

# LANGDON AWARD

## Objectives

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This Award was the idea of the late Brenda Langdon. Her wish was to acknowledge the contribution to calisthenics by newly accredited coaches. Over her years of involvement with calisthenics she observed how often these coaches could be overlooked. Newly appointed coaches frequently work with new participants and young developing teams. They exhibit a high standard of personal skill and commitment to their teams who are not necessarily the 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place-getters or aggregate winners at competitions.

Brenda wanted the award to be seen as a reward for coaching skills, personality and hard work in all facets of calisthenics. It is not intended to be given to a winning coach but to one who is developing all round capabilities as a coach. It recognises the hard work that calisthenic coaching involves as well as the ability to relate well to team participants, club and Cali ACT officials and parents. Above all, the coach demonstrates good sportsmanship as well as developing and expecting this in their team participants.

All coaches spend many hours preparing music, working through routines and eventually coach this work to a team. Not all good calisthenic competitors make good coaches and vice versa. It is a skill in itself to be able to coach a routine and get the participants to understand what is required of them. The bonus comes via places at competitions.

Brenda's words were "the award should be given to someone to say, 'congratulations on the work you are achieving within the sport and be encouraged to continue to develop as a coach – you are on the right track'".

The Langdon Family Trophy is awarded annually, if a suitable applicant is nominated.

The recipient of this award will receive the opportunity to request funding from the Cali ACT Board of up to \$400 to be used for specific coach development/mentoring initiatives.

## Eligibility

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To be eligible for the Langdon Award, a Coach must be nominated by an ACT Calisthenic Club and meet criteria as defined below:

## Selection Criteria

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Please consider all coaches who meet the following criteria:

1. Must be an ACT registered and Level 1 accredited coach (requirement).
2. Has less than 10 years' calisthenics coaching experience (requirement).
3. Demonstrates hard work (30%)
4. Demonstrates improvement in the performance of their team/s and / or participants (15%)
5. Demonstrates good sportsmanship (30%)
6. Demonstrates ability in planning, organization and interpersonal skills with fellow coaches, participants, officials and parents (25%)





## Application Procedure

All ACT Clubs are entitled to nominate a coach for the award. Club nominations will be restricted to two each year. A nomination need not necessarily be submitted from the Coach's own club.

To nominate a coach clubs should fill out the Nomination Form template below, addressing all criteria, and include any other relevant information in support of the nomination.

**Please forward nominations by email to  
Cali ACT President [president@calisthenicsact.com.au](mailto:president@calisthenicsact.com.au)**

## Selection Panel

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The selection panel for the Langdon Award will consist of:

- 1 x Cali ACT Board member ) Three (3) to five (5) panellists
  - 2 x Cali ACT Life Member ) to be selected each year
  - 1 x Coach Representative (registered coach) ) dependent upon number of
  - 1 x Cali ACT Delegate (not from the same club) ) nominations received
- Note: Cali ACT Board to discuss and vote on the composition of the panel members. Cali ACT Board reserves the right to validate the nominations and advance them to the panel assessment stage.

## Important Dates

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The Award will be presented at the September Championships in an appropriate team session.

**APPLICATIONS CLOSE: 21<sup>st</sup> August 2022 @ 5:00 PM**

**CALISTHENICS ACT LANGDON AWARD**

**NOMINATION FORM**

Please ensure you use this template or your nomination will be returned to you.

**Name of Nominee:** Simone Barker

Criteria	Provide specific examples to support each criteria
<b>Registered coach with Calisthenics ACT, Level 1 Accredited &amp; less than 10 years coaching experience (required)</b>	<ul style="list-style-type: none"> <li>2015-2016 - Cadet at Karilee Calisthenics Club</li> <li>2017 - gained Level 1 coaching accreditation</li> <li>2017 and 2018 - Assistant Coach for Karilee Tinies and Sub-Juniors</li> <li>2019 - 2022 - Principal Coach of the Karilee Tinies section</li> <li>2019 - ACT Tinies Aggregate Winners and NSW Tinies Aggregate Winners</li> <li>2022 - ACT Sub-Junior State Team Co Coach</li> </ul> <p>Simone has also taught soloists since 2016.</p>
<b>Demonstrates hard work — 30%</b>	<p>Simone demonstrates hard work both within her calisthenics sessions and in all the planning she does for her coaching. She prepares for each lesson in great detail including creating class plans and ensuring that her Assistant Coaches, Cadets and Class Assistants are aware of the priorities during the lesson. Her coaching team is well prepared so that they can make the most of all elements of the calisthenics training. Simone’s preparedness for her training sessions ensures that no time is wasted and that all participants are getting the absolute most out of every minute of training time.</p> <p>Simone analyses her choreography to ensure that her work is suitable for the age groups she is coaching, while making sure that her team improves in both strength and technique. She cleverly choreographs her items so that she caters for girls who are more experienced as well as for those who may be new to the sport and engages them in such a way that they love what they are doing. Simone’s hard work in all elements of her coaching are well received by parents of her participants and other coaches she works with.</p> <p>Simone is very keen to continue improving in her coaching and often asks for feedback from coaches within her club. She applies suggestions whenever possible to ensure she is doing her best to support the team she works with.</p> <p>Her enthusiasm and commitment to the sport is evident in both her own participation in the sport as well as her coaching. Simone is an elite calisthenics girl and this status in the calisthenics community has seen her to be a successful coach as her girls idolize her for her talent, dedication and skill as she is able to teach correct technique and also demonstrate it.</p> <p>In addition to working hard for her own team, Simone continues to offer her support to other teams within not only Karilee, but other clubs in the ACT. Her enthusiasm to take on a State team coaching role and build the quality of Sub-Juniors within the ACT this year is commendable and clearly demonstrates the hard work Simone is prepared to put in.</p>

