

Bahamas Association of Athletic Associations
Governing Body for Track and Field, Road Running
Cross Country and Mountain Running



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 2010

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 THE BAAA'S



BAAANews

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BAAA's
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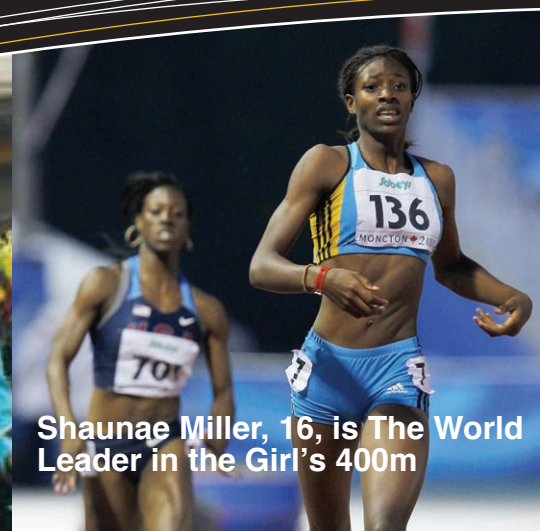
A bi-monthly publication of the Bahamas Athletic Association in The Bahamas designed to keep its readers abreast of the activities of the BAAAs.

Alpheus Finlayson
 Editor

Patrice Rolle
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Upcoming Events

- **Royal Caribbean Fun Run In Paradise**
December 13th, 2010
- **Bay Street Mile**
December 18th, 2010
- **BAAA Annual Awards Luncheon**
January 2nd, 2011
- **BAAA Odd Distance Meet**
January 8th, 2011
- **T'Bird Flyers Track Meet**
January 14th, 2011
- **Suzan G. Komen Race For The Cure**
January 15th, 2011
- **T'Bird Flyers Track Meet**
January 15th, 2011
- **Marathon Bahamas**
January 16th, 2011
- **BAAA Church Service - Christ Church Cathedral**
January 9th, 2011
- **BAAA All Comers Cross Country**
January 22nd, 2011
- **BAAA National High School Relays**
January 29th, 2011
- **Star Trackers Classic**
February 5th, 2011
- **North Andros Invitational - Nicholls Town**
February 11th-12th, 2011
- **Club Monica Classic**
February 18th-19th, 2011
- **NACAC Cross Country Championships - Trinidad**
February 19th, 2011
- **Dianna Lynn Track Classic**
February 26th, 2011



Shaunae Miller, 16, is The World Leader in the Girl's 400m

BAAA Annual Awards Luncheon Moves to Sunday, January 2nd, 2011

In recognition of the 10th Anniversary of their victory, the Bahamas Association of Athletic Associations is pleased to announce that "The Golden Girls", (Savatheda Fynes, Chandra Sturup, Pauline Davis-Thompson, Debbie Ferguson-McKenzie, and Eldece Clarke-Lewis), 1999 World Champions and 2000 Olympic Champions, will be the patrons of the Annual Awards Luncheon, to be held on Sunday, January 2nd, 2011.

Under this year's theme, "Celebrating Our Youth in Athletics", we will be recognizing the achievements of one hundred and sixty-seven (167) athletes who represented the Bahamas in ten international competitions this year.

The year 2010 was a banner year for the BAAA with Chris Brown winning the 400m in the IAAF World Indoor Championships in March in Doha, Qatar, and sixteen year old Shaunae Miller winning the IAAF World Junior Championships in the 400m in July in Moncton, Canada.



Chris Brown in Doha, Qatar

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Also on the world scene, Grand Bahama's Tynia Gaither won the Silver medal in the 200m in the inaugural Youth Olympic Games in Singapore. Gaither, along with Rashan Brown from Grand Bahama joined Myasia Brown and Robin Reynolds of the USA to capture the Gold medal in the for the Americas' Team in the Girls Sprint Medley Relay.



Rashan Brown and Tynia Gaither

At the Commonwealth Games in New Delhi in October, High Jumpers Donald Thomas and Trevor Barry won Gold and Silver respectively in the High Jump, and Ramon Miller and Christine Amertil won Bronze medals in the 400m.

Athletes will be awarded in several categories including The Charley Major Award for Athlete of The Year, The Collegiate Male and Female Athlete of The Year, and the Male and Female Junior Athlete of The Year.

The Gala Awards Luncheon will be held at 2:00pm at the Sheraton Nassau Beach Resort, Cable Beach. Tickets can be purchased for a small donation of \$50 at The Prescription Parlour Pharmacy, East St. South, or the BAAA Office at the Pan Am Building at the Queen Elizabeth Sports Centre.





All Sports Radio Station ZSR 103.5FM Opened

The All Sports Radio Station ZSR 103.5FM is now open.

The new station was the dream of former ZNS sportscaster, the late Phil Smith, and the first Bahamian Olympic Track and Field medalist Frank Rutherford.

The station is located in the Dewgard Shopping Plaza in Palmdale, Nassau.



Coach George Cleare Heads to The University of Georgia

Top Bahamian coach George Cleare left for The University of Georgia, Athens, Georgia recently. Cleare will be an Assistant Track and Field coach there.

Cleare, who is a Level 5 IAAF Coach organized the first Kids Athletics program in The Bahamas this summer. He has coached some of the top athletes in The Bahamas including World Junior Champion Sheniqa Ferguson.



A Coach's View

by: *Coach Peter Pratt*

**Jumper's Inc.
IAAF (Level V) Certification**

The year two thousand (2000) was the beginning of a new millennium and a new decade. Track & Field coaches rededicated themselves to ensuring that all top performing academically eligible student athlete in their clubs were the recipients of athletic scholarships to attend universities/colleges in the USA, thereby positively changing the lives of many student athletes, their families, their communities and building a strong senior track & field program for The Bahamas. Under the guidance of businessman Harrison R. Petty and Mrs. Donna Nicolls, The Parents Association of Track & Field Athletes was formed as a scholarship search unit of the BAAA to ensure the viability and continuity of the process.

