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Issue 4

# OLYMPISM

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## Team *Antigua* & *Barbuda*



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Hon. E.P. Chet Greene



President  
Antigua and Barbuda  
National Olympic  
Committee

# Warm Tokyo flavoured Antigua and Barbuda greetings!

After several uncertainties, the Olympic Games were held successfully.

From the forced decision to postpone from the original 2020 date, the global lockdown of competitive sports and subsequent cancellation of major sporting events inclusive of Olympic qualification events to the declaration of a State of Emergency by the government of Japan, the Games faced unprecedented challenges. These challenges continued with fans not being allowed to attend any of the events and with a number of athletes and other individuals associated with the Games testing positive for Covid-19.

One important takeaway from all of this is the resilience and determination of athletes worldwide to overcome whatever challenges and hurdles are placed in their path. It is a lesson that the rest of us must note as we navigate the continuous turbulent waters of world events...pandemics, social and political unrest, hunger, racial inequality and even war.

The Games exemplified unity, determination, respect, excellence, friendship, and solidarity and celebrated the absolute best of humanity.

Congratulations to our national athletes for braving it and for their unwavering commitment to their craft. Cejhae Greene (Track - 100m), Joella Lloyd (Track - 100m), Alston Ryan (Boxing), Stefano Mitchell (Swimming - 100m Freestyle), Samantha Roberts (Swimming - 50m Freestyle), and Jalese Gordon (Sailing - Laser) all proudly represented Antigua and Barbuda.

We are proud of you for giving your best at the Tokyo Games.



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# COACHES CORNER

## Sowerby Gomes

Approachable, amiable, encouraging, knowledgeable, committed...just a few attributes aptly ascribable to Coach Sowerby Gomes.

A former captain of Antigua and Barbuda's National Football team, Sowerby was named to the Who's Who List Among American Colleges and Universities in 1989. In that same year, he was appointed Homecoming King for his University (Oklahoma Wesleyan University) and Player of the Year. In 1990 he was named to the list of Outstanding Young Men of America. Sowerby is an NCCAA and NAIA Academic and Athletic All American.

A certified Counselor within the Second Chance, a program that seeks to break the cycle of recidivism by offering appropriate intervention to bring ex-offenders back into the community, Sowerby remains passionate in his calling to provide youth with opportunities for social and financial advancement through education and sport.

A CONCACAF D, C & B License Coach Instructor for the Antigua and Barbuda Football Association since 2017, Coach Sowerby's love for and commitment to young people manifests itself in his coaching programs executed through the Villa Lions Soccer Academy.

Coach Sowerby received a Bachelor of Science degree from Oklahoma Wesleyan University in Business Administration in 1991 and a Master of Arts degree from the University of Leicester in Business Administration in 2010. In 2006, he was inducted into the Hall of Fame at the Oklahoma Wesleyan University for outstanding athletic and academic achievement.

In July 2021, Coach Sowerby was appointed to his dream position of Technical Director of the Antigua and Barbuda Football Association and is now charged with spearheading the development of his beloved sport of football nationally.

Coach Sowerby is the proud father of three children, Ayo, Amarni and Amaya.

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# play true

For Doping-Free Sport

In this instalment of play true, we take a brief look at The World Anti-Doping Code (Code)

The Code sets out the anti-doping rules for all sports and all countries and protects your fundamental right, as an athlete, to participate in clean sport. It also promotes and protects health, fairness and equal opportunity for you and athletes worldwide.

The Code first came into effect in July 2004. The 2021 Code, effective as of January 1st 2021, is the fourth version.

The Code has been accepted by the entire Olympic Movement and various sports bodies and National Anti-Doping Organizations (NADOs) across the world. More than 185 governments have also recognized it through the UNESCO Convention against Doping in Sport. Both governments and sport bodies are committed to clean sport!

You can find the Code on the World Anti-Doping Agency's (WADA) Web site.

[www.wada-ama.org](http://www.wada-ama.org)

## play true nugget

**Question:** I am ultimately responsible for what I swallow, inject or apply to my body.

**Answer:** True

**Explanation:** All athletes need to be proactive in asking questions so as not to jeopardize their sporting careers. If you have a question - ASK! If you cannot be 100% sure of the ingredients or don't know the status of a substance - DON'T TAKE IT!



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## **A Successful Coach...To Be Or Not To Be**

Being a coach in any sport is more than just a job (paid or unpaid). It's a calling. To be a coach is an incredible privilege, guiding young people towards realizing their dreams through sport, helping to mold them into better athletes and better individuals, better citizens of the world.

Coaching is not always the easiest of professions, and it has its share of peaks and valleys, successes and failures. Still, a dedicated and well-informed coach can always be assured of one thing: they significantly impact the lives of those they coach.

More than just on the field of play, coaches are teachers, mentors, psychologists, confidants, guardians, counselors, and administrative leaders. In short, coaches often become 'everything' to their athletes. The coach-athlete relationship is a power relationship, and coaches must not betray the trust of their athletes. Too many times, we hear of stories of physical, emotional and even sexual abuse by coaches. This is a failing that all coaches, new and old alike, must avoid with all their might.

Just as coaches must endeavour to avoid the pitfalls in this 'calling', one of the essential things that every coach must do is develop their coaching philosophy.

Your coaching philosophy determines who you are as a coach. It determines how you interact with your athletes, parents and guardians, officials and colleague coaches. It determines the importance that you place on continued learning and adoption of changes and advancement in technical and tactical techniques. Developing your coaching philosophy is perhaps one of the most pivotal moves you can make in becoming a successful coach. Clearly defined, your athletes will know what you expect of them, how to conduct themselves and the consequences of their actions in any given situation on and off the field of play.

