

Coaches Interview Questions:

Coaches Name:	Rachel Holdway
Date completed:	15 June 2018
How long have you been involved with calisthenics?	35 years
At what age group and year did you start calisthenics?	Sub Juniors - 1983
What Clubs have you done calisthenics with?	Only Karilee
Briefly describe your involvement with calisthenics as a team member and the benefits you have gained?	Went through subbies to seniors. Did Rep Team as a Junior in 1987 and 1988, an inter in 1991 and Seniors in 1996. Did a couple of gracefuls as an older inter and young senior. Learnt about being part of a team, commitment, presence, working hard, liaising with others, communication. Too much to list.
Who are your main supporters? Briefly describe their involvement?	My mum. She's always there at comps, even now, supporting me as a coach. She was involved on the committee for a very long time and was also on the Comp Committee and part of the ACF. My husband and boys - they put up with me always being out but realise that I love it.
When and where did you start your coach training?	Began in 1993, the year after the Level 1 coaching course was introduced.
What age groups have you taught as a cadet or coach? (include number of years)	Taught Junior Rep twice. Inters for 4 years. All my other coaching has been with Tinies and Subbies. Too many years to list. Almost 20 years on Subbies and maybe 10 years on Tinies.
What calisthenics coaching qualifications do you have?	Level 1. Have almost completed my Level 2.
Describe your coaching appointments and highlights?	Winning the ACF Coach of the year in 2005. Have also won the Langdon Award and ACT coach of the year award. So many highlights with Ballarat Trips. Last year was amazing though coming runners up in Champ Reserve and this year being in Championship. I've also had several soloists place at nationals - 12 in total. Including one of my girls winning the Inter graceful section twice. I'm on the ACFCC I have made some great friends across the country through so many aspects of my coaching.
Describe your coaching style and comment on things that you think are important standard and values to pass on to your team or soloists.	Fairness. I like to think I'm fair to all girls I teach and treat them all the same. I also like to think that I explain things really clearly and expect them to work hard. I also give a lot of praise when they are achieving great things. I also hope that I'm transparent in that my girls know what to expect from me. That I'll be tough on them if they're not working hard enough but I'll celebrate with them when they are. I want my girls to grow up being people who are confident, will work hard for what they want, and that they believe they can do anything they want.

Describe things you have done that involve Calisthenics outside of Karilee?	Brought up 3 sons. Gained a teaching degree in Primary Education. Lived a great life with a beautiful family.
What is your favourite calisthenic item?	Changes every year depending on the music and how well the girls do it.
What is your favourite calisthenic memory?	I was very pregnant with son number 2 and my 6 year old soloist was doing her item for the first time on stage. I closed the curtain where she finished her item and she wrapped her arms around my massive belly and said, 'I was so good wasn't I!'. That's what it's all about. Love these special parts of calisthenics.
Briefly describe what you like most about calisthenics	Seeing the pride in my girls when they know they've done a really good job at an item or achieved a movement that they found really hard.
What do you see as the main benefits of being involved with calisthenics?	The sense of community and being part of something really big. I think it helps girls and their families be connected to a team where they are relied upon.
Is there any else you would like to comment on?	I love my club and think we have so many great coaches. I'm pretty blessed to be involved in such a great sport and I thank my mum for getting me into it.