

Patrick Russell

Philosophy

Champions in athletics do not come around by chance. They are the product of great genetics, meticulous planning, solid technical coaching, and discipline by the athlete.

Education

- Masters of Education, York University, 2011
- Bachelor of Education, York University, 2006
- Bachelor of Science (Honors), York University, 2005

Coaching Levels

- Run, jump, throw certificate, 2004
- Sport Coach certified, 2006
- Competition Development (level 3 jumps) certified, 2010

Coaching Conferences

- National Sprints conference hosted by University of Toronto, 2010
- Horizontal Jumping conference hosted by University of Alberta, 2010

Accomplishments in Athletics

- Bronze medal at 2005 Francophone games (decathlon)
- Gold medal at 2005 CIS championships (60 hurdles)
- Gold medal at 2004 OUA championships (pentathlon)
- Hec Phillips award for most outstanding athlete at OUA in 2005
- Silver medal at 2005 Canadian championships (decathlon)
- Represented Canada at dual meet vs. Netherlands in 2005
- Bronze medal at 2001 Pan-Am juniors (decathlon)
- Gold medal at 2001 Canadian junior nationals (decathlon)

Coaching experience

- 2011-2012 assistant head coach of Ontario youth team at Youth National championships
- 2010-present jumps and hurdles coach at Bill Crothers Secondary School
- 2010-present jumps and hurdles coach with The Speed Academy athletics club
- 2010 jumps coach for team Ontario at Ontario vs. Quebec dual meet
- 2008-2010 multi-events coach with York University track club
- 2006 throws coach with York University varsity team
- 2006-2007 head coach of Orangeville track and field club
- 2004-2005 assistant coach at St. Paul secondary

Athletes coached and accomplishments

- Tacuma Anderson-Richards, top-ranked youth triple jumper (15.19m), high jumper (2.05m) 2012, long jump (7.23m)
- Keith Cyrus, top-ranked junior hurdler (8.06) indoors in 2012, 4th at Canadian junior championships in 2011
- Yazin Joseph, top-ranked youth hurdler (8.32) indoors in 2012
- Emma Li, OFSAA finalist in 80H for midget girls in 2011
- Brooke Rowland, 2006-2010, multiple Ontario record in javelin and high jump. Threw 46.10m at age 15
- Kadeem Douglas, 2008-2009, former junior national champion in long jump (7.45m)
- Jharyl Bowry, 2008-2009, former junior national medalist in long jump (7.43m) and high jump (2.05m)
- Jacob Zorzella-Manners, 2008-2009, won junior national title in the triple jump.
- Alecia Beckford-Steward, 2005-present, national level heptathlete and former graduate of the University of Illinois.