

Coaches Interview Questions:

Coaches Name:	Natalie Sainsbury
Date completed:	14th August 2019
How long have you been involved with calisthenics?	A long time – over 20!
At what age group and year did you start calisthenics?	I started as a Junior in 1990 – I was 9 at the time.
Flashback to when you started calisthenics. What do you remember most about that time?	I remember thinking that everyone danced like a robot! It was so foreign to me, but lots of fun at the same time.
What Clubs have you done calisthenics with?	Deanne and Karilee
Briefly describe your involvement with calisthenics as a team member and the benefits you have gained?	<p>I would generally consider myself to be an introvert, I hate being in front of big crowds, public speaking and the like. For some reason this does not cross over to my Calisthenics, when performing any Calisthenics discipline in front of an audience.</p> <p>I believe that this is mainly due to the confidence that my fellow team members and coaches have installed in me throughout the years.</p>
Who are your main supporters? Briefly describe their involvement?	<p>My Mum, she used to fly from Japan for the weekend to watch me compete in my Graceful's and team comps. She was also a Cali girl in SA and taught me a lot.</p> <p>My Graceful coach, Katrina Ford. There is a special bond that you have with your solo coach that lasts a lifetime. I am forever grateful for the time and commitment that Katrina put into me.</p> <p>My daughter Liberty, the loudest cheerer!</p>
When and where did you start your cadet and coach training?	Many moons ago – around 1993. I have obtained my level one coaching course twice – due to 10-year break.
What age groups have you taught as a cadet or coach? (include number of years in each age group)	<p>Tinies (or Missies as they were formally known)</p> <p>- 2 years</p> <p>Seniors and Intermediates</p> <p>– too many years to mention.</p>
What calisthenics coaching qualifications do you have?	Level 1
What is your Cali ACT Coaching No. and when does it expire?	<p>ACT- 083</p> <p>Date: 31 December 2021</p>
Describe your coaching appointments and highlights?	<p>I have mainly taught older girls, but I am finding my love for teaching the next generation of Cali stars this year as an Assistant Coach of Tinies.</p> <p>Aggregate and soloist wins are always a highlight, I have been fortunate to have a few of those.</p>

<p>Describe your coaching appointments and highlights? (Continued)</p>	<p>However, the biggest highlight has been watching some of the girls I coached go on to either become great coaches themselves or study dance at various dance schools around the country.</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 have definitely had to tailor my coaching style working with younger performers, however, no matter what age group I teach I believe that I am fair and enthusiastic and “hopefully” pass on my passion for the sport.</p> <p>Confidence is something I have gained through this sport and something I like to try to install in all the girls I coach.</p> <p>Confidence not only looks amazing on stage; it can also assist you other aspects of your life.</p> <p>I love flexibility but I equally love strength, I work closely with my soloists and teams to ensure they have both as this reduces the chance of injuries occurring.</p>
<p>Describe things you have done that involve Calisthenics outside of Karilee?</p>	<p>I have been a member of several Rep Teams and represented ACT 6 times for my Graceful at Nationals and once in Ballarat.</p>
<p>What is your favourite calisthenic item?</p>	<p>My favourite item changes depending on the context:</p> <p>To watch - Freearm as I love watching gorgeous flexibility.</p> <p>To do – This has changed as I have got older – and less flexible! As a Master, fancy items, they are fun and you always feel ‘pumped’ when they are finished.</p> <p>To coach – Rods, entertainment mixed with classical calisthenics technique and some flex.</p>
<p>What is your favourite calisthenic memory?</p>	<p>I have so many fabulous memories, however, the one that stands out is seeing my daughter, Liberty, compete for the first time. She had a huge smile on her face each time she went on stage - even when she wasn't meant too! She looked like she was having the time of her life, which to me is the most important thing about this sport.</p>
<p>Briefly describe what you like most about calisthenics.</p>	<p>I believe that Calisthenics provides a safe environment for participants of all abilities to dance and compete and coaches to be creative.</p>
<p>What do you see as the main benefits of being involved with calisthenics?</p>	<p>Installing confidence into participants and friendship! There is nothing like Cali friends.</p>
<p>Is there any else you would like to comment on?</p>	<p>I would not have enjoyed my time in this sport as a competitor or a coach if it wasn't for all those amazing people that put in countless hours volunteering. You are incredible and the backbone of this sport.</p>