Over the past ten years hundreds of student athletes were recipients of athletic scholarships to attend universities/colleges in the USA. Today it is evident that our coaches work locally, combined with the joint efforts of Bernard Newbold of the Parents Association of Track & Field Athletes and Coach Dwayne Jennings of Freeport based "Search Bahamas" has had a great impact on our senior program as we look at the increased number of Bahamian student athletes competing and winning at the NJCAA, NAIA and NCAA Championships. Many of these student athletes progress as far as the World Championships, Olympic Games and today there are a greater number of professional track and field athletes representing The Bahamas.

It is now 2010 and the process continues. The Bahamas Association of Athletic Associations (BAAA) has many active persons, stakeholders and patrons that support its various programs to ensure the success of the athletes.

There is a network of Bahamian Coaches, coaching at US Colleges and Universities that are an active part of The BAAA scholarship search program such as Dominic Goodman at Dickinson State University, Henry Rolle at Auburn, Rolando Green at Arkansas, Dennis Darling at TCU, Norbett Elliott at Tennessee, Sterling Moss at Loyola Chicago, Fritz Spence at Penn State University, Niketo Johnson at Missouri, Edrick Poitier at North Carolina and recently George Cleare has been appointed assistant coach at the University of Georgia.

This year we recognized twenty-five student athletes that were the recipients of athletic scholarships to attend colleges and universities in the USA with a combined value in excess of two million dollars (\$2,000,000.00) over a four year period.

Below we list their names and affiliations that we are aware of:

NAME	HIGH SCHOOL/CLUB	COLLEGE/UNIVERSITY
Aaron Wilmore	Q.C/Ambassador	Lincoln University
Earl Rahming	SAC/Club Monica	King College
Justin Grey	CR Walker/Jumpers Inc.	Dickinson State University
Charles Miller	Q.C/ Ambassadors	Colby Community College
Shantae Miller	GHS/Speed Dynamics	Colby Community College
Sidney Mackey	NCA/Road Runners	Missouri Valley College
Benjamin Miller	NCA/Road Runners	Missouri Valley college
Joevano Stubbs	CR Walker	Dickinson State University
Deandra Deveaux	St. Anne's/ Jumpers Inc.	Emory Riddle University
Kenya Culmer	SAC/Striders	S. Illinois University
Douglas Palacious	SAC/Jumpers Inc.	S. Illinois University
James Carey	PWH/TWD Athletics	Colby Community College
Tre Adderley	CV Bethel/Speed Dynamics	Benedict College
V'Alonee Robinson	SAC/Club Monica	Auburn University
Nathan Innocent	GHS/Silver Lighting	Edward Waters College
Alonzo Cunningham	GHS/Silver Lighting	Edward Waters College
Kieron Forbes	GHS/Silver Lighting	Edward Waters College
Kieran Forbes	GHS/Silver Lighting	Edward Waters College
Alfred Higgs	Tabernacle/Kenyan Knights	Iowa Central Community College
Ashley Smith	SAC/Jumpers Inc.	Central Texas Community College
Clinton Clarke	CV Bethel/Jumpers Inc.	Central Texas Community College
Nejmi Burnside	St. Andrews/Star Trackers	University of South Carolina
Geno Jones	Bishop Michael Eldon/ Subway Hawks	LSU
Tess Mullings	SAC/Speed Dynamics	SE Louisiana University
Deshana Burnside	SAC/Speed Dynamics	Essex Community College

We are pleased to say that many of our student athletes upon graduation become school teachers and Track Coaches who work in The Bahamas education system; others are in various professions making a positive contribution to our community.

At our annual general meeting held in November 2010, Mrs. Laura Charlton, Treasurer reported that it will require five hundred thousand dollars (\$500,000.00) for national teams to travel internationally and compete during 2011. This sum is small when compared to the value of the international recognition the Bahamas receives as our athletes compete and the contribution our organization make to youth development both academically and athletically.

It will take the financial support of the Government, Corporate Bahamas and the general public to keep our growing programs alive and well as we strive to develop more productive, well educated and disciplined citizens.



Profile

Roosevelt Thompson

Chief Starter NACAC Under-23
Miramar, Fla.

In this issue we provide you with some information of one of the dedicated officials you should know.

Roosevelt Thompson has been a member of BACO(Bahamas Association of Certified Officials) since 1980

Thompson achieved a milestone in July when he served as the Chief Starter for the NACAC Under-23 Championships in, Miramar, Florida.

Here is some useful information you should have:

Thompson is Technical Training Director for Special Olympics Bahamas and has served as manager for several national Track and Field teams.

How did you get involved in officiating?

From 1974 to 78 I was a member of the Ambassador Track Club, my events were the 100M, 200M and LJ.

After reoccurring hamstring pulls, Mr. Ralph McKinney encouraged me to join BACO. He took me to Mr. Lou Adderley and the rest is History.

Have you officiated at any meets outside The Bahamas, and where?

Barbados 2001
Turks and Caicos 2007
St Kitts and Nevis 2008
Cayman 2010 – Head Starter

What does the appointment at the NACAC Under-23 mean to you?

It was a dream come true for me, to be able to stand

amongst over 120yrs of starting experience collectively and share my knowledge with some of the best in the business of starting within the USA and to learn from them. I was elated and had to really compose myself as the Bahamian families, athletes and Coaches gave approval to one of their own serving as Chief Starter. To date, I should say this is a door that has been opened not only for me but all of the starters within the BACO Association, this door I shall continue to walk through along with my fellow starters.

How far do you wish to go in officiating?

It is my endeavour to officiate at all of the senior regional Track Meets.

I would also like to achieve levels in Certification right up to level four.

Finally, it is my Dream to one day be a starter at the World Championships and Olympic Games.

If the Lord delays his coming and it is his will for me to get to the World Championships and Olympic Games, look out Caribbean here I go.

What is your occupation?

I am a 30yr Veteran of the Royal Bahamas Defence Force. I have worked in every major department within the Force, I have also represented the Bahamas as a member of the United Coast Guard for two years onboard USCG Cutter Gen-

tian, where I was awarded many Ribbons. Upon finishing my tour aboard the USCGC I was awarded the U S Coast Guard Commandant Achievement Medal for outstanding Leadership and performance. At present I serve with the rank of a Chief Petty Officer with responsibility of administrating the Supply Department with more than 90 members.

