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## The CACTI Coach Network Rep Team Elite Coach Mentor Program

The CACTI Mentor program is an initiative of the CACTI Coaching Sub-Committee. The program has three broad aims:

- To support the education and training of ACT Coaches at the elite National level
- To provide a range of mentoring options including hands on - face to face – elite coach mentoring to ACT Rep Team Coaches
- to raise the profile and prestige of ACT Rep Team Coaching positions

Following you will find a list of mentors from within the elite ranks of the ACT coaching community. The list will provide you with information regarding what experience each of the mentors have had - what their coaching strengths are, and what they are prepared to offer you in the way of mentoring.

A mentor relationship can be developed in one of two ways:

1. Early career coaches (or those who have not coached Rep before) who are interested in applying for Rep can contact a mentor / or mentors from the list to establish a mentor relationship, AND / OR
2. CACTI can suggest (or make it a condition of appointment) that a coach establishes a mentor relationship.

The purpose of the mentor list is for you – as the mentoree coach – to be able to make an informed choice about who they want to contact.

It should be noted that the mentor relationship is completely voluntary. Therefore, the mentor would not necessarily be recompensed by CACTI. In addition, at any stage the mentor has the right to withdraw from the program (i.e. by indicating they are not available for that year - or if the mentor relationship is not working to a mutual advantage).



## JODIE SIMS

- **How long have you been coaching?**

I have been coaching teams for the past 15 years, and a few solos prior to that as a teenager as well.

- **Rep Involvement - what years and teams were you involved in Rep?**

- **Coaching** - I was the principal coach for the senior rep team in 2004 and 2007. I have also coached a number of soloists who have compete at National level.
- **Assistant coaching** Intermediate rep team in 2005
- **Team member** I've been a team member on numerous occasions... quite a while ago now!

- **What do you consider your calisthenics coaching strengths (this could be anything from an age group - to a specific item or skill /s )?**

My experience (and interest) is really in the older age sections – intermediates and seniors in particular. Having said that, as a parent of a 5 year old I also understand emotional and physical development at younger age groups, and have helped from time to time with younger teams. I have also completed certificates 3 and 4 in fitness, and this complements strength and fitness training techniques, for injury prevention, and understanding movement patterns etc.

- **What are the highlights of your coaching career to date?**

Having developed the Karilee senior team over a period of time, to compete at Division 1 level in Victorian competitions. I would also say that my rep team coaching experiences would be highlights.

- **What are you prepared to offer as a mentor for an upcoming Rep coach**

I'm able to be fairly flexible depending on the needs of the coach/s. I'm constrained by work commitments, so would only be available outside of normal business hours (ie a class commencing at or after 6pm on a week night). I'm happy to chat about what a coach needs, and how it can best be met.

- **Coaching Awards and / or Honours?**

I have been privileged enough in the past to have been recognised with both the Langdon Award and as Coach of the Year. My contribution at club level has also been recognised by having been made a life member at Karilee.



## CARMEN MUENCH

- How long have you been coaching?  
Since 1996 –14 years.
- Rep Involvement - what years and teams were you involved in Rep?
  - Coaching - 2003
  - Assistant coaching - 2006
  - Team member – 1994, 1996, 1997, 2004
  - Other
    1. graceful girl -1998 & 2008,
    2. chaperone - 2007
    3. wardrobe manager - 2010
- What do you consider your calisthenics coaching strengths (this could be anything from an age group - to a specific item or skill /s )?  
General technique and skill development – specifically I like apparatus and dance.
- What are the highlights of your coaching career to date?  
Having taught subbies 10 years ago and now watching them as stunning inters/seniors.
- What are you prepared to offer as a mentor for an upcoming Rep coach  
I'd do a season of mentoring and working as an in class cadet / helper as required.
- Coaching Awards and / or Honours?  
Langdon award – don't know what year 1997



## LEANNE ALTINGER

- How long have you been coaching?

29 years.

- Rep Involvement - what years and teams were you involved in Rep?

- Coaching - 1996 - Co-Coach Juniors & 1998 - Co-Coach Inters
- Team member – Inters team member for 4 years and Seniors team member for 3 years consecutive
- Other - graceful girl -1991

- What do you consider your calisthenics coaching strengths (this could be anything from an age group - to a specific item or skill /s )?

Juniors & Inters would be my strength in age groups. In relation to items Aesthetic and Free-ex would be my stronger points.

- What are the highlights of your coaching career to date?

Several highlights in my calisthenics career

- Participant in 1991 Nationals Senior Graceful
- Coaching both Junior and Inters rep teams
- Founding Brindabella Calisthenics College with 3 of my best friends
- Coaching soloist at Nationals Graceful 2001(??)
- Together with 3 other principal coaches, creating and implementing the cadet/coach mentoring program at Brindabella, mentoring numerous young coaches through their cadetship to attain their Level 1 status
- ACT Coach of the Year 2007

- What are you prepared to offer as a mentor for an upcoming Rep coach

I would be prepared to offer my time up to the point of coming into classes every few weeks to monitor/mentor. This could include helping the appointed coach in their planning, music selection, guidance with choreography/feedback. In the earlier stages of the process this may include attending the majority of classes in the first period, to then gradually space out attendance as required. I would not want this position to be utilised as a co-coach/assistant but in a guidance role, to gain feedback etc. Obviously, this would/could change for every applicant depending on their experience or needs - something that could be established once an applicant is successful. Also very happy for any coach considering taking up the opportunity to coach rep team to make contact with me prior to submitting an application to get some ideas on the whole rep team experience.

