

LANGDON AWARD

CALISTHENICS ACT LANGDON AWARD

NOMINATION FORM

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

Name of Nominee: **Taylor Bye**

Criteria	Provide specific examples to support each criteria
Registered coach with Calisthenics ACT, Level 1 Accredited & less than 10 years coaching experience (required)	<p>Taylor gained her Level 1 coaching accreditation in 2017 and is a registered coach with Calisthenics ACT. Her coaching career began as a class assistant for Sub-Juniors in 2013. Since that time she has filled the following roles:</p> <ul style="list-style-type: none"> 2013 – Class Assistant for Sub-Juniors – Brindabella 2014 – Class Assistant for Sub-Juniors – Brindabella 2015 – Cadet for Juniors, Coached 2nd team item – Karilee 2016 – Cadet for Juniors, Coached 2nd team item & Cadet for Intermediates – Karilee 2017 – gained level 1 & Assistant Coach for Intermediates coaching all second teams – Karilee 2018 – Assistant Coach for Intermediates coaching second teams & one first team item – Karilee 2019 – Head Coach for Intermediates Karilee 2020 – Head Coach for Intermediates – Karilee 2021 – Co-Coach for Intermediates – Karilee 2022 - Head Coach for Intermediates - Karilee 2023 - Head Coach for both Intermediates and Seniors - Karilee
Demonstrates hard work — 30%	<p>Taylor demonstrates hard work both in and outside her calisthenics training sessions. She prepares for each lesson in great detail including creating class plans and also individualized notes for each of her girls so they can be improving both during class but also during the week at home. Taylor's preparedness for her trainings ensures that no time is wasted and that everyone is getting the absolute most out of every minute of training time. While providing a high level of organisation, Taylor also ensures that her team members feel valued by checking in and supporting them so they can be their best selves at both calisthenics, and in life in general.</p> <p>Taylor analyses her choreography to ensure that her work is innovative and challenging her participants, while ensuring they improve in both strength and technique.</p>



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	<p>Taylor shares her work via her training videos with club and interstate coaches / adjudicators for extra feedback to ensure she has not overlooked anything and believes there is always more that can be done. Taylor has worked hard to connect and maintain these relationships which she is extremely grateful for.</p> <p>Her enthusiasm and commitment to the sport is evident in both her own participation in the sport as well as her coaching. Taylor is an elite calisthenics girl and this status in the calisthenics community has assisted in her development as a successful coach as her girls idolize her for her talent, dedication and skill – not only is she able to teach correct technique, she also demonstrates it.</p> <p>Taylor is meticulous with her musical choices and combinations ensuring her sets of work both relate and challenge her participants. She embraces a “whatever it takes” attitude at all trainings and this has seen her teams to be very successful both in results but also improvement and morale.</p> <p>In addition to working hard for her own team. Taylor is continually offering her support to other coaching teams within Karilee, giving feedback to help improve items.</p>
<p>Demonstrates improvement in team – 15%</p>	<p>Taylor possesses a unique coaching quality where she is able to treat her team equally as a whole but also care for her participants as individuals, understanding that each person adds value in their own way and has their own needs. In understanding these individual needs Taylor is able to help her team feel understood and heard which in turn has them deliver her back the highest of respect. Taylor does this by making her coaching more visual and explaining parts of videos of items, training people who need 1:1 work before or after training so they can have movements broken down more slowly or asking one of her cadets to work more closely with a particular person. Participants in Taylor’s teams feel comfortable with her coaching style, and as a result are confident to ask questions when they need clarification.</p> <p>Taylor always sets out clear goals for each class as well as longer term goals for each competition / year. This ensures everyone in the team is following the same journey and under the same instruction. Taylor identified this year that her team required more assistance with technique and 1:1 detailing so Taylor sought out cadets within Karilee to join her coaching team and as a result the team is improving at a rapid rate. This is also giving our cadets an opportunity they wouldn’t have had if Taylor had not identified the gap in her coaching team.</p> <p>Taylor attends workshops and interstate competitions including nationals and regional and championship Victorian competitions . She does what she can to further her choreography skills by analysing high level items that she sees and refining her own work to make improvements based on what she has learned.</p> <p>Taylor is a solo coach and not only for elite participants. Taylor has soloists from a range of ages from Juniors all the way to Seniors who are in all divisions. Taylor is able to vary her coaching style at solos as well as teams, this is evident in her ability to break down movements, make it fun and also maintain the attention of younger aged participants.</p>