Where do you attend church and what position do you have there?

I am a member of the New Covenant Baptist Church, for the last 27yrs. At NCBC I serve as the Chief Adjutant to the Senior Bishop, Simeon B. Hall.

As a Minister for the last 15yrs, I have held various positions within the ministry. At present I am a Sunday School Teacher, member of the Church's Executive board, Men's Ministry and host of our church's two radio programs (Bishop Simeon Hall speaks to the nation) aired on 107.9 Saturdays @ 12 noon and Love 97.5 on Sunday mornings @ 7:30am.

Anything else?

I am grateful to all BACO Officials who helped me along the way.

Mr. Frank "Pancho" Rahming gave me the opportunity to serve as head starter at the Carifta Games in Cayman in 2010. In my opinion it was there I really said to myself you can do this and I did.

Where Are They Now?

Dedra Davis
Carifta Gold, Long Jumper, Dentist,
Houston, Texas

Marcia Dorsett
Sprinter, Member of 1996 and 1998
World Junior Championship Teams,
Australia

Beryl Eve
1979 Carifta Gold, U-20 Discus,
Houston, Texas

Debbie Greene
Member of 1984 Los Angeles sixth
place 4x100m Relay Team,
Atlanta, Georgia

Sylvannues Hepburn
Member of the Bahamas National
Record 4x100m Relay Team at
38.98sec • Coach,
South Carolina

Grafton Ifill III
Defeated Usain Bolt in 200m at 2001
Carifta
New York, NY

Mark Johnson
Member of first World Junior Cham-
pionships 4x100m relay team,
Physician,
Washington, D.C.

Michael "Boy Blue" Newbold
Member of first World Junior Cham-
pionships 4x100m Relay Team,
Houston, Texas

Philip Robins
First Bahamian to win NCAA
Division I Championships
Triple Jump, 1976,
Chicago, Illinois

Ed Stuart
1980 Carifta Games,
U-20 Long Jump Champion
Minneapolis, Minnesota

Norris Stubbs
Ran first leg of 1968 Olympic
4x100m Relay Team
Professor of Engineering,
Texas A&M, College Station, Texas

Patrice Wisdom
Gold medalist,
1984 Carifta U-17 400m
Baltimore, Maryland

Medalists (cont'd.)

100m Chandra Sturup
4x400m relay, Avarð Moncur,
Dennis Darling
Nathaniel Mckinney, Chris
Brown,
Carl Oliver(semi-final)

2004 Olympics, Athens
Gold, 400m, Tonique Williams-
Darling
Bronze, 200m, Debbie Fergu-
son

2005 World Championships,
Helsinki
Gold, 400m, Tonique Williams-
Darling
Silver, 4x400m, Nathaniel McK-
inney, Avarð Moncur
Andrae Williams, Chris Brown,
Troy McIntosh(semi-final)

2007 World Championships,
Osaka
Gold, High Jump, Donald
Thomas
Silver, 100m, Derrick Atkins
Silver, 4x400m relay
Avarð Moncur, Michael Mathieu,
Andrae Williams,
Chris Brown, Nathaniel McKin-
ney(semi-final)

2008 Olympics, Beijing
Silver, 4x400m relay, Andretti
Bain, Michael Mathieu,
Andrae Williams, Chris Brown,
Ramon Miller(semi-final)
Bronze, Triple Jump, Leevan
Sands

2009 World Championships,
Berlin
Silver, 4x100m relay
Chandra Sturup, Shenequa
Ferguson
Christine Amertil, Debbie Fergu-
son-Mckenzie

Bronze, 200m, Debbie Fergu-
son-Mckenzie

World Championships, 2011
Daegu

Who will be on The Medal
Podium?

Olympic Games, London 2012

How Many Medals Will The Ba-
hamas Win?

Thoughts (cont'd.)

2006 Asian Games in Doha,
Qatar held in December.

With the exception of a very
few competitions, these
events had near full partici-
pation of athletes.

The 2010 Commonwealth
Games were held in New
Delhi in October of this year.

The 2010 Asian Games has
been held in November of
this year.

Next year's Pan American
Games will be held in Octo-
ber in Guadalajara, Mexico.

Conflict with Area or Re-
gional Championships and
European Circuit.

The former Grand Prix,
Golden League, and now Di-
amond Leagues have
crowded the competitive
season for the best athletes.
This season normally runs
from June to September and
offers lucrative financial re-
wards. Six years ago Ba-
hamian Tonique Williams-
Darling was undefeated in
the Golden League and won
\$500,000 in the process.

Understanding this situation
the IAAF, the worldwide gov-
erning body of the sport has
made efforts to have Grand
Prix events around the world
spread throughout the year
beginning in Australia in the
southern hemisphere in Jan-
uary, and ending in Septem-
ber.

Even though the IAAF is at-

tempting to schedule events
where there is a window for
area or regional competi-
tions, few of the best ath-
letes from the Central
American and Caribbean re-
gion now participate in either
the Senior Central American
and Caribbean Track and
Field Championships or the
Central American and
Caribbean Games. Many
athletes feel it is below
them.

As a matter of fact, the
European Championships
was held in Barcelona the
same time as the Central
American and Caribbean
Games were held in
Mayaguez, Puerto Rico, and
the African Athletic Champi-
onships held in Nairobi,
Kenya, providing no conflict
whatsoever.

Still quite a number of the re-
gion's top stars stayed away
from Mayaguez.

Numerous top athletes
skipped the Central Ameri-
can and Caribbean

Games. They felt that this
should have been just for
lower tier athletes.

Other athletes felt that the
competition schedule was
too crowded.

It would be unimaginable for
European athletes to skip
the European Champi-
onships!

Many athletes including
Usain Bolt reasoned that

participation in The Com-
monwealth Games in New
Delhi would have hurt their
preparation for next year's
IAAF World Championships
in Daegu, South Korea.

