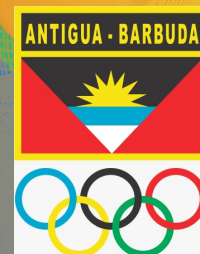


# OLYMPISM

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## Tokyo Bound

Local track star Joella Lloyd is on her way to represent Antigua and Barbuda in the upcoming Olympic Games

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## Hon. E.P. Chet Greene



President  
Antigua and Barbuda  
National Olympic  
Committee

With the Tokyo Olympic Games mere weeks away and many countries grappling with the pandemics adversary, the topical debate surrounding the Covid-19 vaccine rages on. The ABNOC joins in solidarity with the resolution of the national sports federations to support the ongoing vaccination program.

As the human family fights the scourge of the COVID-19 pandemic, travel, border crossings, venue entry and participation in regional and international Games demand that we act responsibly for the protection of our athletes and the safety of others.

Vaccination continues to be the only available approach to getting the local, regional and global sports industry up and running and our athletes returning to action. A world without the artistry, talents, strategies, geniuses and glory of sports will continue to be dull and uninspiring, so please  
**get vaccinated today!**

## HONORS

2021 Spring SEC Academic Honor Roll 2021 Outdoor  
USTFCCCA All-America Honorable Mention - 100m

2021 Outdoor Newcomer All-SEC

SEC Newcomer of the Week (5/4/21)

2021 Indoor USTFCCCA First Team All-America - 60m

2021 Indoor All-SEC First Team

2021 Indoor SEC Champion - 60m

2020 USTFCCCA Track & Field All-Academic Athlete

2020 Spring SEC Academic Honor Roll

## 2020 TRACK & FIELD

### Outdoor

Did not compete, as the 2020 outdoor track & field season was canceled due to the coronavirus (COVID-19) global health crisis

### Indoor

Combined with teammates Brooklynn Broadwater, Jada Chambers and Britton Wilson for a time of 3:36.15 in the 4x400m relay at the SEC Championships (2/29), placing eighth overall

Missed the SEC 60m final by one hundredth of a second, clocking in with a time of 7.37 in prelims (2/28)

Clocked a time of 7.27 in the 60m dash prelims at the Tiger Paw Invite (2/14), tying the No. 8 mark in program history

Helped the Lady Vols run a season-best 3:36.71 in the 4x400-meter relay, placing 8th at the Tiger Paw Invitational (2/15)

Finished second in the 60m dash at the Virginia Tech Invitational (1/17) with a season-best mark of 7.34

Making her collegiate and indoor track debut, took first place in the 60m (7.42) and second in the 200m (24.24) at the Tennessee-Indiana Duals (1/11)

### 2019 TRACK & FIELD

Redshirted the season, did not compete for Tennessee

Took home silver in the 100m dash at the NACAC U-18 Championships, representing Antigua & Barbuda

## 2021 TRACK & FIELD

### Outdoor

Punched her ticket to the NCAA Championships in the 100-meter dash, grabbing the last timed qualifying spot with a time of 11.27 at the East Prelims (5/29)

Ran an outdoor personal-best time of 23.47 in the 200-meter dash to advance to the NCAA quarterfinal round at the East Prelims (5/27)

Took 5th place in her SEC Outdoor Championship debut in the 100-meter dash, clocking a wind-aided 11.25 in College Station (5/15)

Set the Antigua and Barbuda national record and Lady Vol freshman record in the 100-meter dash, running 11.19 for first place at the Tennessee Challenge (5/1)

Ran the second leg on Tennessee's season-best 4x100-meter relay at the Tennessee Challenge (5/1), whose time of 43.59 ranked No. 6 in the country at the time of the mark

### Indoor

Finished sixth at her NCAA indoor nationals debut (3/13), posting a time of 7.23 in the 60-meter dash and becoming the first Lady Vol to score in the event since 2008

Became the first Lady Vol to ever win an indoor 60-meter conference title at the SEC Championships (2/27), tying the all-time program record with a time of 7.15 and recording the No. 1 mark in the world by any female athlete under 20 years old

Turned in a personal best of 23.39 in the 200m at the SEC Championships (2/26), placing 9th overall

Helped the Lady Vols log a season-best performance in the women's 4x400, clocking in with a time of 3:38.29 at Virginia Tech's Doc Hale Elite Meet (2/6)

Opened her season at the Commodore Indoor (1/16) in the 4x400-meter relay, placing second with a time of 3:41.71

# Joella Lloyd





# COACHES CORNER



## Evans 'Jawakie' Jones

Evans 'Jawakie' Jones is easily one of the most recognizable coaches in Antigua and Barbuda. Having played Cricket and Football as a youngster and represented the nation on the track in 400m and 800m, 'Jawakie' transitioned to coaching, devoting most of his life to sports.