In our next issue, we will start you off on the journey towards developing your coaching philosophy. Whether you are a part-time or full-time coach, volunteer or professional, take the time and make an effort to create and design your coaching philosophy. You will be on the correct trajectory to being a successful coach!

Questions or comments? Email: [tdo@antiguabarbudanoc.com](mailto:tdo@antiguabarbudanoc.com)

# Eating for Success

## Six (6) Basic Nutrients

Researchers have long been investigating the most efficient way of fueling the human body for sustained health, particularly in athletes' peak performance and longevity. Without a doubt, proper diets are necessary to maximize the energy needed for athletes' peak performance and optimal weight.

### Carbohydrates

Carbohydrates are found in the form of sugar and starch and are the primary source of energy for the human body. They are mainly found in plant foods and occur in dairy products in milk sugar known as lactose. Also, the fibre in these foods aid in digestion and the control of fat and cholesterol.

### Protein

Protein is a vital part of any healthy diet. Proteins are comprised of chemical building blocks known as amino acids. They are essential in forming new tissue while maintaining existing ones, including red blood cells, hair, and muscles. Proteins are needed for the body to produce antibodies, enzymes, and hormones and help control the water level inside and outside the body's cells.

### Fat

Fat is a primary source of stored energy used when the body is resting or engaged in long-term aerobic activity and helps in the absorption of some vitamins and minerals. Fat is needed in the process of building cell membranes and sheaths surrounding nerves. It helps in blood clotting as well as muscle movement. Fat derived from animals (butter and meat) is termed saturated and contributes to cardiovascular disease and even cancer. Fat from plants is unsaturated, for example, corn, canola, and olive oils and is healthier but avoid trans-fat or partially hydrogenated oil, which is vegetable fat processed to make it more solid.

### Vitamins

Vitamins are organic compounds present in small amounts in natural foodstuff. Various vitamins play different roles in the body's overall health. They act as catalysts that regulate metabolic reactions in the body. There are thirteen (13) recognized vitamins, and too little of any may increase the risk of developing specific health issues.

### Minerals

To remain healthy, the human body needs many minerals. Essential minerals, as they are called, are sometimes divided into major (macrominerals) and trace (microminerals). Both groups of minerals are equally important, although trace minerals are needed in smaller amounts. The amounts required by the body are, however, not an indication of their importance.

### Water

Water constitutes sixty (60) to seventy (70) percent of the body's weight. It is an essential constituent of muscle and in processes that take place within the body's cells. It is essential for temperature control through the process of sweating. It is equally vital in the transporting of nutrients to cells and removing waste from them.

***Athletes get their energy from foods that contain carbohydrates, protein, and fat. Though not direct sources of energy, vitamins and minerals are needed to develop this energy from these three named nutrients (carbohydrates, protein, and fat)***

# Meet The Executive



**Yolanda J,  
Samuel,  
CPA CA CMGA  
C. Dir MoID**

A Certified Public Accountant, Chartered Accountant, Chartered Global Management Accountant, Chartered Director, and a Member of Institute of Directors. She is also a member of the Institute of Certified Public Accountants and a practicing member of the Institute of Chartered Accountants of the Eastern Caribbean.

Proud of her Christian heritage in the Moravian and Wesleyan Holiness churches, Yolanda is an active member of the Spring Gardens Moravian Congregation. Her work and church-related responsibilities have not prevented Yolanda from involvement in civic society. She is a member of the Rotary Club of Antigua, a Lifetime Kiwanis Member, and a member of the Chamber of Commerce.

It should come as little surprise that Yolanda is the Treasurer of the ABNOC



**Jo-Ann  
Lewis-Small**

Graduate of the University of the Virgin Islands, Jo-Ann Lewis-Small holds a Bachelor of Arts in Business Administration with a concentration in Management. She has been in the employ of the Government of Antigua and Barbuda for over twenty (20) years and is presently a Station Chief in the Immigration Department.

Jo-Ann has a long and distinguished service record in sports in Antigua and Barbuda. She served as General Secretary of the Antigua and Barbuda Triathlon Association for seven (7) years from 2010-2017 and has been a member of the Antigua and Barbuda Athletics Association (ABAA) for over fifteen (15) years. She held the position of Assistant Treasurer for two (2) terms and acted as Chef de Mission to the 2017 Carifta Games in Curaçao. Jo-Ann is presently the 2nd Vice President of the ABAA with special responsibilities for the Women's Committee.

A Floor Member of the ABNOC, Jo-Ann has served as Chef de Mission to the Commonwealth Youth Games in Samoa in 2015 and the Youth Olympics in Argentina in 2018, and Covid Liaison Officer to the Tokyo Olympic Games.



**Karen  
Joseph**

Has enjoyed lifelong involvement in sport in Antigua and Barbuda. She started playing netball for Pares Secondary School at the age of ten (10). She was selected and played for the combined national school team on several occasions, touring the Caribbean, Canada, and New York.

At the age of fifteen (15), Karen found a place on the Senior National Team and travelled to Singapore for the World Netball tournament. She went on to play in several Caribbean Championships and captained the Antigua and Barbuda national team for approximately seven (7) years. Named the first-ever Antigua and Barbuda Sportswoman of the year, Karen copped the title a second time in 2002, at which time she was the number two (2) ranked Goal Shooter in the world!

She played for the West Indies Netball team that toured the Caribbean and England. Recognized as one of the top netballers in the Caribbean, Karen has coached the Antigua and Barbuda national Under-16, Under-23 and Senior teams. She is presently the President of the Antigua and Barbuda Netball Association.

Presently employed as a Tourism Officer in the Ministry of Tourism, Karen Joseph is a Floor Member of the ABNOC and Chairs the Women in Sport Committee.



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