With regards to the timing of
the international events, I
believe that Track and Field
athletes, through their
coaches and managers,
should be able to plot a re-
asonable competitive sched-
ule that would allow them to
be in tip top shape for any
World event! They are able
to do this in Tennis!

If our beloved sport of Track
and Field is to rise to preem-
inence it is important that
this happens.

Most of the top Bahamian
Track and Field athletes are
supported financially by the
Bahamas Government. The
intention of the subvention
was to assist athletes in their
preparation for the Olympic
Games.

It is my personal belief that
any athlete financially sup-
ported by the Government of
The Bahamas should partici-
pate in each of the events
leading up to the IAAF World
Championships and
Olympic Games. This
should be one of the condi-
tions of accepting the sub-
vention.

Note: This is the personal
view of the writer and does
not necessarily concur with
the views of the BAAA.

Sunshine Insurance, in its role
as the lead sponsor and or-
ganizer for Marathon Ba-
hamas, has fostered a
strategic partnership between
Marathon Bahamas and
Susan G. Komen for the
Cure®, the global leader of
the breast cancer movement
and the world's largest grass-
roots network of breast cancer
survivors and activists. This
partnership will significantly
impact the health of Bahami-
ans, especially in the areas of
breast cancer and other
women's health issues.

Nancy G. Brinker promised
her dying sister, Susan G.
Komen, she would do every-
thing in her power to end
breast cancer forever. In
1982, that promise became
Susan G. Komen for the Cure,
which is now the world's
largest breast cancer organi-
zation and the largest source
of nonprofit funds dedicated
to the fight against breast cancer
with nearly \$1.5 billion in-
vested to date. Just one year
after starting Komen for the
Cure, Brinker created the
Susan G. Komen Race for the
Cure® Series which is now
the largest series of 5k
run/walk events in the world
with 1.6 million annual partici-
pants with events on five con-
tinents. For more information
about Susan G. Komen for
the Cure, breast health or
breast cancer, visit
www.komen.org.

The Komen Bahamas Race
for the Cure is an opportunity
for people of all ages to cele-
brate survivorship, remember
those we have lost to the dis-
ease and make a difference in
the fight against breast can-
cer.

By participating in this event,
you will raise awareness
about a health issue that af-
fects thousands of women in
The Bahamas and help make
a difference in how breast



Saturday, January 15, 2011 at 6:00 a.m.
Paradise Island (free parking)

By: Veronica Duncanson

cancer is understood, diag-
nosed and treated. One hun-
dred percent of the money
raised by the Komen Ba-
hamas Race for the Cure will
remain in The Bahamas to
fund breast cancer program-
ming.

Komen for the Cure has been
working in The Bahamas
since 2008 in partnership with
the Bahamas Breast Cancer
Initiative, the Cancer Society
of the Bahamas and the Sister
Sister Support group, among
others. In 2009, Komen for the
Cure awarded Dr. Judith Hur-
ley of the University Of Miami
School Of Medicine, a two-
year grant to evaluate the ge-
netic risk of Bahamian
Women with breast and ovar-
ian cancer.

The Bahamas Race for the
Cure 2011 will be Komen's
second race in the Caribbean
region and all funds for the
event raised by the event will
benefit women's cancer pro-
grams in The Bahamas in-
cluding The Princess
Margaret Hospital Founda-
tion, Bahamas Breast Cancer
Initiative (BBCI), Cancer Soci-
ety of The Bahamas, Sister
Sister Breast Cancer Support
Group and other women's
health programs.

The 5K run/walk will start just
west of The Cove on Paradise
Island and meander around
the south side of Paradise Is-
land with a turnaround by the
Ocean Club Estates before
returning to The Cove via the
north side of Paradise Island.
Planned events include a
breast cancer survivor recog-
nition program with a special
performance by award-win-
ning gospel artists Mary Mary.
Parking is complimentary
(near start/finish area).

Teams from all walks of Ba-
hamian life including corpo-
rate Bahamas, religious
organizations, families and

friends are encouraged to
support this worthy cause.
Teams vie for coveted prizes
as in the categories of most
money raised, best team t-
shirt, most innovative mascot
and largest team to complete
the event. Prizes for the com-
petitive 5K will be awarded in
the overall and age-group cat-
egories.

For the more athletic of the
community, the 5K can serve
as a warm-up for Marathon
Bahamas (marathon, half
marathon or six-person relay)
which will take place on Sun-
day, January 16.

About Breast Cancer

Health officials estimate 300-
500 new cases of cancer
each year in The Bahamas,
with breast cancer being the
most common diagnosed
among women, and often at
very late stage. In addition, it
is estimated that a full 23% of
Bahamian women diagnosed
with breast cancer carry the
BRCA1 gene mutation – an
issue being investigated by
Dr. Judith Hurley, whose re-
search Komen has funded
since 2008.

Globally, more than 1.3 million
women will be diagnosed with
breast cancer in 2010. When
breast cancer is detected
early, the chances of survival
increase dramatically. Early
detection saves lives.

For more information about
Susan G. Komen for the Cure,
breast health or breast cancer,
visit www.komen.org.

For additional information, on
the Bahamas Race for the
Cure, visit [www.marathonba-
hamas.com](http://www.marathonba-
hamas.com).

Registration can be done
electronically or in person at
Sunshine Insurance office on
East Shirley
Street.

Keith Parker Makes News in India



Photo by: Sara Parker

An emotional meeting for giants of
1958

NEW DELHI: Legendary track
and field coach Keith Holland
Parker, who took part in the
Cardiff Games in 1958 alongside
Milkha Singh, was delighted to
land in the country of the 'Flying
Sikh'. On Tuesday, he even
caught up with his old friend at
the Jawaharlal Nehru stadium.

It was a rare reunion of two greats
who competed together and then
went on to script new chapters in
the history of athletics. While
Milkha ended his career as one of
India's best ever, Parker is still
going strong and the 78-year-old
is in Delhi as the coach of the Ba-
hamas athletics team.

