

Coaches Interview Questions:

Coaches Name:	Jodie Sims
Date completed:	3rd October 2019
How long have you been involved with calisthenics?	35 years
At what age group and year did you start calisthenics?	I was 7 (I think), and a final year subbie.
Flashback to when you started calisthenics. What do you remember most about that time?	We used to wear the same club leotard for all our items, and only had special costumes for our fancy items!
What Clubs have you done calisthenics with?	Flagstaff Hill Calisthenics Academy (South Australia, but no longer operating), Evatt for 2 years when I returned to Canberra, and then Karilee from 1990 as a second year intermediate.
Briefly describe your involvement with calisthenics as a team member and the benefits you have gained?	I have gained lifelong friends, a lot of fun, memorable moments and proud achievements.
Who are your main supporters? Briefly describe their involvement?	
When and where did you start your cadet and coach training?	I commenced coaching with soloists in the 1990s, then took on my first team coaching role as head coach of Karilee Seniors from 1995.
What age groups have you taught as a cadet or coach? (include number of years in each age group)	The majority of my coaching experience is with seniors, however I have also provided assistance and mentoring to other age sections, and for the first time in 2019 I taught my first Masters team!
What calisthenics coaching qualifications do you have?	I am a Level 1 Calisthenics Coach, and have also completed Certificates III and IV in Fitness, which helps with coaching.
What is your Cali ACT Coaching No. and when does it expire?	ACT-2120921 Expiry Date: 31/12/2021
Describe your coaching appointments and highlights?	I have lost count of the number of years I have coached the Karilee Senior Team, but believe it would be around 12 years between 1995 and 2011. Highlights have included coaching two ACT Senior Representative Teams in 2004 and 2007, and coaching Karilee's first ever Masters team during our 40th year celebrations!
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 highly value a positive and inspiring team environment, and encourage team members to show support and respect for one another (including me as the coach!). I take an encouraging approach to get the best from the team (and love to include strength and fitness at training!)

<p>Describe things you have done that involve Calisthenics outside of Karilee?</p>	<p>I have drawn on my cali skills through involvement as a performer in local musical theatre productions over the years.</p> <p>I've also really enjoyed coach mentoring roles with other cali clubs and rep teams to support their development and share knowledge.</p>
<p>What is your favourite calisthenic item?</p>	<p>I love a lot of items, but rods is always pretty fun!</p>
<p>What is your favourite calisthenic memory?</p>	<p>My most recent memory of appearing on stage with my masters team to perform (and win!) our Revue item "Whipped Into Shape"!</p>
<p>Briefly describe what you like most about calisthenics.</p>	<p>Fun, friendships and physical challenge</p>
<p>What do you see as the main benefits of being involved with calisthenics?</p>	<p>The teamwork and creativity, being inspired by seeing others amazing work, and being part of such a big extended cali family.</p>
<p>Is there any else you would like to comment on?</p>	