	March, always March!
What is your favourite calisthenic memory?	Being part of the state team in 2016, when we won both Aesthetic and Calisthenic Revue at Nationals,
Briefly describe what you like most about calisthenics	The community that you gain—I have so many friends for life now, and we've all shared ups and downs, successes and losses, and supported each other every step of the way. Nothing beats knowing that you're dancing and coaching with your best friends.
What do you see as the main benefits of being involved with calisthenics?	Not only the friendships, but the discipline, coordination, and social awareness of being part of a team.
Is there any else you would like to comment on?	Calisthenics is like nothing else—and that's why I love it. Why not give it a go?