

# Russell John PARSONS, OAM

Date of Birth: 29th November, 1943

Single

2/72 Hopwood Street.

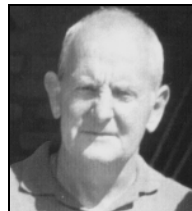
ECHUCA, 3564

03-54-801-705

nwa@iinet.net.au

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

**OAM:** *For service to youth, particularly as a coach of sporting teams, and, to the community of Ouyen.*



## Teaching Background: Ouyen Secondary College, 1967 - 1998

Working with Children: approved—00142786-01

Leading Teacher Class 2: Ouyen Secondary College; Sports Co-ordinator, Ouyen Secondary College, 1967-1995; 1996-1998.

Secretary, North West Secondary Schools Sports Association (NWSSSA; various years, 1967-1998)

## Academic / Sport Qualifications and Experience

Trained Secondary Teachers Certificate 4 (completed, 1966).

Extensive experience of teaching Sport and Geography at all levels; P.E. at junior levels; various other subjects.

North West Secondary Schools Sports Association: Secretary (numerous years).

NWSSSA Referee: Swimming; Cross Country; Track & Field; Royal Life Saving Society: Examiner: 1970 – 84

CPR Certified; National Police Certification.

Australian Swimming Coaches & Teachers Association: Level 2 .. Bronze; Coach: Geelong Swimming Club  
2009 ASCTA (Vic.) Country Achievers (Coach) Award

**Swimming:** 1996 – 2002: Kings Swim Centre: Program Co-ordinator 5-Day Bill Sweetenham Swimming Intensive; >35years Swimming Coaching experience ... Leadership and Co-ordination (recent examples only): Mallee 7-Day Swimming Intensive (Ouyen, 1997); 3-Day Bill Sweetenham Swimming Intensives: Echuca, April 1999, 2000; Bill Sweetenham, Ballarat, December '99; Echuca, Rohan Taylor / Michael Piper, April '01; Echuca, July 2000, Echuca, April 7-9, '02; Echuca, April '03; Echuca, April '04, Sept. '04; Head Coach: Kings Swim Centre, Frankston – Kings Mornington Swimming Club, June 2002 – Feb., 2003; Echuca, April '05; Geelong Swimming Club, June '05, Sept. '06, Nov. '06; The Geelong College, Feb. '06 & Nov. '06; Geelong Grammar, Jan. '07... various other programs. NWA Swimming Program (2007-2008): 8 sessions/week .. various levels; Feb. 2009: Clinics at Geelong College, Geelong Grammar, Mildura (Merbein and Irymple SC); June 2010 Geelong Swimming Club Camp (4 days).

**International Swimming Intensive Program: Pallikoodam School, Kottayam, Kerala, India** .. 5 weeks, Feb.– Mar. 2000; 4 weeks, Nov. – Dec. 2000; 3½ weeks, Nov. – Dec. 2002; 3½ weeks, Nov. – Dec. 2003; 3½ weeks, July/August, 2005; 3 weeks in August 2006 introducing a specialist Junior Coach; 3 weeks, Nov-Dec. '07 .. 17 swimmers/athletes and teacher-coaches; ....

North West Athletics Swimming Program: 8-10 sessions per week: August-April, Echuca, 1998-2005; Echuca-Moama Triathlon Club.

Australian Track & Field Coaches Assoc: **Level 4:** Sprints, Hurdles, Relays; Middle/Long Distance; Coach: Eaglehawk YMCA AC

North West Athletics Program: 2-5 sessions per week .. developing athletes (Ouyen-Echuca-Bendigo and beyond).

1995-1996: **Athletics Australia**, Olympic Athlete Program, National Juniors (U20) Head Coach.

## Debbie Flintoff-King Olympic Gold Track & Field Camps Coach and Co-ordinator, 1992-1995;

various 2-5 days camps at Eltham College, Toorak College, Olympic Park, Bendigo, and at the Australian Institute of Sport, 1992-1995.