He started coaching in 1983, completing his very first coaching course organized by the Organization of American States (OAS) in Mexico. Coach Jones attended his first Olympics in 1984 in Los Angeles.

He quickly sped on to his Level 1 Certified Coaching Course in St. Kitts followed by successful completion of his IAAF Coaching Education Level 2 in Puerto Rico. Coach Jones distinguished himself, and in 1988 he was asked to lecture in IAAF Coaching Education lectures held in Antigua and Montserrat.

Coach Jones has attended an enviable list of international events:

- 1988 Olympic Games – Seoul Korea
- 1996 Olympic Games – Atlanta, USA
- 2004 Olympic Games – Athens, Greece
- 2008 Olympic Games – Beijing, China
- 2014 Youth Olympics – Nanjing, China
- 2014 Commonwealth Games, Samoa

Not one to rest on his laurels, Coach Jones has participated in six (6) International Olympic Committee (IOC) Sport Administration Courses and was a Facilitator and Lecturer in two (2). Further, he completed an IOC Diploma Course in Sport Management of Olympic Sport Organizations and acted as Facilitator and Lecturer in a 2012 Caribbean Coaching Certification Program. He has lectured as an IAAF Coaching Education Certified Systems Coach in St. Kitts and Nevis, Trinidad and Tobago, Guyana, Barbados, Grenada, and St. Lucia. To date, he remains the only Antiguan and Barbudan coach to have lectured as a Facilitator in Coaching Education in the Caribbean.

Coach Jones has also officiated at two (2) Carifta Games, 2014 in St. Kitts and 2017 in Curacao, and has worked as a Strength and Conditioning Trainer with National Football, Basketball, Netball, Volleyball and Cricket from 1988 to the present. He also worked with Stanford T20 Cricket from 2006-2007.

Presently, Coach Evans 'Jawakie' Jones serves as Deputy Director of Sport and Head Coach of the Panthers International Elite Track Club which he founded in 1983.



# play true

## Anti doping Campaign of WADA

The ABNOC took the opportunity of its Olympic Day hike to launch its version of the play true campaign. play true is the anti-doping educational campaign of the World Anti-Doping Agency (WADA).

Established in 1999, WADA is an independent international agency with key activities including scientific research, education, development and anti-doping capacities. WADA's mission is to lead a worldwide collaborative movement for doping-free sport, composed and funded equally by the world's sport movements (NOCs) and governments.

Understanding and appreciating the rules and regulations and knowledge of the prohibited list of substances is a critical component of any athlete's training and lifestyle. This, unfortunately, was most recently borne out in the case of the USA hopeful for Gold at the Tokyo Games, Sha'Carri Richardson, who, after winning the USA 100m Olympic Games trials, tested for a chemical found in marijuana and was barred from competing in the Tokyo Games in the 100m. She subsequently lost her spot on the relay team, meaning that she is forced to miss what could have been her crowning moment at the peak of her career—a bitter price to pay for non-adherence to Anti-Doping regulations.



Sha'Carri Richardson

The column is dedicated to presenting bite-sized nuggets of information to assist athletes and all other stakeholders in sport to stay within the lines



DISCOVER A SPORT. DISCOVER A CAREER. RIGHT HERE. FIND A MENTOR WHO WILL GUIDE YOU THERE.

## WOMEN'S MENTORSHIP PROGRAM

BE EMPOWERED BY A DIVERSE CREW OF WOMEN BY VISITING [WWW.SAILINGANTIGUA.COM](http://WWW.SAILINGANTIGUA.COM)

DEVELOPING PATHWAYS AND GENERATING OPPORTUNITIES FOR WOMEN IN THE SPORT AND INDUSTRY OF SAILING IN ANTIGUA & BARBUDA

ANTIGUA SAILING WEEK  
Antigua & Barbuda Sailing Association



# Antigua and Barbuda Sailing Association

Although life the world over has been anything else but smooth sailing, the Antigua and Barbuda Sailing Association (ABSA) has continued riding the waves from success to success.

Antigua and Barbuda was privileged to have three sailors in this year's America's Cup, which was sailed in New Zealand (NZL). Louis Sinclair on Team Emirates, Shannon Falcone on Luna Rossa and Alex Sinclair aboard the American Magic. All three sailors grew up in Antigua and honed their sailing skills out of the Antigua Yacht Club (AYC).

As a member of Team Emirates, Louis Sinclair tasted sweet victory over his compatriot Shannon Falcone of Luna Rossa in the finals.

Three of the nation's young sailors Emily Gaillard, Alistair Knoblauch, and Patrick Greensmith, will join 260 sailors from 60 other countries as they proudly represent Antigua and Barbuda. Leader Lorraine Mitchell and Coach Karl James complete the contingent. They were presented with their 2021 World Championship Team Uniforms by Louis Sinclair, who came in for special commendation for taking time out to sail with and mentor the young sailors in preparation for the event.