"We were meeting after many,
many years and we relived those
old days. Those were the times
when we ran on cinder tracks and
slept in army and air Force bar-
racks with common bathrooms,"
Milkha told TOI. "It was great to
meet him as we also discussed
about lot of former athletes," he
added.

Right from his arrival in Delhi,
Parker was keen to meet Milkha.
"I think I'm the only one here who
competed at Cardiff along with
Singh. Then I competed in the
long jump final and decathlon,"
Parker reminisced in a chat at the
Games village.

A native of England, Parker is
serving Bahamas for the last five
decades and was recently in-
ducted into the central American
and Caribbean Athletic Confedera-
tion (CAC) Hall of Fame. He has
been coach of the Bahamas
team at four Olympics and at five
world championships.

The veteran coach said Ba-
hamas missed several top ath-
letes as the Games came at the
end of the season. "We would
have bagged more medals had
our top runners, including
women, arrived. We had to pull
out of the women's relay as our
athletes had exams," he said.

Giving his thumbs up to the Delhi
Games, Parker said everything
about the Games, including the
village, is superb. "I have been to
many Games but I haven't seen
a better village and facilities for
training," said Parker, who was
made a Member of the British
Empire (MBE) in 1978.

The Bahamas has One-Two Punch in Men's High Jump in Commonwealth Games

At the recent Commonwealth Games in New Delhi, The Bahamas won the Gold and Silver medals in the High Jump, the first time in history for the country. Donald Thomas from Grand Bahama, the 2007 IAAF World Champion in this event, won the Gold with a 2.32m performance. Bahamian Trevor Barry finished with the Silver medal and a 2.29m clearance.

It was some twenty-seven years ago in Brisbane, Australia, that Stephen Wray, deceased, jumped 2.31m for the Silver medal, losing on more misses to Canada's Milt Ottey.

In July Thomas and Barry had their first One-Two punch, when they won Gold and Silver medals at the Central America and Caribbean Games in Mayaguez, Puerto Rico.

Ramon Miller won the Bronze medal in the 400m with a 45.55sec clocking. The winner was Kenya's Mark Kiprotich who clocked 45.44sec. Australia's Sean Wroe won the Silver medal with a time of 45.46sec.

Grand Bahamian Michael Mathieu clocked 45.56sec for fourth.

Christine Amertil was upgraded to third place in the Women's 400m.

She had finished in 51.96sec in the final but Folashade Abugan of Nigeria was stripped of her medal after testing positive for mepothopaine.

As it turned out, Botswana's Amantel Montsho set a new Games record of 50.10sec for the Gold. Guyana's Allan Pompey won the Silver in 51.65sec.

The Bahamas finished fourth in the men's 4x400m Relay in 3:04.52.

The team consisted of the following men running in this order: LeSean Pickstock, Michael Mathieu, Jamal Moss, and Ramon Miller.

Australia won the Gold medal with a 3:03.00 clocking. Kenya won the Silver medal with a time of 3:00.84, and England, the Bronze medal with a time of 3:03.97.

In the men's 4x100m relay, although running a good time of 39.27sec, the Bahamas team of Jamial Rolle, Adrian Griffith, Brunell McKenzie, and Rodney Greene had to settle for fifth place.

England captured the Gold medal in 38.74sec, Jamaica the Silver medal in 38.79sec, and host nation India, the Bronze medal in 38.89sec.

The next Commonwealth Games will be held in Glasgow, Scotland, in July of 2014.



Shown are, l-r, Lyndon Johnson, Eula White, Dianne Woodside, and Kem Stuart.

The 20th Annual North America, Central America and Caribbean Track & Field Coaches Association's International Congress held in Houston Texas, proved interesting, informative and very exciting. The event kicked off on Thursday Night with registration and a welcome reception in the Paladora Lounge in the host hotel Marriott Medical Center at Rice University. New relationships and friendships were formed and old friendships were rekindled as coaches from the region met in a very nice social atmosphere.

Four Bahamians attended the congress:

- 1 - Ms. Dianne Woodside – President of the Bahamas Track & Field Coaches Association and President of Club Monica Athletics Track & Field Club
- 2 – Mr. Kem Stuart – President of the Grand Bahama Amateur Athletic Association.
- 3 – Mr. Lyndon Johnson – Council Member of the Bahamas Track & Field Coaches Association, Official and Coach with Club Monica Athletics
- 4 – Ms. Eula White – Educator, Official and avid sports enthusiast out of Grand Bahama

The opening ceremonies were held Friday morning where the President of the NACACTFCA, Victor Lopez gave opening remarks. He spoke of the IAAF Coaches Commission and their role in the IAAF. He also spoke of the NACACTFA and its 21 year history and this year's 20th annual congress, a milestone for the organization.

Terry Crawford, Director of Coaching Education for USA Track Field gave a very interesting overview of the direction of USATF and its Coaches Development

Program.

She stressed the role of women in coaching and the women's seminar recently held in Miami at the U-23 Championships. The implementation of a Youth Level II program devoted to youth coaches and the development of the youth athlete is on its way due to the importance of good coaching at this level. USATF is also seeking new and interesting ways for the development of coaches with the possible implementation of online development courses.

Presenters included the following:

Lyle Knudson – Distance Running

Coach Knudson stressed that distance running today is not as fast as distance running 40years ago. Some may say this may be the result of kids not working as hard and coaches as dedicated. This is a myth he said. There are more opportunities today than years ago and the Aerobic endurance based method of training may not be as affective as was thought. A systematic and comprehensive training program that includes scientific principles should be applied. Coach Knudson mentioned that distance coaches should learn from sprint coaches in the application of such a program.

Tom Tellez – Sprints and Jumps

Coach Tellez kept his principles of sprinting very simple. He said the best way to teach an athlete to sprint is to sprint. He focused on body position, arm swing, ground contact and application of force. Tellez's practical session involved participants getting involved and demonstrating what was being taught. After a while it all made sense even though his

concepts were very simple. Coach Tellez also demonstrated block starts which again was simplified, worked and everyone appreciated his techniques and ideas.