**Speed is the Key** Camps Head Coach: Jan. 2000, 2001, 2002, 2003 (Toorak College, Mt. Eliza, 3 days); Echuca-Bendigo, (1-3 days) 2000 – 2007 (various camps and clinics .. separate details)

Heart-Health Athletics Victoria North West Victoria Coaching Co-ordinator (6 years).

Support program for “isolated” athletes: 2008 -

## Education Victoria: *Inaugural Most Valuable Teacher Contribution to Sport, 1994*

Melbourne Marathon, 15 Year Runner; >40 marathons in Australia and overseas (Hawaii (USA), Stockholm (Sweden), Paris (France), Christchurch – NZ, Montreal (Canada)

## Australian Junior Track & Field Team Responsibilities

Olympic Athlete Program Juniors Head Coach / Assistant Manager, 1995-96 Athletics Australia Junior Tour of Europe, 4 weeks, 1995

Olympic Athlete Program (OAP) Head Juniors Coach: New Zealand Tour, 11 days, January 1996

## Co-ordinator: National Elite Juniors Camp, Sydney, December 1995: 5 days

Over 100 junior athletes and coaches from all over Australia as part of the lead-up / selection process that preceded the selection of the Australian Junior Team for the World Junior Championships, 1996.

Establishment and extension of an national athlete data base (>500 junior athletes). Newsletter support.

Establishment, Organisation and Administration .. **Athletics Australia OZ Squad (Junior) Program:**

including standards of entry, 2-4 day Camps in all states, and, regular comprehensive newsletter support.

**AFL Draft Camps** (Simulation), Echuca, December 10, 1998; various skills and speed clinics for young footballers and netballers.

**Rewards Programs:** Swimming, Athletics, Gymnastics, AFL Football, Netball, Basketball (samples available); skill award tags for swimmers at Victorian Country Swimming Championships, 2005, 2006, 2007, ...

**Ouyen Secondary College:** Victorian Secondary Schools Sports Association “Colgate Cup” Champions, 1992 and 1993, **first** (and **only**) such victories in the **Open** Category by a school with an enrolment of less than 600. (OSC 1992-93 **enrolment, 240**).

**General Fitness Program (March 2010)** .. Nanneella PS .. [www.nwaswimaths.com](http://www.nwaswimaths.com) > PROGRAMS > General Programs > NWA General Fitness Program (Nanneella PS) .. an example.

**International Sports Australia Field Trip (USA):** March 21-April 5, 1989: California, Hawaii: Booklet report available

**Sports Camps:** Runaway Bay, Gold Coast; 5-6 days; 2006, 2008 and 2009 ...

reports: [www.nwaswimaths.com](http://www.nwaswimaths.com) > PRESENTATIONS > NWA Sports Camp 2009; Sports Camp Sept. 2008

Numerous **VSSSA State Championships:** U14, U16, U21 Cross Country; Track & Field, including, six (6) consecutive VSSSA Girls' State Cross Country Team Championships (1992-1997); also, 2008 & 2009: VSSSA XC U16 Champion Team, Merbein SC.

Various community-based coaching programs: AFL Football (Ouyen, Echuca, North Central U15 Schoolboy's

Football .. 10 years (Country Cup Champions), Mallee Football League U16 Inter-League Coach .. several years; ...

I have coached various athletes who have achieved success at a state and national level: e.g. Eugene Bernaudo, Scott Thom, Jarrod Monaghan, Ian Prendergast; full details and training program outlines are available, and I have had close contact through my various responsibilities with a variety of national athletes at various stages of their respective careers: e.g. Lauren Hewitt (athletics), Sharelle McMahon (netball-athletics), Lisa Britt (Bruty) (athletics), Chantal Meek (canoeing), ... these athletes have all represented Australia with distinction.

Developer of a comprehensive but efficient "**Performance Points**" approach to scoring Swimming and Track and Field Carnivals in schools; adopted by NWSSSA Schools, Eltham College, East Loddon SC. East Loddon P12, Swimming Awards program.

I have also designed the swimming program for Pallikoodam School, Kottayam, Kerala, India. Every swimming record at the school has been broken (some on several occasions) since my first visit in Feb. 2000. Staff from the school have visited Echuca, and we have introduced a number of ideas to the school sports and physical education program, e.g. Multistage Fitness Test (Beep Test) .. including creative ways of applying such tests (e.g. Pairs Beep Test), and associated awards.