Criteria	Provide specific examples to support each criteria
<p><b>Demonstrates improvement in team – 15%</b></p>	<p>Simone has shown over her coaching career thus far that she can increase the skill level of her team significantly throughout the year. She possesses the ability to teach the skills required early in the year, and then keep working bit by bit to improve technique every single class. She does this in a way that is so positive and encouraging while also having very high expectations.</p> <p>Simone is able to cleverly break down movements in a way that young children can understand. She explains what to do while demonstrating and ensures that there is plenty of repetition. She takes videos of these movements and works 1:1 when required and this coaching strategy has proved to be successful for her. Because Simone teaches Tinies, she also shows parents what they can look for to support their children when practising at home. All of these techniques clearly improve each participant's calisthenic skills which overall, improve the whole team. When working with both the ACT Sub-Junior State team and her Karilee Tinies team this year, Simone was able to show significant growth from the time she began coaching these teams, to when they performed on stage, gaining excellent results.</p> <p>Simone has also shown her commitment to the ACT Cali community and betterment of the sport as a whole here in the ACT by coaching Calisthenic Skills sessions. She has coached a variety of skills from the Tests right through to upper grades. She has also shown her individual commitment to to her calisthenics improvement by completing both Bronze and Silver medals with great success.</p> <p>Simone is a solo coach to participants of varying ability who have also shown huge improvement over their time doing solos. Simone coaches soloists from a range of ages from Sub-Juniors all the way to Seniors who are in a variety of divisions. She is able to vary her coaching style with these soloists, breaking down movements to improve technique while still making it a fun experience. This level of skill highlights the coaching skills and qualities that Simone has as she is able to get the best out of all participants she coaches.</p> <p>Simone is patient and understands that individuals and teams all take time to improve skills and has worked hard to help her participants to develop in every way possible.</p>
<p><b>Demonstrates sportsmanship – 30%</b></p>	<p>Simone always sees value in the efforts from everyone involved in Calisthenics whether it be club officials, Cali ACT volunteers or other members of the Calisthenics community. She is a friendly person who puts others at ease with her easygoing nature. Simone always demonstrates excellent sportsmanship. She congratulates others on their successes as well as letting other coaches know she has enjoyed items they have created. She loves the creativity she sees on the stage and makes sure she shares these views with others.</p> <p>Simone also ensures that she teaches these values to the girls she works with. She regularly encourages her girls to congratulate others on their successes, demonstrating a strong sense of good sportsmanship.</p>

Criteria	Provide specific examples to support each criteria
<p><b>Demonstrates planning and interpersonal skills – 25%</b></p>	<p>Simone is extremely organised and prepares carefully for her training sessions each week. She liaises with her coaches and team management. This ensures that everyone is on the same page and ready to do their best work once the girls arrive for training.</p> <p>Simone uploads videos of her team's weekly work on each item and provides advice on what to work on. Simone has found this to be a useful tool as she knows that children are generally visual learners and this helps her team to improve.</p> <p>Simone communicates with her manager and parents of her team in an effective way. Her managers always enjoy working with her and as a team, they are all able to create a great calisthenics environment.</p> <p>Simone has been able to actively apply fundamental skills acquired from her university degree in Journalism to improve her ability to communicate with all ages and demographics. She has also adopted aspects of workforce planning and applied those principles to the management of her coaching team and class planning.</p> <p>Simone is well planned for her solo season as well, ensuring her parents are aware of training times and important dates to remember. This level of detail in Simone's planning ensures her girls are never caught off guard or rushed resulting in them being able to perform calmly and confidently on stage.</p> <p>Simone's interpersonal skills are of a very high quality. She believes in communicating with all parties so each person is well informed. If things need to be discussed, she never shies away from that responsibility. Simone believes that having a conversation means that everyone is clear and can move forward to make the most of their time at Calisthenics.</p> <p>Simone is always prepared to do what she can to be ready for every calisthenics year. Over the past few years, she has run come and try days to encourage new girls to begin calisthenics. This takes a great deal of organisation and planning. When delivering these lessons, she uses her interpersonal skills to welcome new families to our sport. Having an enthusiastic coach like Simone at these events is necessary to increase the participation levels within our club and we are so lucky to have her. These organisational skills have been especially demonstrated this year while she was coaching the ACT Sub-Junior State Team, the Karilee Tinies team and her own soloists all in the first half of the year.</p>

## Summary

**Simone is an outstanding young coach who is enthusiastic and admired by others. Her choreography is creative and exciting and she works extremely hard to set high standards for both herself and her team. Simone is consistently improving and creates an environment where girls and parents want to be. Her interpersonal skills are an asset and her sportsmanship is admired. Simone communicates clearly and maturely with all participants within the Calisthenics community and is grateful for everyone's contribution for making the Calisthenics year a positive one. We at Karilee Calisthenics Club are very**



**proud of the coach that Simone is becoming and strongly believe she is a worthy recipient of the Langdon Award for 2022.**

**Nominating Club:** Karilee Calisthenics Club

**Name of Club Official:** Rachel Holdway

**Signature** *Rachel Holdway*