

## Coaches Interview Questions:

Coaches Name:	Taylor Bye
Date completed:	16th July 2018
How long have you been involved with calisthenics?	16 years
At what age group and year did you start calisthenics?	I started in Tinies in 2003.
Briefly describe your involvement with calisthenics as a team member and the benefits you have gained?	<p>I have competed in all teams from Tinies through to Seniors. I have been a part of eight Rep teams including Sub Junior, Junior, Inters and Senior teams.</p> <p>I have learnt so many life skills from my time in calisthenics including:</p> <ul style="list-style-type: none"> <li>● Punctuality</li> <li>● Communication skills</li> <li>● Commitment</li> <li>● How to work within a team and learning to work with different personalities</li> <li>● Goal setting</li> <li>● Resilience</li> </ul>
Who are your main supporters? Briefly describe their involvement?	<p>My Mum! She has supported me from day one and has been to every competition whether it be in Canberra or interstate since I started in Tinies. She makes all my solo costumes and all my soloists costumes too. She is extremely talented, and I am very lucky to have her supporting me always.</p> <p>Jessica Costigan! She has been my solo coach since 2010 but she has also grown to be my biggest support in becoming a coach and has taught me so much while I have worked with her. I would not have achieved the things I have without her support and guidance.</p>
When and where did you start your coach training?	I started as a class assistant in 2013 with Sub Juniors.
What age groups have you taught as a cadet or coach? (include number of years)	Sub Juniors (2 years), Juniors (2 years) and Inters (2 years).
What calisthenics coaching qualifications do you have?	Level 1 Coach
Describe your coaching appointments and highlights?	<p>I class assisted and cadetted for 4 years with Sub Juniors and Juniors. I started teaching solos in 2015 and I taught my first team item in Juniors in 2016. I received my Level 1 Accreditation in 2017. Most recently in 2017 &amp; 2018 I have been the Assistant Coach in Inters.</p> <p>I am still very early on in my coaching career, but a few highlights would include:</p> <p>In 2017, my 2nd team Inters placed in all their items at Champ comp, they were the only 2nd team in the comp so that was very exciting for them to meet their goals and build their confidence.</p> <p>And lastly many of my solo girls receiving places in their solo/duo and graceful items and watching them improve and grow as performers each year.</p>

<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>	<p>I am a really big believer in working hard to achieve your goals and I think this is something that I want to pass on to my teams and soloists. I want my girls to believe in their abilities and to learn with dedication and hard work you can reach your goals.</p> <p>I always strive for my girls to be ready to perform at their best and to feel confident, but ultimately, I want them to remember that loving and enjoying what you are doing is the most important part of calisthenics.</p>
<p>Describe things you have done that involve Calisthenics outside of Karilee?</p>	<p>I have competed in eight rep teams: Sub Juniors (2005), Juniors (2008), Inters (2011, 2013), Seniors (2014, 2016, 2017, 2018).</p> <p>I have competed in six national solo items: Inter Graceful (2012), Senior Graceful (2014, 2015, 2016, 2018) and Senior Solo (2017).</p> <p>I have competed in two Ballarat solo items: Senior Solo (2017) and Senior Graceful (2018).</p>
<p>What is your favourite calisthenic item?</p>	<p>My favourite calisthenics item to dance in would definitely be Gracefuls and Aesthetics. But my favourite item to teach would be Free-Ex.</p>
<p>What is your favourite calisthenic memory?</p>	<p>I have so many memorable moments from calisthenics but my most recent moment would be winning the ACT Senior Graceful competition in 2018, this is something I have dreamed of since I started gracefuls in 2007 as a Junior and reaching this goal was very special.</p>
<p>Briefly describe what you like most about calisthenics</p>	<p>My favourite thing about calisthenics is the lifelong friends you make. I have met so many amazing people who have been so influential in my life and have helped me to become the person I am today.</p>
<p>What do you see as the main benefits of being involved with calisthenics?</p>	<p>I have learnt so much from calisthenics and I am so grateful that I am involved in this sport. You learn so many life skills that you keep with you forever and you meet so many different people who help you grow and learn.</p>
<p>Is there any else you would like to comment on?</p>	<p>Calisthenics is such a wonderful community and it is so special to be a part of such a supportive club with so many talented participants and coaches.</p>