

## Coaches Interview Questions:

Coaches Name:	Simone Barker
Date completed:	23/06/2018
How long have you been involved with calisthenics?	This my 16 <sup>th</sup> year of competing in calisthenics.
At what age group and year did you start calisthenics?	I started calisthenics as a tinies in 2002 when I was 6 years old.
Briefly describe your involvement with calisthenics as a team member and the benefits you have gained?	Being a part of calisthenics from a young age, it has been instilled in me how to be a part of a team and the dedication and discipline that comes along with it.
Who are your main supporters? Briefly describe their involvement?	My mum did calisthenics when she was younger and thought it would be perfect for me to gain confidence and make new friends. Since then my mum has come to every competition, even travelled interstate to cheer me on.
When and where did you start your coach training?	I started coaching at Karilee in Subbies in 2015 and Tinies in 2016. In 2017 took over as the assistant coach of Tinies and Subbies.
What age groups have you taught as a cadet or coach? (include number of years)	Since I started cadetting in 2013, I have been a part of Tinies, Subbies and the Inter age groups.
What calisthenics coaching qualifications do you have?	In 2017, I gained my level 1 accreditation.
Describe your coaching appointments and highlights?	The highlight so far has definitely been getting my Inter Duo to Nationals.  While I'm still new in my coaching career another highlight has been that I have had some of my items place against Karilee and other clubs at team comps.
Describe your coaching style and comment on things that you think are important standard and values to pass on to your team or soloists.	I am definitely a passionate coach! My soloists will say how loud and into the item I can get because I just love calisthenics and especially when the girls are just amazing. I definitely want to pass on to my soloist where hard work can get you.
What is your favourite calisthenic item?	I don't think I have a favourite Team item, but Aesthetics is always amazing, but I do love my gracefuls.
What is your favourite calisthenic memory?	Being a part of the ACT Senior rep team the last 3 years has been an incredible experience, and the places we have achieve at Nationals have just been a result of all our hard work.
Briefly describe what you like most about calisthenics	The best of calisthenics is the life-long friends that you make. Cali friends are friends for life.
What do you see as the main benefits of being involved with calisthenics?	I've always said that the main benefit of calisthenics especially in young competitors is the dedication and discipline you gain, and that is definitely not the worst thing for kids to learn.
Is there any else you would like to comment on?	