QUINN ELITE SPORTS

John Quinn

Speaker Biography

Elite performance. Human potential. Lasting impact.

About John

John Quinn is a widely respected leader in elite coaching with more than 40 years of experience across track and field, swimming, AFL, rugby league, tennis, cricket and soccer. His career has taken him from coaching young athletes in the country NSW town of Yass to three Olympic Games and some of Australia's biggest professional clubs.

John's Olympic journey spans three decades: sprints and relays coach for the Australian track and field team at Sydney 2000, team coach for athletics (Australia) at the Tokyo 2020 Games held in 2021, and team coach of the IOC Refugee Team and the Afghanistan team at Paris 2024 — where he was personal coach to sprinter Kimia Yousofi, who reached the Olympic start line three years after being evacuated from Afghanistan.

In professional team sport, John has been Head Fitness Coach and High Performance Manager at Essendon Football Club (including the 2000 premiership era), High Performance Manager and later Academy Director at the GWS Giants, Head Conditioner with the Socceroos in 2006, Strength and Conditioning Coach in the Indian Cricket League, High Performance Coach for the AFL All Stars, and Speed & Agility Coach with the Penrith Panthers. Earlier in his career he was an Education and Development Officer for Little Athletics, an AIS/TIS National Network Coach, and an Australian team coach at two World University Games and two World Junior Championships. He is the author of the Young Athlete Coaching Manual, still used in teaching today.

In 2014, John was diagnosed with limbic encephalitis, a rare autoimmune disease that cost him large portions of his memory. His recovery — learning to live with an acquired brain injury while returning to elite sport — reshaped his philosophy and now anchors his speaking on resilience, perspective and living in the present.

Today, through Quinn Elite Sports Services, John directs exercise physiology clinics, consults to teams and organisations, mentors senior students at The Scots College in Sydney (a role he has held for 12 years), and works with young people and refugee athletes who face barriers to sport. His message is consistent: coach the person, not only the performance.

Career Highlights

- Three Olympic Games — Sydney 2000, Tokyo 2020, Paris 2024
- Head Fitness Coach & High Performance Manager, Essendon Football Club (AFL)
- High Performance Manager & Academy Director, GWS Giants (AFL)
- Speed & Agility Coach, Penrith Panthers (NRL)
- Head Conditioner, Socceroos — 2006
- Strength & Conditioning Coach, Indian Cricket League — 2009
- Team coach, IOC Refugee Team and Afghanistan team — Paris 2024

— Author, Young Athlete Coaching Manual

— Exercise Physiologist and founder, QESS clinics (Sydney & Melbourne)

— Mentor, The Scots College Sydney — 12 years

Speaking Topics

— Resilience and Recovery — elite sport, illness, memory loss and rebuilding a life

— High Performance Without Losing the Person

— The Physical, Mental and Personal Sides of Performance

— Team Culture and Leadership — lessons from Essendon, GWS, Penrith and three Olympic campaigns

— Living in the Present

— Creating Opportunity Through Sport

— The Things Nobody Sees — the unseen behaviours behind performance

— Lessons From Three Olympic Games

— Mentoring the Next Generation

Bookings and enquiries: quinnelitesports.com.au — via the Speaking page.
Quinn Elite Sports Services (QESS). Performance. Resilience. Opportunity.