John Godina – Throws

Coach Godina had a very interesting and impressive presentation on throws. A Four time World Champion a two-time Olympian medalist in Shot and Discus, demonstrated his winning style. He emphasized stability, power output, body position and speed of movement to improve performance in this area. Godina has his very own world throws center where he coaches his athletes and hosts training seminars for coaches. www.worldthrowscenter.com

Vitali Petrov – Pole Vault

Coach Petrov is the lead coach at the IAAF World Pole Vault Center in Formia, Italy. His presentation was dynamic, eye opening and thought provoking. He showed numerous videos on technique and drills of the pole-vaulter. He said the pole-vault is a combination of a gymnast and a pole-vaulter. The idea of a pole-vaulter being a gymnast was the eye opening concept and he proved that through his presentation. Local pole-vaulters from the university and surrounding area came to listen to this dynamic speaker and also illustrated during his practical session.

The congress was a great experience which was highlighted by a banquet on the closing evening. Certificates were presented to the participants by the presenters and Texas/Louisiana style food was served. President - Victor Lopez also announced the venues for the next two Congresses. Mexico in 2011 and beautiful Nassau, Bahamas in 2012.



Alpheus Finlayson, Public Relations Officer BAAAs

Thoughts... Preparation for the Olympic Games and IAAF World Championships

by: Alpheus Finlayson

Some sixty years ago there were few athletic competitions for the top athletes of the world other than the Olympic Games. For the athletes from the USA there would have been the Pan Am Games, held every four years, the year prior to the Olympic Games, and several top European invitational meets.

For Europeans there was the European Championships, held two years prior to the Olympics. For countries of the British Empire there would have been the Commonwealth Games, held every four years, also in between the Olympics.

The Caribbean and Central America region had the Central American and Caribbean Games, held the identical years of the European Championships and Commonwealth Games. They also had The Pan American and The Commonwealth Games.

African and Asian countries looked forward to the African Games or Championships and the Asian Games or Championships.

For Australia and New Zealand, it was basically the Commonwealth Games.

Most athletes used these events to hone their skills in preparation for the Olympic Games.

This was all that was available to Track and Field ath-

letes around the globe. Only a very few athletes from any country were good enough to be invited to the lucrative European Circuit.

Events were held throughout the year, sometimes depending on whether they were held in the northern or southern hemisphere.

From 1956 we have seen the following events held outside of the usual July-August schedule:

1956 Olympic Games in Melbourne, Australia held in November.

1962 British Empire Games in Perth, Australia held in November.

1964 Olympic Games in Tokyo, Japan held in October.

1968 Olympic Games in Mexico City held in October.

1974 the Commonwealth Games in Auckland, New Zealand, held in January.

1975 Pan American Games in Mexico City, held in October.

1982 Commonwealth Games in Brisbane, Australia held in October.

1985 World Cup of Track and Field in Canberra, Australia held in October.

1990 Commonwealth Games in Christchurch, New Zealand held in January.

1990 Central American and Caribbean Games in Mexico City held in November.

1998 IAAF World Cup of Track and Field in Johannesburg held in September.

1998 Commonwealth Games in Kuala Lumpur, Malaysia held in late September.

The 2000 Olympic Games in Sydney, Australia held in September.

2002 Central American and Caribbean Games in El Salvador held in November.

2006 Commonwealth Games in Melbourne, Australia held in March.

World Championships and Olympic Track and Field Medalists

On August, 2011 the thirteenth IAAF World Outdoor Championships will begin in Daegu, South Korea.

Eleven months later the Olympic Games will open in London.

The Bahamas won its first World Championship medals in Gothenburg in 1995 and first Olympic medal in 1992 in Barcelona.

Below are listed the Bahamian medalists in both World Championships and Olympic Games :

1992 Olympics, Barcelona, Bronze, Frank Rutherford, Triple Jump

1995 World Championships, Gothenburg, Gold, High Jump, Troy Kemp, Silver, 400m, Pauline Davis-Thompson

1996 Olympics, Atlanta, Silver, Women's 400m relay Eldece Clarke, Chandra Sturup, Savetheda Fynes Pauline Davis, Debbie Ferguson (semi-final)

1997 World Championships, Athens, Bronze, 100m Savetheda Fynes

1999 World Championships, Seville, Gold, 400m relay Savetheda Fynes, Chandra Sturup, Pauline Davis-Thompson, Debbie Ferguson Eldece Clarke-Lewis (semi-final) 2000 Olympics, Sydney, Gold, 400m relay, Chandra Sturup, Pauline Davis-Thompson, Debbie Ferguson Eldece Clarke-Lewis (semi-final) Gold, 200m, Pauline Davis-Thompson Bronze, 4x400m relay, Avarid Moncur, Troy McIntosh Carl Oliver, Chris Brown, Tim Munnings (semi-final)

2001 World Championships, Edmonton Gold, 400m, Avarid Moncur, 200m, Debbie Ferguson

4x400m relay, Avarid Moncur, Chris Brown, Troy McIntosh Timothy Munnings, Carl Oliver (semi-final) Bronze, 100m, Chandra Sturup

2003 World Championships, Paris Bronze, Triple Jump, Leevan Sands



Robinson runs in 100m final in October of 1964 in Tokyo Olympics

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Blast from the Past...



Young Long Jumper Joey Wells, at far left, takes on the best sprinters in local competition. I-r: Audrick Lightbourne, Steve Hanna, and Rudy Levarity

President's Report (cont'd.)

nizes and preserves the names of those individuals in our region who have made a meaningful contribution to the sport of track and field.

All Bahamian Scholar Athlete Awards: The 2010 All Bahamian Scholar Athletes Awards was held on August 4th at the Red Cross Ballroom under the patronage of the Governor General, Sir Arthur Foulkes. Thirteen athletes met the academic and athletic criteria to receive the award. A minimum GPA of 2.50 was required to be considered in addition to outstanding athletic performances during the year.

Reestablishment of Coaches Association: The BAAA contributed \$5,000 to assist the Coaches Association conduct an IAAF CECS Level One certification course from July 12th – 21st. As noted before, thirty two (32) coaches graduated from New Providence, Grand Bahama and Family Islands.

