

## Coaches Interview Questions:

Coaches Name:	<b>Stacie Howell</b>
Date completed:	27/04/2020
How long have you been involved with calisthenics?	22 years
At what age group and year did you start calisthenics?	Tinies in 1998
Flashback to when you started calisthenics. What do you remember most about that time?	Looking up to my coaches and the older girls
What Clubs have you done calisthenics with?	Kilvington (non-comp), Chadstone Calisthenics Club & Karilee Calisthenics Inc
Briefly describe your involvement with calisthenics as a team member and the benefits you have gained?	<p>I began learning Calisthenics at my primary school as an after-school activity. I moved to Chadstone in 2002 as a last year Subbie and received my 20 year trophy there in 2018. I then moved to Canberra and joined Karilee in 2019.</p> <p>I have developed Calisthenics skills over the years but also the ability to work well in a team along with strong dedication to my club and teammates. I have also made some of my best friends through the different clubs I have attended.</p>
Who are your main supporters? Briefly describe their involvement?	<p>My family who have supported me my whole Calisthenics life (many hours of driving, sequinning, DVD watching!)</p> <p>My teammates have also been extremely supportive during classes and competitions.</p>
When and where did you start your cadet and coach training?	<p>I started cadet training in 2011 once I completed high school (but was a helper from 2007.)</p> <p>I became a coach in 2014 after completing my cadet and level one course.</p>
What age groups have you taught as a cadet or coach? (include number of years in each age group)	<p>Tinies (2 years)</p> <p>Subbies (7 years)</p> <p>Juniors (3 years)</p> <p>Inters (4 years)</p>
What calisthenics coaching qualifications do you have?	Level one coach
Describe your coaching appointments and highlights?	<p>I was an assistant coach in Subbies for 3 years working with my best friend – in our second year we won every local competition including CVI and also won Ballarat.</p> <p>Other highlights have been watching some of the girls I worked with in Subbies move all the way through to being in a team with me in Seniors. Seeing them improve and grow as performers and fantastic people has been amazing.</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>I like to make sure the teams or soloist I am working with are having fun and enjoying what they are doing. There is no point going to competitions being stressed and working for a year on something you don't enjoy. Always try your best, work hard and have fun!</p>

Describe things you have done that involve Calisthenics outside of Karilee?	My involvement with my previous club including running a non-competitive class for Tinies and Subbies for locals.
What is your favourite calisthenic item?	Clubs followed by Revue!
What is your favourite calisthenic memory?	Winning CVI by 20 aggregate points in 2014 with my Seniors team – then winning Ballarat (only just!) because the amazing Deanne came and smashed it out of the park!
Briefly describe what you like most about calisthenics.	<p>I love working in a team with great people and the enjoyment each class brings. I love performing on stage with them and the feeling of working together.</p> <p>I also love watching girls (and boys) I've coached improve throughout the year and grow to love the sport.</p>
What do you see as the main benefits of being involved with calisthenics?	Friendship and confidence.