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	<p>Not all of Taylor’s teams or soloists are placegetters but Taylor believes that the reward is in seeing their development in skill, confidence and maturity as a person. In saying that Taylor also is an extremely successful coach. This year alone she had 4 soloists qualify for nationals with one of them gaining rankings.</p> <p>Taylor is patient and understands that individuals and teams all take time to reach goals and has been able to create an extremely cohesive Intermediate team over the last three years by including team bonding activities throughout the years.</p>
<p>Demonstrates sportsmanship – 30%</p>	<p>Taylor sees demonstrating good sportsmanship as an essential part to her being a successful coach. She 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. Taylor is always congratulating coaches who she believes have done a good job or created an item she thought was clever. She is also quick to congratulate the winning coach of her age group.</p> <p>Taylor has always put a large emphasis on the importance of having a cohesive natured team with a great attitude. She models this by ensuring they congratulate and wish everyone good luck backstage, demonstrate respect to her management team during training and also before and after a performance and speaking kindly to officials.</p> <p>Taylor accepts feedback graciously and always seeks suggestions towards improving her coaching skills from other Karilee coaches, Interstate coaches, coaches from other ACT clubs, and the parents of her team members.</p> <p>Taylor is fair in her dealings and actively encourages her team members to do the same. Her good sportsmanship traits are being passed on to all her girls, many of whom spend hours at comps through their roles as class assistants and cadets and in turn share this important quality with our youngest participants. Taylor has also been known to reach out to Calisthenics officials to let them know she really appreciates their work and the efforts they have made and that they haven’t gone unnoticed by her.</p> <p>When in Melbourne this year, Taylor Intermediates unfortunately gained a penalty on one of their items. Taylor was very respectful to officials when they informed her of this and was brilliant in her dealings with her team when explaining about it. Her absolutely positive attitude allowed her team to move straight on so they could continue to produce excellent performances, which they did. Her strong leadership and excellent sportsmanship in this situation allowed her team to continue on and win the aggregate in this high, Premier level division.</p>

Criteria	Provide specific examples to support each criteria
<p>Demonstrates planning and interpersonal skills – 25%</p>	<p>Taylor is extremely organised and prepares very well through class plans for her coaches and team each week. This ensures everyone is on the same page and ready to hit the ground running at training. Taylor communicates her class goals to her team members in a timely manner and she has found this to be a useful tool as it allows all members to absorb new information and be well prepared, both mentally and physically, for training.</p> <p>Taylor has a great rapport with the parents of her team, her coaching team and her team managers who all assist in bringing her visions to life. Taylor’s parents are well informed and consistently thank her for her work with the team, noting that their daughters feel very valued and respected in her care. Taylor’s interpersonal skills have developed from strength to strength in recent years as her understanding of how best to communicate with her team has grown steadily.</p> <p>Taylor has demonstrated great planning and organisational skills throughout her solo season as well, ensuring her parents are aware of training times and important dates to remember. This level of detail in Taylor’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>

Summary

Taylor is an outstanding young coach who is enthusiastic, admired and is building strong, resilient women within our club. Her choreography is creative and exciting and she works extremely hard, setting high standards for both herself and her team. She 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. She communicates clearly and maturely with all participants within the Calisthenics community and is grateful for everyone’s contribution for making the Calisthenics year successful and rewarding. We at Karilee Calisthenics Club are very proud of the coach that Taylor has become and strongly believe she is a worthy recipient of the Langdon Award for 2023.

Nominating Club: Karilee Calisthenics Club

Name of Club Official: Rachel Holdway

Signature *Rachel Holdway (electronic signature)*