



Cross Sport Coaching

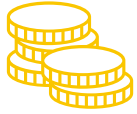
Coach Transition: Gymnastics, Diving, Skate, BMX

Women in High Performance Coaching



Coach Transitions

Coach Transition: Gymnastics, Diving, Skate, BMX



**Education
Mentors
Support**



**Experience as a coach
over 15 years**



**Mentor
Key personnel**



**HP Coach, Coach
Educator**

Outline

Chloe's pathway shows how coaches can build impact beyond a single-sport route by applying transferable expertise, learning across environments and using strong professional networks.

The case study traces her move from gymnastics coaching and coach education into skill acquisition specialising in acrobatic and and action sports (surfing, skateboarding and BMX, diving and completed some landing/falling projects with team-based sports), culminating in a BMX Performance Pathway role.

Mentoring, communities of practice and cross-sport collaboration helped make the transition possible.

Description

Chloe is a former elite gymnast with 15+ years' coaching experience, from recreational programs to elite squads. She studied Sport Development and PE, has taught across school, college and university settings, and is a qualified strength and conditioning coach.

Her work uses gymnastics to develop aerial awareness, skill development and acquiring new and sometimes never been done skills, physical preparation, movement literacy and injury prevention. She has applied this approach with elite surfers, stunt performers and team-sport athletes, with a long-term aim of making gymnastics-based training and acrobatic literacy part of wider athlete development.



Challenges and Opportunities

Chloe's journey shows that coaching expertise can transfer when sport systems create access to mentors, new environments and cross-sport learning.

The opportunity is to recognise transferable skills communication, learning design, movement analysis and athlete development and support coaches to apply them in unfamiliar high-performance contexts.

The benefit of working across different environments has strengthened Chloe in coaching and leadership by enabling her to observe and apply best practice from different areas and challenge ways of working to create new opportunities to enhance environments.

Outcomes

Chloe has extended her expertise across multiple sporting contexts and applies it in more complex performance environments.

She expanded her professional networks, strengthened her contribution to athlete development and reinforced the value of communities of practice, collaboration and continuous professional learning.

Chloe is currently the AusCycling BMX Freestyle National Development and Talent Coach where she is leading the development of athlete pathways, performance systems and coaching.



Coach Transition

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Recommendations

- Encourage coaches to gain experience across sports and performance environments - find connections between other environments to apply to your own there is always at least one.
- Build connected systems for collaboration, knowledge sharing and cross-sport learning.
- Invest in mentors, communities of practice and networks that support career transitions.
- Offer chances to observe, shadow and work in unfamiliar sporting contexts.
- Value specialist expertise alongside transferable capabilities such as communication, learning design and problem-solving.
- Create safe space to test ideas and share lessons across sports.

Application for others

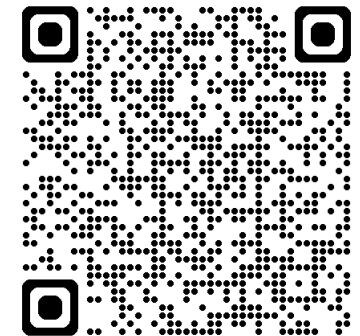
Other sports and organisations can apply this by treating coaching expertise as transferable, not locked to one discipline. Coaches should stay curious and find connections even in unlikely sports as often sports share similar problems that they may have solved before, when you have an open mind you can be more creative and innovative and have adaptable programs.

Cross-sport placements, mentoring and connected learning environments can accelerate coach development, broaden career pathways and bring new ideas into high-performance programs. The case study reinforces that networks, mentors and communities of practice are critical to successful transitions.

Think outside of the box and connect with other sports, maybe even other industries to gain insights that may assist coaches in their daily environment.

