



NQ & CQ COACHING CONFERENCE & WORKSHOPS

Saturday 9 & Sunday 10 July 2022

Venue: **RYDGES Mackay Suites**, 9 Gregory St; Mackay QLD 4740

Ticketing: please purchase your ticket (conference & dinner) [HERE](#) (\$145 + booking fees)



Presenters



Chris Mooney
Head Coach of Bond University
Triple Olympic Gold Medal Coach



Kirsten Norden
Founder of Swimnastics



Brant Best
SQ Coach & Club
Development Officer



Barry Prime
SQ Coach & Club
Development Officer

If you wish to stay at the **venue accommodation** please book via the below contact details and state you are attending the NQ & CQ Coaches Conference & Workshops. Email: reservations_rydgesmackaysuites@evt.com Phone: (07) 4969 1000





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Specific Presentations & Workshops

Saturday 9 July: 11:30 - 17:00		Sunday 10 July: 07:30 - 13:00	
World Best Breaststroke Technique Development Looking Towards 2032.	11:30 - 12:30	Preparing for 2032 @ Bond University.	07:30 - 08:30
Barry Prime: SQ Coach & Club Development Officer		Chris Mooney: Olympic Triple Gold Medal Coach, High Performance Coach, Bond University	
Freestyle Technique Development Looking Towards 2032.	12:30 - 13:30	Q&A Pannel.	08:30 - 09:30
Brant Best: SQ Coach & Club Development Officer		Barry Prime: SQ Coach & Club Development Officer Brant Best: SQ Coach & Club Development Officer Chris Mooney: Olympic Triple Gold Medal Coach, High Performance Coach, Bond University Kirsten Norden: Swimnastics	
Coaching Kaylee McKeown to Triple Olympic Gold.	13:30 - 14:30	REFRESHMENT BREAK & DRIVE TO POOL 45mins	
Chris Mooney: Olympic Triple Gold Medal Coach, High Performance Coach, Bond University		Practical Coaching Delivery & Practice.	10:15- 12:15
REFRESHMENT BREAK 30mins		Kirsten Norden: Swimnastics Brant Best: Butterfly & Freestyle Technique Chris Mooney: Backstroke & Breaststroke Technique	
The Purpose of Swimnastics Looking Towards 2032.	15:00 - 16:00	Closing Comments.	12:15 - 12:30
Kirsten Norden: Swimnastics		Barry Prime: SQ Coach & Club Development Officer <i>Overview of the Conference & Workshops</i>	
Butterfly Technique Development Looking Towards 2032.	16:00 -17:00		
Brant Best: SQ Coach & Club Development Officer			



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Presenter Biographies

Chris Mooney: Triple Olympic Gold Medal Swimming Coach & Head Coach of Bond University

Chris is a two time Australia Olympic Coach, namely at the 2016 Rio de Janeiro Games and the 2020 Tokyo Games. He was actually one of Australia's most successful coaches at the Tokyo 2020 Olympics Games, where his athlete Kaylee McKeown won three gold medals and a bronze. During August 2021, Chris was appointed the Head Swimming Coach at Bond University. The Bond move is a homecoming for Chris, who began his coaching career on the Gold Coast under master coach Denis Cotterell.

Chris then went on to gain experience in the acclaimed US college system as a coach at the University of Hawaii before being appointed Head Swimming Coach at the Spartans, which was a program operating at the University of the Sunshine Coast. His other charges have included the likes of Jennie Johansson, the 2015 50m breaststroke World Champion, and Taylor McKeown who won gold in the 200m breaststroke at the Glasgow 2014 Commonwealth Games. He also coached Kaylee to World Records both long course and short course.

Kirsten Norden: Founder of Swimnastics

Kirsten Norden is the founder of swimnastics. A dryland program created specifically for swimmers.

In 2015, Kirsten was approached by Rohan Taylor (Swimming Australia Head Coach) and Damian Farrow (Skill Acquisition Specialist) to form a gymnastics-based dry-land training program that would help junior swimmers enhance their skill acquisition and athleticism. With an understanding of swimming, experience as a high-performance gymnastics coach and a history in strength & conditioning for junior developing athletes it made a great fit.

The swimnastics program focuses on teaching swimmers to move well. Using tools from gymnastics, yoga, dance and athletic development to create swimmers that have range to get in the positions needed, strength to tolerate training load, body awareness to increase coach-ability and attention to detail for swimming skill execution. What started off with a pilot group of junior swimmers has now become a program servicing swimmers and clubs throughout Australia and overseas.

Brant Best: Swimming Queensland Coach & Club Development Officer

Brant is a Passionate and driven coach and coach mentor with an extensive and diverse coaching experience over 33 years of coaching. Brant was the head coach of the NSWIS High Performance Centre at SOPAC from 2010 – 2016 after working for the Qld Academy of Sport from 2007-2009. He has worked in the club and school swimming environment building several clubs from the ground up in every facet of the sport from learn to swim to masters in the club environment.

Brant now works in Coach Development within Swimming Queensland, mentoring and brainstorming with Coaches on technical, tactical and planning issues within their programs. This role also strongly focuses on helping to improve athletes within these programs, whilst helping to drive development strategies across the state.

Barry Prime: Swimming Queensland Coach & Club Development Officer

In his current capacity as Swimming Queensland, Coach & Club Development Officer, Barry casts a wide net over selected regions within Queensland encouraging, coaches, swimmers and parents. His role includes, acting as a Resource for Coaches, Coach Mentoring & Program Visits, Regional & Intra-regional Clinics, SQ TID Camps and attendance at selected Regional, State & National Competitions. Barry has an extensive understanding of swimming development from the perspective of:

- An Age Group/Youth Swimmer to an Olympic Swimmer.
- An Age Group/Youth Coach to an International Olympic Coach.
- Development of Age Group/Youth Swimmers to Major International Podium Success.

His experience has allowed him to work in Private Swim Club's, Local Authority Swim Schemes, National Institute of Sport, National Sports School & Coaching on International Teams.



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