

## Coaches Interview Questions:

Coaches Name:	Jessye Muller
Date completed:	13th July 2018
How long have you been involved with calisthenics?	17 years
At what age group and year did you start calisthenics?	Tinnies 2001
What Clubs have you done calisthenics with?	Deanne (5 Years), Karilee
Briefly describe your involvement with calisthenics as a team member and the benefits you have gained?	As a team member I completed many years from tinnies all the way up to seniors, I gain lots of confidence as well as learning to work together as a group to achieve the best possible outcome.
Who are your main supporters? Briefly describe their involvement?	My main supporters are Liz Arnold, Kate Watson and Jess Costigan; all these three coaches have coach me in my many years of calisthenics, each one has help me in one way or another as a dancer and as a coach.
When and where did you start your coach training?	I started my coaching training with Karilee in 2012.
What age groups have you taught as a cadet or coach? (include number of years)	I have been a cadet for Tinies in 2012-2013, Sub-juniors in 2014-2015, Juniors in 2016 and Inters in 2018.
What calisthenics coaching qualifications do you have?	I've completed my Cadet course and will have completed my Level 1 before the year has ended.
Describe your coaching appointments and highlights?	My biggest highlight in my coaching career was when my first Soloist came First Place at the Preliminary Solo Competition and myself getting 2nd place in my solo of my last year in Juniors.
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 like to focus my coaching style toward flexibility, love helping girls achieve with learning new tricks and becoming more bendy.  I also like to focus the dances and routine around their strength.
Describe things you have done that involve Calisthenics outside of Karilee?	I've done Solos and Gracefuls for 10 years and competed at Nationals in 2011 and was in the opening ceremony for Nationals in 2004.
What is your favourite calisthenic item?	Free exercises and Aesthetic
What is your favourite calisthenic memory?	I have so many memories that it's hard for me to name one but in my last year of Inters and I had to learn 2 exercises about 5-10 minutes before going on stage and doing it flawless.
Briefly describe what you like most about calisthenics	I love Calisthenics because of the memories I have doing it, i enjoy everything calisthenics has to offer me. It's a beautiful sport and my second family, I can never see myself not being a part of it.
What do you see as the main benefits of being involved with calisthenics?	Building Confidence!! Calisthenics 100% helps you to get out of your shell in a supportive way.
Is there any else you would like to comment on?	Without Calisthenics I wouldn't be who I am today!