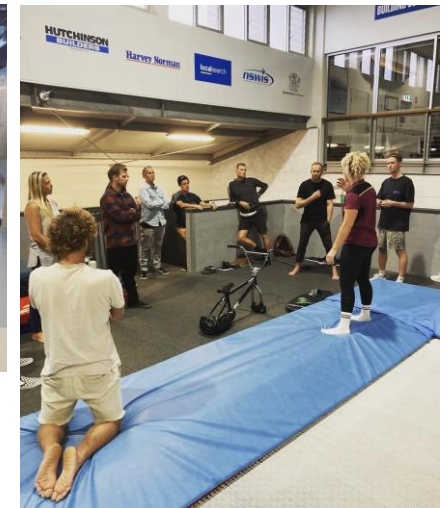
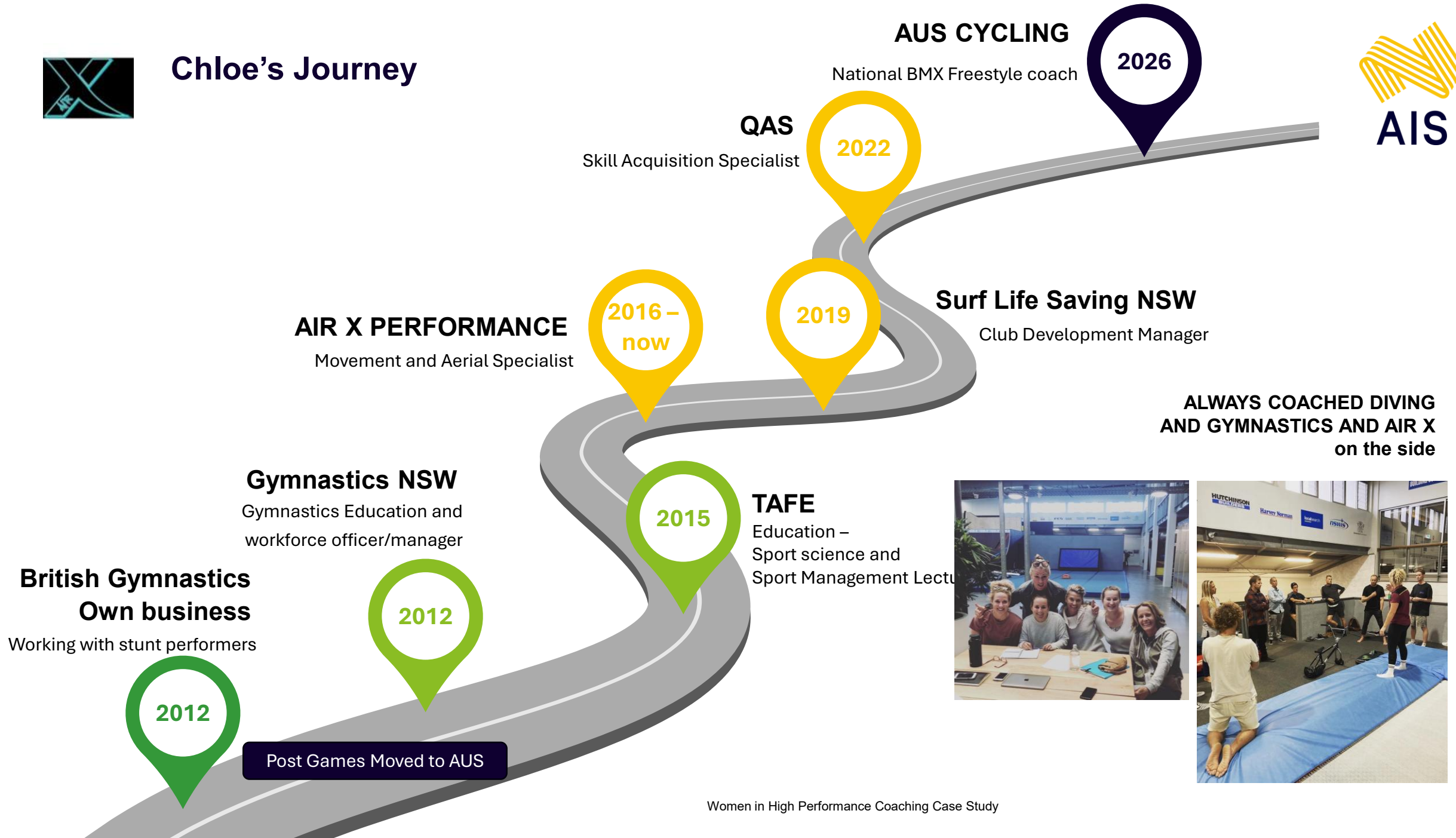


**New National Talent Academy
aiming to unearth next BMX
freestyle superstar | AusCycling**





Chloe's Journey





My journey across sports has shown me that technical context may change, but effective coaching, program design & building learning environments remains grounded in understanding people and creating the right conditions to help athletes take ownership of their development. Staying curious and open to learning from every environment has helped shape me in my coaching and leadership.