Olympic Solidarity Program: Three out of nine athletes recommended by the

federation to the BOC for Olympic Solidarity Grants were accepted by the IOC. The athletes selected were from the technical areas (jumps) viewed as one of the weakest areas of our program.

Social Media: The BAAA set up a Facebook account with a link to Twitter. We achieved our goal to reach 1,000 fans before the end of the summer on the page. The total number of likes is 1,090. The demographic profile of our fan base shows that 40% of the fan base is between the ages of 18-24 and 35-44 this is followed by 17% in the 25-34 categories. In terms of gender, females visit the site 50% of the time to males 48%. We intend to make the site more attractive in 2011 with featured stories, action photographs and statistical information about our programs nationally.

Looking ahead 2011 - 2012....

Goals:

1. Continue an aggressive

fund raising drive to secure funding for BAAA national teams.

2. A continued strengthening of the youth Kids Athletics program.

3. Increase top three finishes at Carifta Games, Junior CAC and Pan American Games.

4. Field full relay male and female teams in the 4x100 and 4x400 meter relays at the World Championships and Olympics Games.

5. Increase the number of athletes who qualify for regional and international competitions in technical events namely, the hurdles, long, triple and high jumps and throwing events.

6. Complete a review of the Constitution by the third quarter 2011.

7. Reestablish our Cross Country meet schedule for a cross country season from which athletes can be identified for regional and international cross country events in the future.



Mike Sands,
President of the BAAAs

Highlights of President's Report Annual General Meeting

20th November, 2010

Bahamas Association of Athletic Associations Track and Field Calendar Year

November 2009 to October 2010

The year 2009 - 2010 has been one of restructuring, rebuilding, repositioning and restoration.

After assuming the leadership following a very emotionally charged BAAA elections, my executive management team, conducted a due diligence process, to prioritize issues and formulate a plan for a smooth transition into the busy year ahead in 2010. Securing funding for the athletic year and the planning of the 2009 annual awards banquet were the top two priorities.

Management & operations changes....

The office, while not in the best location or aesthetically appealing, is functional with a full time Administrative Officer. A VIBE telephone system was installed and information involving the day to day business of the association is provided in a more timely and efficient fashion. Physical Improvements to the office have included three window valences, a fresh interior paint job and a new ductless air-condition unit for improved working conditions.

During the year, a number of persons travelled with national teams for the first time in leadership roles as coaches and managers. However we believe that there is a place for more individuals to be included in team management. This is

keeping with our objective to implement a succession plan for leadership development and management continuity. We have produced a draft **Team Management Manual** that will be a valuable resource. It provides guidelines, standards and policies for athletes, coaches and officials if carefully followed, could facilitate a smooth operation before and during competition at international meets. The content incorporates summary recommendations complied by our Secretary General following a review of management reports from 2003 to this year 2010. We also studied similar documents from federations in our sport for guidelines on configuration and content. We intend to keep information current with updates as new changes; technology and best practices are introduced to improve the sport. We expect to roll this document out by January 2011.

A database of all club, primary, secondary and high school coaches in New Providence and the family islands has been created. A database base is also now in place with information on all national team athletes.

Focusing on athletes....

As you are aware from our "Strategic Plan Outline **Our Vision 2012 and beyond... proposed development plan for the future of athletics in the Bahamas**", we promoted as a core value an

"athlete friendly" association. We wanted to make a genuine and concerted effort to be efficient responding, to the concerns and needs of our athletes at home and abroad.

A team management evaluation process was instituted to obtain feedback from senior athletes after international competitions on the quality of the management and coaching support. Responses have been quite positive with valuable suggestions given that we will consider for future competitions. We believe we have made encouraging strides in athletes relations and will continue to show care and concern for our athletes.

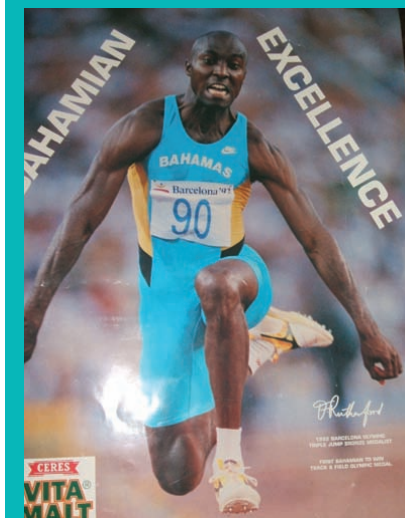
One area of concern relating to the senior athletes is the government's subvention program.

This is causing much consternation between athletes and the federation. Some athletes in the program have expressed their views about the cuts to their grants, while others are seeking to have their grants increased and a growing number of inquiries have been received from developing athletes wishing to be added into the program. We recognize there is a serious need to revisit the subvention process so that support can be based on clear and objective performance criteria. We are drafting recommended selection criteria guidelines for submission to the government

Blast from the Past...



Troy Kemp winning the first World Outdoor Championship medal



Frank Rutherford Wins Barcelona Bronze



Bernard Nottage winning a competition in the United Kingdom.



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Blast from the Past...



Thomas Robinson with John Carlos (bronze medalist for the 200m in Mexico City Olympics) at 2003 Year End Awards Banquet.



Dominique Demeritte and Tonique Williams-Darling after Demeritte's victory in 200m at Budapest World Indoor Championships.

President's Report (cont'd.)

by the end of the first quarter 2011. It will set out the terms and conditions for athletes wishing to be considered for subvention as well as those presently within the program. It is not the intention by this exercise, to disenfranchise athletes within the program or change their grant awards but to ensure, athletes have the best possible opportunity to fully benefit from the program based on achieving performance expectations while adding value to our program and the country.

Our finances....

The estimated cost to run the programs and operations of the association is \$500,000.00. Our income is derived from the government, private donors, international grants and gate receipts from local competitions. There has been a decline in giving as a result of the financial crisis gripping the country from the global recession. Our government grant was significantly reduced which placed pressure on the association in executing planned initiatives and some partners similarly, reduced their giving preferring to contribute to the earthquake victims in Haiti. Despite the economic downturn however, we were successful in securing financial support from two of our partners who have expressed an interest in continuing as title partners of the association.

