

Coaches Interview Questions:

Coaches Name:	Deborah Putt
Date completed:	5th October 2019
How long have you been involved with calisthenics?	32years
At what age group and year did you start calisthenics?	1988- Missies (Tinies)
Flashback to when you started calisthenics. What do you remember most about that time?	Performance at Floriade and our "bear band bears" song
What Clubs have you done calisthenics with?	Deanne, Academy, Action and Karilee
Briefly describe your involvement with calisthenics as a team member and the benefits you have gained?	As a team member I have gained skills to be part of a team and listen and work with others. I have been part of state teams nine times and performed my graceful three times at nationals. I have coached since I was 15 and have learned a lot about myself and the girl I teach.
Who are your main supporters? Briefly describe their involvement?	Mum & Dad- are always there to support, in previous years they have both held committee positions and been active supporters. My husband- deals with housework and children when I'm at Cali.
When and where did you start your cadet and coach training?	At Deanne Calisthenics in about 1995?
What age groups have you taught as a cadet or coach? (include number of years in each age group)	Subbies cadet Deanne 3yrs? Subbies assistant Deanne 2years? Inters coach Deanne 1 year Seniors coach Deanne 1year Inters coach Academy 4years Seniors coach Academy 3years Juniors coach Academy 2 years Tinies coach Academy 2years Subbies coach Academy 3years Seniors coach Karilee 2 years Inters coach Karilee 2years Tinies cadet/team manager Karilee 1year Tinies mentor coach Karilee 1yr
What calisthenics coaching qualifications do you have?	Level 1

What is your Cali ACT Coaching No. and when does it expire?	ACT- Date:
Describe your coaching appointments and highlights?	Being a main instigator in combining 2 clubs to form 1 inters team in 2005. Karilee seniors every time. Writing a "Calisthenics in schools program" and running a calisthenics program across two Gungahlin schools over two weeks in 2009.
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 think I'm a fairly relaxed coach, but I also have high expectations of my teams. I think that respect for our team mates is of high importance, and for all members to strive for improvement.
Describe things you have done that involve Calisthenics outside of Karilee?	State team rep Soloist Delegate
What is your favourite calisthenic item?	Clubs
What is your favourite calisthenic memory?	Performing at nationals as s soloist for the first time. My daughters performing in Cali for the first time.
Briefly describe what you like most about calisthenics.	The friendships that last a lifetime, and performing.
What do you see as the main benefits of being involved with calisthenics?	It instils confidence, deportment, sportsmanship and team work.
Is there any else you would like to comment on?	