

Coaches Interview Questions:

Coaches Name:	Samantha Bourne
Date completed:	18th July 2020
How long have you been involved with calisthenics?	9 years
At what age group and year did you start calisthenics?	I started Calisthenics as a Junior in 2012
Flashback to when you started calisthenics. What do you remember most about that time?	I don't really remember much specifically from when I started in Karilee, but I do remember everyone being so nice and welcoming. I spent all week thinking about and practising calisthenics whenever I wasn't at training.
What Clubs have you done calisthenics with?	Only Karilee
Briefly describe your involvement with calisthenics as a team member and the benefits you have gained?	<p>I have gone through from juniors to seniors in Karilee; joining Rep Team in my second year of juniors (2013). Being a team member in calisthenics has so many benefits it is so hard to fit in a little text box. Learning to stay committed to your team, dedication, compassion and confidence are just some of the benefits calisthenics has given to me.</p> <p>I don't think I would be the same person I am today if it wasn't for calisthenics.</p>
Who are your main supporters? Briefly describe their involvement?	<p>My main supporters are my family.</p> <p>My sisters Emily and Jacinta are involved in Calisthenics as participants and cadets. They are always by my side to comfort and support me, as well as always being there to laugh when I fall before helping me back up.</p> <p>My grandparents are my other big supporters. They both do so much.</p> <p>My grandfather is involved with website admin, photography, comp volunteering, cali-act comp committee and so much more, although he thinks of himself as the retired chauffeur. He always gives his honest opinions when I ask but knows the right time to tell me everything's gonna be okay.</p> <p>My grandmother is the real calisthenics powerhouse of the family though, she's involved in so much stuff. I don't even think she could name everything she does. I could never list everything she does for me or Karilee so just know if you ever have a question, she will either have the answer or find it for you.</p>
When and where did you start your cadet and coach training?	I started cadetting with tinies in 2015. The first team I ever coached was third team tinies in 2019 which was also the year I completed my Level 1 assessment.
What age groups have you taught as a cadet or coach? (include number of years in each age group)	<p>As a cadet I did three years with Tinies. Two years with subbies. One year with Juniors.</p> <p>As a coach I have done one year with Tinies and one year with juniors.</p> <p>In 2017, I was a cadet for both tinies and subbies. In 2019, I was a cadet in juniors and an assistant coach with tinies.</p>
What calisthenics coaching qualifications do you have?	Level 1 coaching qualification, First Aid, WWVP, National Police Check.

What is your Cali ACT Coaching No. and when does it expire?	ACT-100 Date: 31-12-2023
Describe your coaching appointments and highlights?	As I am a new coach, I have not really had too many coaching appointments however any chance I get to coach is a highlight. I have loved working with the teams that I have coached and sharing in their successes. I also really love working with all of my soloists and seeing them improve.
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 am still an emerging coach and have not yet fully developed a coaching style of my own. I like to think that I am focused on making sure the girls are having a good time with laughter but also instilling in them when to laugh and when to work hard. It's always good to work hard but if you aren't having fun, what's the point? I also like to keep improvement in my mind. I love watching the girls improve, from new girls who are learning the basics to girls who are fabulous. There is always more to learn, and I try to teach that to my girls.
Describe things you have done that involve Calisthenics outside of Karilee?	I have been in the Rep Team as a team member. I have also been a part of the school holiday programs for new cali recruits in a coaching/cadette capacity. At the start of 2020, I went to the National Coaching Convention which was in Adelaide.
What is your favourite calisthenic item?	My favourite calisthenics item has definitely changed over the years. When I was young my favorite item to watch and to do was free exercises. But as I have gotten older, I love watching and doing Aesthetics. My favorite item to coach, I think would have to be clubs. When I was a junior, I hated clubs but the more I learned about it, the more I liked it. I really like instilling that clubs can be fun in the younger age groups even if it is pretty tricky.
What is your favourite calisthenic memory?	I have so many great memories from calisthenics it is hard to pick one. I guess I really loved spending a year doing a duo with my sister. Training was always fun, so was trying new tricks out at home and bringing them to our coach. Even though we probably did the worst performance we ever did on stage at champ comp and Jazzy fell on top of me all the time winding me; it really was a great year.
Briefly describe what you like most about calisthenics.	Calisthenics is like nothing else, I loved knowing there was a safe and friendly place waiting for me outside of school.
What do you see as the main benefits of being involved with calisthenics?	There are so many benefits of being involved in calisthenics, but I think some of the standouts for me would be the friends you make, confidence you acquire and the control and autonomy you gain over your body.
Is there any else you would like to comment on?	