- Coaching Awards and / or Honours?

ACT Coach of the Year 2007



## KATE ARNOLD

### ○ How long have you been coaching?

I began as a cadet in 1991 and gained my level 1 in 1994. Nonstop since then.

### ○ Rep Involvement - what years and teams were you involved in Rep?

- Coaching - Coach Inters 2000; Juniors 2005
- Team member – many! Juniors, Inters and Seniors

### ○ What do you consider your calisthenics coaching strengths (this could be anything from an age group - to a specific item or skill /s)?

I am more suited to coaching Juniors and upwards - I am less good with the littlies.... I enjoy the challenges of Inters and particularly choreography for elite Inters.

Item wise my strengths are march and rods, and I am good at fine tuning items and building them to peak at the right time. I have a great rapport with the girls and try to create the right balance between discipline and having fun - which always depends on the particular team.

### ○ What are the highlights of your coaching career to date?

- 2009 - winning rods in Div 1 Ballarat; 42 points for rods and rhythmical aesthetic at the CACTI championships.
- 2006 - Juniors winning every item at CACTI Championships
- 2003 - taking a weaker/smaller sized team (Juniors) and building them to come runners up at Ballarat and CACTI Champions
- 2007/2008/2009 - gaining places at Nationals with Duo/Graceful/Solo

### ○ What are you prepared to offer as a mentor for an upcoming Rep coach

As I have small children I am not willing to commit to anything too comprehensive, but would definitely be interested in perhaps mentoring by reviewing choreography prior to the start of the season and maybe a monthly debrief? I think that it is most helpful when coaches get together and analyse DVDs of their teams performances - I would definitely be happy to do this every 4 weeks or so. Also happy to come to classes every now and then to provide support if required.

### ○ Coaching Awards and / or Honours?

Langdon Award 1998; Coach of the Year 2005



## ERIN SORENSEN

- How long have you been coaching?

I have been coaching for 11 years.

- Rep Involvement - what years and teams were you involved in Rep?

- Coaching – 2005 – Darwin Juniors; 2006 – Adelaide Juniors
- Assistant coaching- 2003 Perth - Junior team assistant coach
- Team member – 2002 Canberra - Senior team member
- Other - have been involved in team selection panels over the last 4 years - Subbies, Juniors and Inters age groups

- What do you consider your calisthenics coaching strengths (this could be anything from an age group - to a specific item or skill /s)?

Choreography and music selection

Generally only have choreography experience with Subbies, Juniors and Intermediates.

- What are the highlights of your coaching career to date?

Would have to be the Darwin Junior team in 2005, 3rd overall including 2 second places

- What are you prepared to offer as a mentor for an upcoming Rep coach

- Member of team selection panel
- Assist with music selection and choreography ideas.
- Attend the odd class to look at choreography and work with the team on uniforming items

- Coaching Awards and / or Honours?

I received the CACTI Langdon Award in 2005? and the Coach of the Year Award in 2008



## KERRY SARGENT-COX

- How long have you been coaching?

28 years.

- Rep Involvement - what years and teams were you involved in Rep?

- Coaching – 1996 - Co-Coach Juniors & 1998 - Co-Coach Inters
- Assistant coaching- 1981 – Juniors
- Team member – Intermediates X 4, Seniors X 2
- Other –
  1. Team manager – seniors 2002
  2. Lighting manager – 3 years
  3. Mother – Juniors 2002

- What do you consider your calisthenics coaching strengths (this could be anything from an age group - to a specific item or skill /s )?

March, rods and cal review are probably my strongest items. My coaching strengths lay with development and conditioning. I have an affinity for the Junior age group but have worked with all age groups across my career.

I have worked with many young and early-career coaches and believe that my strengths here lie in my ability to identify and foster each coach's unique talents and help them develop their own identity as a coach through building on their strengths and helping them gain confidence in their own abilities.

In addition, I have a sports psychology and science education / background, which provides me with many tools to assist with team cohesiveness and athlete motivation, coach confidence and esteem, and a productive and effective training environment.

- What are the highlights of your coaching career to date?

Being involved in the creation and development of BCC – including my input into BCC's coach development program.

The experience of the 1998 Intermediate rep team. We put together a team of 4 coaches which worked brilliantly. I have made life-long friends from the members of that team.

- What are you prepared to offer as a mentor for an upcoming Rep coach

I am prepared to work with the coach to develop a mentor program that would suit them.

- Coaching Awards and / or Honours?

CACTI Langdon Award and Coach of the Year Award





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