In August 2006, Fiona Skinner, a coach from Geelong was introduced to Pallikoodam; Fiona introduced an **excellent** junior Learn-to-Swim program. This followed visits by NWA swimmers to the school in 2000 and 2001.

In late November-early December, an NWA group of 13 swimmers and runners visited Pallikoodam to help students develop and refine their skills, based on the comprehensive NWA Drills and Skills program.

(Report) .. [www.nwaswimaths.com](http://www.nwaswimaths.com) > PRESENTATIONS > General Presentations > Pallikoodam, Nov.-Dec. 2007

A wide range of drills has been introduced to Pallikoodam, based on the principle: it's not how fast, it's how well. Enhanced self esteem results.

My **role** as Secretary of the North West Secondary Schools Sports Association has involved the **negotiation** of a **comprehensive** series of competitive sports activities and programs for member schools, and leadership in the design and modification of the NWSSSA Constitution.

I have **designed** and **modified** all details and programs in all major carnivals of the NWSSSA (Swimming, Cross Country and Track & Field), introduced Triathlons (in 1984) as a major school sports carnival, and had frequent leadership and responsibility experience for inter-school sports carnivals involving football, soccer, netball, tennis, cricket, volleyball, golf, badminton among other sports.

I have produced (*and have available for review*) a **very** wide range of swimming and track and field and instructional videotapes and DVD's on all events with support materials, drills videos and evaluation sheets to encourage an enhanced level of professionalism and achievement in these sports; e.g. "*Movement Skills*" / "*Speed is the Key*" Program (outline provided). Speed is the Key program developments: St. Joseph's PS (Quarry Hill, Bendigo); Catholic Primary Schools Sports Assoc., Bendigo; Latrobe University, Bendigo (Presenter: Movement Laboratory). Many other DVD resources are available .. check: [www.nwaswimaths.com](http://www.nwaswimaths.com)

On DVD I have created and make available a set of guidelines for track and field and swimming programs and associated reward tags; these programs are ideal for introducing skills and motivating youngsters in sport and in life; e.g. Drills & Skills Programs 1, 2, & 3, as applied at Pallikoodam school (India).

I believe referees will acknowledge me as a person who willingly and generously **shares resources**, and a person who gives his *best at all times*. Coaching resources shared with overseas coaches (details available).

My appointment to the **Athletics Australia Olympic Athlete Program Head Junior Coach** position was designed to access my capacity to plan and implement an effective series of **talent identification** procedures and associated camps across Australia. These **camps** were very successful, involved liaison with state, national and international coaches such as US sprints coach Loren Seagrave, and the formulation of an expanding data base of over 500 talented juniors to be targeted as we progressed towards 2000 and beyond.

This task was very effectively completed: Referee: **Phil King** (Head Coach, Athletics Australia, 1994-1997).  
(Reference available)

I can provide drafts of the submission made on my behalf and rewarded by the **Inaugural** Education Victoria Most Outstanding Teacher Contribution to Sport Award in 1994. It summarises a diverse range of achievements.

I have a **commitment to excellence**, extensive experience in goal setting strategies, and a highly successful record in challenging **all** young people to be the best they can be.

### **2000: Olympic Torch Relay**

I was honoured to be selected to "light the cauldron" at Echuca on Day 48 (July 25)

**Referees:** **Noel Dillon**, Principal, St. Joseph's Primary School, Gladstone Street, QUARRY HILL, 3550;  
Ph: 03-54-432-108 (W); 03-54-428-166

**Jim Gordon**, Principal (ret.), Ouyen Secondary College, OUYEN, 3490; 03-50-821182  
Ritchie Street, Ouyen, 3490; Ph: 03-50-921180 (W); 03-50-921-444

NWA Newsletters: [www.nwaswimaths.com](http://www.nwaswimaths.com) > RESOURCES, PRESENTATIONS, PROGRAMS ..  
depict a wide (and increasing) range of activities over many years.