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Historic Olympian Launches His Own Team

1968 Gold-Medalist Leads Newly Launched Austin Trinity Aquatic Club

Austin, TX – Since defeating Mark Spitz in the first ever men's 100M butterfly at the 1968 Mexico City Olympics, American swimmer Doug Russell has coached many successful swimmers across many USA Swimming teams. Russell was most recently on staff at Austin's Longhorn Aquatics and Nitro Swimming.

Now at the pinnacle of his career, Coach Russell has launched his own team, Austin Trinity Aquatic Club. This venture is a chance for Russell to make a mark on the sport in his own way, without a team's administration to impede his coaching philosophies and methods.

From the beginning, Trinity is a trademark Russell team, with even the team name representing his coaching philosophy. The trinity represents "Mind, Body & Water", because Coach Russell believes that the sport of swimming is an all-encompassing adventure and that he is coaching the mentality as much as the physicality of swimmers. Coach Russell says his vision for his team is to "instill in young people an insatiable work ethic with a desire for technical perfection that will create champions."

Not only is Russell excited about this coaching opportunity, but his athletes are thrilled with the opportunity to train under such a skilled and experienced coach. Not every coach is able to give such individual attention to his swimmers, but Coach Russell finds a way to target each swimmer at each practice. "I don't have a team of 100 swimmers. I have 100 swim teams of 1 swimmer," says Coach Russell of how he focuses on every swimmer. The Trinity roster of swimmers all know what a treasure this opportunity is for each swimmer.

The team has been training since mid-April on the campus of Southwestern University in Georgetown. ATAC competed as a team for the first time last weekend at the CCAA-CE Long Course Unclassified in Corpus Christi where three ATAC swimmers were the high point earners in their age groups: Abigail Hardy (9-10 girls), Kaitlin Tromblee (11-12 girls) and Scott Schroeder (15-18 boys). Team members range in age from 7 to 18 and travel from throughout the Austin area to train with Trinity.

Doug Russell: Coaching Experience

Panther Boys Club, Head Coach *Ft. Worth, Texas* 1967 - 1970

Russell took over the PBC program from Hall of Fame coach Don Easterling. Russell coached William Paulus, 1980 Olympian and world record holder in the 100M butterfly through his age group years. Here, Russell also coached Larry Dowler through his age group and college years at the University of Texas at Arlington. Dowler was a 1976 Olympian in the 100M breaststroke. Dowler and Paulus are members of the Texas Swimming Hall of Fame along with Russell.

University of Texas @ Arlington, Head Coach *Arlington, Texas* 1970 - 1975

Russell earned a dual meet record of 57-11 while scheduling and competing against swimming powers, SMU, Indiana, Tennessee, Texas, and Southern California. Russell coached Liam Ball to the 1976 Olympics for his country of Ireland. While at UT Arlington, Russell started a women's program and qualified several women for the 1974 Olympic Trials. Doug also started high school programs at two high schools in Arlington. During Russell's tenure, UTA produced six All-Americans.

Doug Russell Swim Club, Head Coach *Arlington, Texas* 1970 - 1975

DRSC was the club team for UT Arlington. The program produced many national qualifiers and was one of the leading age group programs in Texas. DRSC had a summer swim camp and many TAGS champions. During this time, Russell coached Lenny Norris and Steve Jackson. Norris was a member of the 1976 Olympic team for England, and Jackson was a member of the 1976 Australian Olympic team.

Amarillo Aquatic Club, Head Coach *Amarillo, Texas* 1975 - 1979

Russell went to Amarillo to take over the swimming program while the Tennis and Swimming Club was developed. AAC hosted a TAGS meet and finished in the top three twice.

Lakewood Aquatic Club, Head Coach *Lakewood, California* 1979 - 1980

Russell took over the LAC program from Hall of Fame coach Jim Montrella. LAC placed swimmers on five consecutive Olympic teams. LAC lost use of city pools and merged into the Long Beach AC program.

Heartland Swim Association, Head Coach *San Diego, California* 1980 - 1985

Russell was the first head coach for the Heartland Swim Association that won five consecutive LSC Championships, placed in the top three at Jr. Nationals twice, and produced 23 high school All-Americans.

Challenger Aquatics *Las Vegas, Nevada* 1993 - 2001

Russell started this year-round competitive swimming for learning disabled kids and handicapped kids. The goal was to mainstream learning disabled kids into USS swimming meets. The program grew to more than 150 kids and was taken over by the City of Las Vegas Recreation Department.

Challenger Little League *Las Vegas, Nevada* 1992 - 2006

Russell was one of a group that started Little League in Las Vegas, Nevada for disabled kids. Russell coached the Roadrunners for 14 years.

Yard Dawg Baseball Club, *Las Vegas, Nevada* 1995 - 2003

Russell started a year-round youth travel team. The Yard Dawgs won more than 100 tournaments and three World Series. Under Doug's leadership, four of the Yard Dawgs were drafted by Major League Baseball and seven Yard Dawgs earned NCAA Division I scholarships.

Nitro, Assistant Coach - *Austin, Texas* 2007 - 2013

In 2007, Russell returned to swimming at Nitro in Austin. Russell assisted Coach Tim O'Brien who built the Nitro National Team into a nationally recognized program. Russell served one year as lead coach of the sectional group.

Longhorn Aquatics, Head Site Coach, *Pflugerville, Texas* 2013 - 2014

Doug was the first head coach of the Longhorn Aquatics Pflugerville satellite program and quickly guided the program to a membership of more than 130 swimmers.

Doug Russell: Swimming Experience

High school All-American (Midland, TX)
High school national record-holder (Midland, TX)
NCAA All-American
NCAA CHAMPIONSHIPS: 1968 (100Y butterfly; 1 relay)
NCAA record-holder
World Student Games: gold
Olympics: 1968 gold (100M butterfly; relay);
World Records: 100M butterfly; 100M backstroke; two relays)
Pan-American Games: 1967 gold (200M individual medley; 1 relay)
AAU Nationals: 1969 (100M butterfly)
American Records: 6 (100Y backstroke, 5 relays)
Texas Swimming Hall of Fame member
Swimming IHOF Honor Swimmer

Doug Russell is the butterfly who won two Olympic gold medals Mark Spitz was supposed to win in Mexico--the 100M butterfly and the medley relay at the 1968 games. In addition to his two Olympic gold medals, Russell, with his coach, Don Easterling, (then of Texas at Arlington, and later North Carolina State), made a habit of knocking off favorites in several different strokes. Russell won a Pan-American gold medal in the 200IM and set a 100M backstroke American record in the National AAU. At the World University Games in Tokyo, he set a World backstroke record in the preliminaries only to lose in the finals to Hall of Fame swimmer Charlie Hickcox. As great as he was in the backstroke and individual medley, Russell was at his best in the butterfly. If anyone was surprised by his Olympic performance, it wasn't Russell. One of swimming's all-time "head" swimmers, Russell often won because he wouldn't believe he could be beaten.