



Coach Richard Parr



I started my rowing career as a coxswain at Queen's University in Kingston, Ontario, Canada after a motorcycle accident left me unable to participate in other sports. I soon made the switch to coaching and coached at Queen's University and its affiliate, the Kingston Rowing Club for three years.

Subsequently I was hired by Marietta College in Ohio to be their head women's coach. After two years at Marietta. I returned to Canada as the Alberta Provincial Coach and as an apprentice coach with the Canadian National Team, preparing them for the 1996 Atlanta Olympics. I also organized and selected the 1996 Canadian Junior National Team. During this time I was very fortunate to be mentored by two of the world's leading rowing coaches, Al Morrow and Volker Nolte.

After the 1996 Olympics I moved to New Zealand, where I organized, selected and coached the New Zealand Junior National team. In 2002 I was selected by Irish Rowing to lead their national team to the Athens Olympics in 2004. After Athens I returned to New Zealand and completed my master's degree in Physical Education at the University of Otago. I taught coaching and basic physiology at the University while continuing to coach on the side.

I am fortunate to have been involved with teams from four different countries, teams at various Olympics, Junior, Senior and U23 World Championships, and numerous World Cups. Athletes that I have worked with at some point in their careers have gone on to win over 70 Gold Medals at the Olympics, World Cups, and World Championships.

My coaching philosophy is that every rower should be given the opportunity to discover what they can accomplish, and it is the responsibility of the coach to provide the right environment, opportunity, challenges, and support so that this discovery will happen.

I am very pleased to be on Vashon Island and working for such a great rowing club. Vashon Island Rowing Club is dynamic, friendly, supportive, and is fortunate to row on one of the best bodies of water I have ever seen.

Assistant Coach Tom Kicinski



Tom Kicinski has been assistant coach with Vashon Island Junior Crew since fall 2012. Kicinski, a VIJC alumnus, went on to row twice at Junior Nationals, on the United States Junior National team competing at Worlds in Amsterdam and for the University of Washington Husky Crew. His rowing career was cut short due to injuries, but he has returned to Vashon on several occasions to coach rowing camps. Tom is an Eagle Scout and continues his education at the University of Washington. He's very excited to be working with Coach Parr and the Juniors.