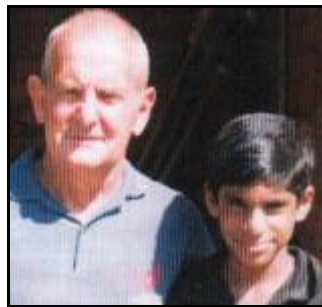


Russell Parsons, OAM  
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AUSTRALIA

03-54-801-705

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[www.nwaswimaths.com](http://www.nwaswimaths.com)



Australian Track & Field Coaches  
Association Level 4; Australian Swimming  
Coaches & Teachers Association - Bronze

Dear Principal,

May I place before you an offer to support your swimming / athletics programs.

Having completed five visits to Kerala, working at Pallikoodam School (Kottayam), and currently finalising my next visit for August 2006, I am able to offer a skill enhancement program that may provide value to your students and coaches.

To give an idea of the resources I have available, perhaps my web site provides the best range of data.

[www.nwaswimaths.com](http://www.nwaswimaths.com)

Divided into several sections: **Resources** .. My CV; photo reports from my most recent program at Pallikoodam School, Kottayam.



**Presentations** .. a range of Power Point programs that relate to Swimming, Athletics and general aspects of sport and personal fitness enhancement and development.

There is also a Pallikoodam Presentation.



**Programs** .. over 100 programs specific to Swimming - Athletics - General activities



I am scheduled to again be in India (Pallikoodam) through the month of August.

My costs are moderate, being travel, internal travel, accommodation, cost of materials presented to students/coaches/schools, and a school-determined payment.



I would expect to work on pool deck / athletics track at least 6-8 hours daily 6 days a week for a period of two weeks .. July preferred.



There is a comprehensive skill rewards program in both athletics and swimming; A copy of the program and materials available to athletes and swimmers will be forwarded to the school on request; many of its aspects are available on my web site:

e.g. **Presentations** – NWA Skill-Motivation Tags; **Programs** – NWA Swim Tag Samples 1 & 2 .... and many, many more.



If you are interested in receiving further information on aspects of the program on offer, please do not hesitate to contact me.

*Russell Parsons*

Copies to: Jain International Residential School, Bangalore  
The International School, Bangalore

January 27, 2006