Their support will help to ease efforts to host future national championships over the next few years. In the meantime, we are continuing our meetings with other corporate partners presenting our program to win their support.

I am pleased to report that we were able to meet our team travel obligations and operations expenses fully this year. Eight (8) teams travelled to major youth, junior and senior regional and international competitions. We are grateful to our banker for approving, our requests for needed funds, the Ministry of Sports, title partners, and faithful individual donors for their contributions.

Financial record keeping has been significantly improved. We are using the accounting software QuickBooks to manage our finances. All bank accounts can now be accessed through online banking to view transactions and balances in real time and both RBC accounts are linked making it possible to view details simultaneously. Detailed accounting reports are presented at monthly general meetings by the Treasurer keeping members current regarding the status of the association's finances.

Partners and stakeholders relations....

As President along with members of my executive management team, contacts with coaches, council members, officers, parents, stakeholders and partners were reestablished. We were particularly interested in strengthening our relationships with coaches generally and in the Family Islands in particular, to include them in the projects and processes of our programs. I am pleased to report that five new clubs, three from the Family Islands, have registered with the association. Several coaches were included on

national teams for the first time and a greater number of coaches and team support staff was named from Grand Bahama.

Recognizing the role Bahamian collegiate coaches' play in the development of our athletes, efforts were made to contact all coaches in the USA College and University system. The Secretary General attended the NCAA Division One championships in Eugene Oregon in May this year, where he was able to meet a number of Bahamian coaches and apprise them of the work of the association.

Program development.....

Competitions: Between January and March 2010, the BAAA hosted a number of local competitions all of which were successful. There was an increase in the numbers of participants and the income from gate receipts, was significantly higher than prior year. This is an indication that the interest and enthusiasm has returned to track and field.

The year began on a very high note with veteran elite athlete Chris Brown winning the 400m at the World Indoor Championships in Doha, Qatar. Chris has been one of our consistent high performers over the years and we congratulate him again on his fantastic achievement. Chris Brown's accomplishment was followed by the gold medal performance by Junior female 400m runner, Shaunae Miller at the World Junior Track and Field Championships, Moncton Canada. Miller at the age of sixteen had a sensational year with gold medal success at regional and international

President's Report (cont'd.)

competitions and dominating performances locally in her specialty. In the process, she eclipsed, the national youth record previously held by Olympian Tonique Williams-Darling.

Triple Jumper Leevan Sands leaped to Gold at the CAC Games in Puerto Rico and high jumpers Donald Thomas and Trevor Barry combined to take both Gold and Silver respectively at the same meet. At the Continental Cup in Croatia, Christine Amertil participating as a member of the Americas Team ran a fantastic anchor leg for the Americas team to Gold in the women's 4x400m relay holding off a strong Russian charge. Debbie Ferguson was the captain of the America's Team. A number of our collegiate athletes led by Demetrius Pinder produced outstanding performances at the Division 1, Division 11, NAIA and Junior College levels holding top collegiate and world rankings. History was also made when eight of our youth athletes were selected by the NACAC confederation to represent the Bahamas at the inaugural Youth Olympic Games held in Singapore. Tynia Gaither won a silver medal in the 200 meters at the Olympics and Gaither along with Rashan Brown of Freeport Grand Bahama, were members of the Americas relay team which won the Gold medal.

The season ended on a high note with our athletic team winning 4 additional medals at the Commonwealth Games in Delhi India. Ramon Miller bronze 400m, Christine Amertil bronze 400m and Donald Thomas and Trevor Barry again gold and silver respectively a first

for the Bahamas in the high jump.

Coaching: The successes of our athletes have brought to the forefront, the exceptional training they receive from the cadre of qualified and experienced coaches in our system. We have witnessed a renewed passion from this group which is evident by the high level performances of our athletes. We are very pleased that the Coaches Association has been revitalized and its executives are following a plan to expose their members to certification programs placing emphasis, on developing the athletes for superior performance results. Thirty two (32) coaches participated in a Professional Development course over the summer achieving CECS Level 1 coaches' certification.

Several persons attended management and administrative training courses. Coach David Charlton and Bernard Rolle were selected to participate in an IAAF World Junior Coaching seminar and tutorial during the World Junior Championships, Coach George Cleare attended an IAAF Kids Athletics Coaching Seminar in St. Kitts and Nevis and Mae Miller attended a Finish Lynx and Timing Course in Puerto Rico. Coaches are to be commended on the great successes of our Junior athletes as a recent story in the Nassau Guardian entitled "Bahamian Juniors and Youth Ranked among the World's Best in 2010" affirms the success of their programs.

Highlights of 2009 - 2010....

Annual Awards Luncheon: Having a very short window

to plan and organize the 2009 awards luncheon, the event was a tremendous success. Approximately two hundred and fifty (250) persons attended. Several new awards categories were added and named in honor of persons who have made outstanding contributions to the development of track and field over the years.

116th Version of Penn Relays: for the first time, relay teams from high schools in New Providence, Grand Bahama and the Family Islands were selected based on qualifying standards to compete at the prestigious Penn Relays. The boys relay team from Mores Island, Abaco qualified reaching to the top nine finalists in their division at the relays. This was a remarkable accomplishment and I would like to commend Coach Williams for his work considering the limited resources; lack of facilities and equipment available to him.

Coaches Incentive Program: Another first was achieved with the introduction of a coach's incentive program. Local coaches were awarded cash incentives based on the successful performances of their athletes at regional and international competitions. Approximately \$8,000.00 was paid out to coaches. It is our intention to continue this incentive program and look forward to celebrating more success stories.

CAC Hall of Fame Luncheon: A luncheon was held in honor of Keith Parker for five decades of "commonsense coaching by an uncommon man" who was inducted into the Central American and Caribbean Region Hall of Fame on June 27th. The CAC Hall of Fame recog-

Blast from the Past...



1979 Carifta Team departs Nassau



Donald Thomas at Press Conference after Gold medal performance in Osaka, 2007.