



Cross Sport Coaching

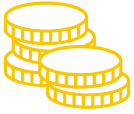
Coach Transition: Gymnastics, Swimming, Modern Pentathlon

Women in High Performance Coaching



Coach Transitions in HP

Gymnastics, Swimming, Modern Pentathlon



Created own start up movement company



**4 key mentors
Self directed learner**



Career progression over a decade



Coaches transitioning from one HP role to another in two different sports



Outline

Kirsten's pathway shows how transferable coaching capability, strong networks and openness to opportunity can broaden high performance career options across sports.

A former gymnast, runner and national-level triathlete, she has coached in gymnastics, supported a modern pentathlete through Paris 2024 qualification, and worked with age-group and high performance athletes in swimming and water polo.

Description

Kirsten began coaching gymnastics while still competing, then built her technical base through exercise science study and international coaching accreditation. Her movement expertise soon expanded into dry-land training for swimmers.

She later developed Swimnastics, an online and face-to-face movement program. With support from mentors, coaches and sport leaders, she applied her coaching knowledge across several sports, supporting athletes and teams at national and international level.

Challenges and Opportunities

The case study challenges the view that high performance coaches must stay within one sport or have played the sport they coach.

It highlights an opportunity to use transferable skills — communication, relationship-building, movement analysis and leadership — across sporting environments, while building pathways that connect coaches to new roles and networks.

Outcomes

Kirsten built a diverse coaching career across gymnastics, swimming, water polo, AFL and modern pentathlon. Her movement and gymnastics expertise created new opportunities and strengthened athlete development.

Her cross-sport work expanded her professional network and enabled her to contribute to an athlete's Paris 2024 Olympic qualification campaign.



Coach Transitions in HP

Gymnastics, Swimming, Modern Pentathlon



Recommendations

- Build stronger connections across sports to facilitate knowledge sharing and innovation.
- Encourage coaches to explore opportunities beyond their primary sport and recognise the transferability of coaching skills.
- Create formal and informal pathways that support cross-sport learning and collaboration.
- Foster mentoring, sponsorship, and networking opportunities that connect coaches to new environments.
- Value diverse coaching experiences as part of leadership and coach development pathways.
- Encourage coaches to pursue areas they are passionate about while remaining open to unexpected opportunities.

Application for others

There is enormous benefit in supporting high level competitive athletes into a coaching career before they have retired.

Other sports and organisations can learn that some of the most valuable coaching capabilities - such as communication, relationship-building, movement expertise, and leadership - are transferable across sporting contexts.

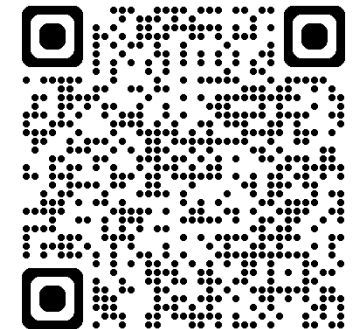
Creating opportunities for cross-sport collaboration can broaden perspectives, stimulate innovation, and expand career pathways for coaches.

The case study also reinforces the importance of mentors, sponsors, and professional networks in helping coaches navigate new opportunities and environment.



[Meet Kirsten | Swimnastics](#)

[What is swimnastics? | Swimnastics | Swimnastics](#)





Kirsten's Journey



Athletic Career

High level gymnast,
Triathlete and runner

1

2

HP Gymnastics Coaching

HP Coach at the National
Training Centre

3

Swimnastics

Developed Swimnastics.
Began working with National
swimming Club and AFL Club.

4

Swimnastics

Expanded Swimnastics, began working
with Modern Pentathlon (Qualification
events for Paris '24), working with Water
Polo, recommenced gymnastics
coaching

2026

Coaching

Maintains Swimnastics, working
with swimming, water polo, and
hands on gymnastics coaching.





“

“Kirsten is fantastic at applying her knowledge of gymnastics and transferring it to activities and movements on dry land that replicate what our swimmers do in the pool. Aside from the core workout she puts them through, her engaging nature and ability to instruct teenagers makes her session double as a team building activity where the athletes are challenged, required to work together and enjoy a laugh all at the same time. ”

— Linley Frame, Swimming Victoria