



NQ & CQ COACHING CONFERENCE & WORKSHOPS

Saturday 15 & Sunday 16 August 2026

Venue: **Great Barrier Reef Arena,**
89, Juliet St; South Mackay, QLD 4740



*Ticketing: please purchase your ticket (conference & dinner) **HERE** (\$150 + booking fees)*

KEY NOTE SPEAKERS



Ryo Kito
Head Coach, Cairns Stingrays
Developing and Coaching
Individual Medley
for Age Group Athletes



Cheryl Baty
Age Group Coach, Miami
Developing and Coaching
Breaststroke Technique
for Age Group Athletes



Michaela Pattinson
Born, Bred & Coached in NQ
Mentor Coach to Carlile SC
Regional Coaching & Nutrition
for Age Group Athletes



Greg Salter
Born, Bred & Coached in Regional NSW
Developing and Coaching
Backstroke Technique
for Age Group Athletes

Closing Date for booking is Saturday 18 July 2026





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SPECIFIC PRESENTATIONS

Saturday 15 August: 11:30 - 17:00		Sunday 16 August: 07:30 - 13:00	
Coaching Philosophy & the Structure of Cairns Stingrays.	11:30 - 12:20	Coaching Individual Medley	07:00 - 07:50
Ryo Kito: Head Coach, Cairns Stingrays		Ryo Kito: Head Coach, Cairns Stingrays	
Developing Breaststroke Technique for Age Group Athletes	12:30 - 13:20	Coaching in a Regional Program	08:00 - 08:50
Cheryl Baty: Age Group Coach, Miami (formerly of Somerset GC)		Michaela Pattinson: Mentor Coach, Carlile Age Group Program	
Nutrition for Age Group Athletes	13:30 - 14:20	REFRESHMENT BREAK & DRIVE TO POOL 30mins	
Michaela Pattinson: Mentor Coach , Carlile Age Group Program <i>Bachelor of Nutrition and Dietetics</i>		DRIVE TO POOL 20mins	
REFRESHMENT BREAK 30mins		Practical Session: Developing Breaststroke Technique	10:00 - 10:50
Developing Backstroke Technique for Age Group Athletes	15:00 - 15:50	Cheryl Baty: Age Group Coach, Miami (formerly of Somerset GC)	
Greg Salter: NSW Regional Development Coach		Developing Backstroke Technique for Age Group Athletes	15:00 - 15:50
Q&A with All Presenters	15:00 - 15:50	Greg Salter: NSW Regional Development Coach & Coaching Consultant	
This is your opportunity to ask the questions you would like answers to			

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SPEAKER BIOGRAPHIES

Ryo Kito: Head Coach, Cairns Stingrays Swimming Club

Ryo Kito is a highly respected coach at Cairns Stingrays Swimming Club and a recognised contributor to swimming across regional Queensland. He has represented Swimming Queensland as a regional and state team coach, including selection to the Swimming Queensland Country Team and the prestigious SQ Tilley Cup Team.

Known for developing technically proficient swimmers across all strokes and distances, Ryo has guided athletes to consistent success at regional, state, and national age-group level.

Among his athletes are his sons, Sydney and Sunny Kito. Sydney (18) was selected for the 2026 Australian Junior Pan Pacific Team in the 200m Backstroke, while Sunny (13) enjoyed an outstanding season with multiple national-age finals and podium performances across a range of events. Both athletes have been developed off a philosophy of developing individual medley for age group athletes.

Ryo's expertise in developing versatile, high-performing swimmers makes him a valuable contributor to this conference.

Cheryl Baty: Age Group Coach, Miami Swimming Club

Cheryl has recently joined Miami Swimming Club, bringing extensive coaching experience and a strong track record in athlete development. She previously coached at the highly successful Somerset Swimming Club on the Gold Coast, one of Australia's leading programs for producing National Age finalists and podium-performing athletes, where she played an integral role in athlete development over the past 13 years.

She is particularly passionate about developing breaststroke swimmers with strong technical foundations and efficient stroke mechanics. Cheryl has also coached the Swimming Queensland (SQ) Tilley Cup Team, reflecting her experience at representative level.

She was recently invited by Swimming Brisbane to deliver six Junior Breaststroke Development Clinics for JX athletes aged 9–13, where her coaching was very well received and you could observe the improvement the athletes made within the 75min session available..

Michael Pattinson: Currently the Mentor Coach to the Carlile Swimming Club from National Age Group Development to National Age Group Performance

Born, developed, and coached in North Queensland, Michaela has deep roots in the region's swimming community. She is currently based in Townsville after recently becoming a mother, allowing her to step back from day-to-day coaching while remaining actively involved in coach and athlete development.

Michaela is the Mentor Coach for Junior Development and National Age Group Performance coaches at Carlile Swimming Club, and also supports the High Performance Program, including covering coaching duties and assisting on training camps when required.

She has developed athletes who have achieved success at regional, state, national, and international levels, including medal-winning performances on the world stage. With experience as both an athlete in Townsville and an assistant coach at Gardens Swimming Club, she has a strong understanding of the full North Queensland pathway from grassroots to high performance.

Greg Salter: Coaching Advisor to NSW Swimming with a Particular Focus on Regional Swimming

Born, developed, and coached in regional New South Wales, Greg brings more than 40 years of experience across grassroots development through regional, state, national, and international levels, including medal-winning performances on the world stage. He is a strong advocate for regional swimming and has consistently demonstrated that world-class athletes can be developed outside metropolitan centres.

From 1990 to 2010, Greg operated a 25-metre pool and learn-to-swim facility in Kingscliff, building one of regional NSW's most successful programs and regularly competing with and outperforming larger Sydney clubs at a state and national level.

Known for his determination and resourcefulness, he has always ensured his athletes have access to the environments and support needed to succeed. Greg is highly regarded for his technical expertise, particularly in backstroke and freestyle, which have underpinned his success at the highest level.

We are privileged to have Greg share his coaching methodology and backstroke expertise, drawn from decades of experience producing athletes who have progressed from regional pathways to world-level medal performances.



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