

## Coaches Interview Questions:

Coaches Name:	<b>Louisa-Jane Barker</b>
Date completed:	31st August 2019
How long have you been involved with calisthenics?	I have been doing Calisthenics for 14 years.
At what age group and year did you start calisthenics?	I started in Tinies at the age of 4 in 2005
Flashback to when you started calisthenics. What do you remember most about that time?	<p>I remember doing my first duo with my friend and we had massive teddy bears that we danced with. I also remember learning how to do rods and clubs and doing tricks, we always did it, no matter what.</p> <p>I also remember getting lots of stickers for anything good that I did, that was always my favourite part.</p>
What Clubs have you done calisthenics with?	Thornlie, Brindabella & Karilee
Briefly describe your involvement with calisthenics as a team member and the benefits you have gained?	Being involved in calisthenics I have committed to being part of team. Discipline and dedication are a big part to what I have learnt over my years of calisthenics and will continue in my cali career.
Who are your main supporters? Briefly describe their involvement?	<p>My mum is my number 1 supporter. She is always there to help me out no matter how big or small the problem, she will do it for me. She never misses a competition or concert to watch me or to watch the girls that I coach perform. She gives me corrections and always know what to say. I wouldn't be able to do it without her.</p> <p>Dad is always there as well. He may not come and watch, but he always tries to. He is always supportive and always helps me print my lighting sheets. I am always grateful for all that he does.</p> <p>My sisters always are support. I always look up to Simmy when it comes to calisthenics as she is amazing at it. She also coaches and mentors me every year to help me improve as a competitor and coach.</p> <p>Courtney even though she doesn't do calisthenics she is always there. She fixes costumes, watches me perform and always check up to see if there anything that she needs to do. I'm very lucky to have them as my sisters.</p>
When and where did you start your cadet and coach training?	I started cadetting at Brindabella in 2015 and Karilee in 2017. I started coaching last year (2018) when I had the opportunity of coaching a 3rd team.
What age groups have you taught as a cadet or coach? (include number of years in each age group)	I have cadetted with Tinies for 2 years and Juniors for 2 years. I have been coaching Juniors for 2 years as well.
What calisthenics coaching qualifications do you have?	I have completed the ACF Level 1 course to become a qualified coach.

What is your Cali ACT Coaching No. and when does it expire?	ACT- 093 Date: 31/12/2022
Describe your coaching appointments and highlights?	As I started coaching last year, I got the opportunity to coach a 3rd team Clubs in Juniors, which got 5th place at Preliminary Competition.  This year (2019) I have had the opportunity of teaching Juniors and taking on all 2nd team items.
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 make training fun, but also making sure that they know what they are doing. If I want them to remember something, I will make it fun for them to remember and to say.  I always tell my girls that they must practice at home, it doesn't matter how they do it along as they know what we did the week before and we don't have to go over it again.  Values that I have taken on myself as a competitor and have given to the girls I coach is practice, listen, learn and show respect to others especially your coach as she does so much for you to get to be number 1.
Describe things you have done that involve Calisthenics outside of Karilee?	I have represented the ACT rep team in 2012 in the Junior team. It was in Darwin and I qualified with my duo partner to perform in the Junior duo competition.  I have also done rep team in 2015 as an Intermediate which went to Queensland.
What is your favourite calisthenic item?	My favourite item is Clubs. I have always loved to swing clubs and teaching it is something I love to do!
What is your favourite calisthenic memory?	My favourite calisthenics memory was doing a duo with my sister. We did Aladdin and it was always fun to do and scary at times with some tricks we did.  I loved to dance with my sister and in 2017, we were finally able to dance together in the same age group.  As well, in 2015 at nationals when our revue got 42 points from the adjudicators that was a feeling that I never thought I would get to experience at that level.
Briefly describe what you like most about calisthenics.	I love this sport as you get to be with your friends, get to have fun and learn routines that are entertaining to watch and do. Calisthenics has been good as well as I get exercise while doing something I enjoy.
What do you see as the main benefits of being involved with calisthenics?	I believe the main benefits of being involved in Calisthenics is being able to make new friend, growing your motor skills and getting to have fun while being competitive with what you do.
Is there any else you would like to comment on?	