In a collaborative effort between the ABSA, World Sailing and Antigua Sailing Week, the eSailing Championship went live on April 24<sup>th</sup>. Over the week, more than 80 000 players raced virtually on the platform. The eSailing National Championship will be held later this year and will be open to all Antigua and Barbuda nationals. The top 10 ranked sailors from this event will be eligible to participate in the eSailing World Championships scheduled for September.

In keeping with World Sailing's gender-equal 'Steering the Course' focus for 2021, several initiatives were launched to encourage greater numbers of women in sailing. There is an overwhelming response to date, with over 80 women showing up to 'Try Sailing' at the end of May and continuing. Further, a mentoring program was also launched, encouraging girls and women to consider the sport and the business of sailing, again with great success.

Junior Sailing continues at the AYC. Coach Karl James has intensified the general fitness aspect of athlete training with his cadre participating in the majority of weekly 'formal' hikes, often claiming top honours. A Summer Sailing Camp is also open for registration at the Antigua Yacht Club

Jalese Gordon will hoist the sailing flag as she represents Antigua and Barbuda at the Tokyo 2020 Olympic Games in July-August. Sailing from the age of 9, Jalese continues in her quest to be at the top of sailing the world over.

**The ABNOC says Good work! To the Antigua and Barbuda Sailing Association and Make us Proud Jalese!**





# Eating for Success

## Ideas for a Healthy Breakfast

By Samantha Moitt

Breakfast has been touted as the most important meal for the day, and rightfully so. It is essential because it gives you the fuel to carry out your daily routine and helps you to start your day right.

There is the belief that breakfast is boring or monotonous since most persons have the same foods, but here are a few options to keep it interesting and some quick options for those low on time

**1.** Oatmeal is a good choice since it's packed with soluble fiber, folate and potassium. Whether you like the steel cut or instant oats, they are all healthy choices; just stay away from the flavoured types that are packed with sugar. To boost the flavour, add your favourite low-fat milk, honey or fruit.

**3.** Nut butter and banana on toast is another quick and healthy breakfast idea. Using a wheat or multi-grain slice of bread, spread with your favourite nut butter, then top with slices of half a banana

**5.** Eggs are a long time favourite breakfast food, especially since they are so easy to prepare. Previously given a bad rap due to its cholesterol content, it is regarded as a great source of protein and Vitamin D. Eggs are filling and do not necessarily have to be eaten with bread. Instead, make an omelette with mushrooms, spinach, tomatoes, peppers and onions with fruit on the side, and you can have a hearty meal.

**2.** Greek Yogurt- is a good blend of calcium and protein, and by adding a fruit of your choice to it, it can make a quick and easy choice if you are short on time

**4.** Saltfish and chop-up is a traditional Sunday breakfast but can be had on any day of the week and, best of all, can be healthy. Instead of sautéing seasonings in oil, sauté in tomato sauce and add saltfish or lingfish after 5 minutes. Remember to get rid of most of the salt by boiling fish prior. You can combine your choice of cooked vegetables such as pumpkin, spinach, and eggplant for the chop-up.

**6.** Smoothies are especially great for those who prefer to get everything in one go. You can use your favourite low-fat milk or plain yogurt as a base, and for protein, you can use nut butter or nuts. To add flavour, use one (1) sweet fruit such as banana or ripe papaya or a mixture of berries. Using too much fruit can increase the calorie content. If this is too light for you, add some oats and blend everything together.

There you go.

Enjoy your breakfast and start your day right!



# Meet The Executive

## Neil T. Cochrane



Mr Neil T Cochrane, 1st Vice-President of the ABNOC, is a proud graduate of Princess Margaret Secondary (PMS) and second-class honours graduate of Midwestern State University in Wichita Falls, Texas. As a youth, VP Cochrane represented Antigua and Barbuda in football and has enjoyed a long and successful career in the entertainment and promotions industry. He is also a past Chairman of the then Carnival Development Committee and served as General Secretary of the Caribbean Football Union (CFU). A business owner and marketing consultant, VP Cochrane works with several reputable companies as a marketing consultant and is a Board Member of the Financial Services Regulatory Commission (FSRC). VP Cochrane maintains a high community involvement and is presently the President of the Antigua Turf Club and Secretary-General of the Villa Lions FC.

## Phillip Isaacs



Apart from his commendable career in law enforcement, Phillip Isaacs has demonstrated extraordinary dedication to sport in Antigua and Barbuda. Easily the longest-serving member of the ABNOC Executive (he was instrumental in its formation and the election of its first president the late Rupert 'Rugby' Lake), Phillip Isaacs continues to serve the sporting community as 2nd Vice-President of the ABNOC. His involvement has transcended several sporting disciplines from Swimming to Martial Arts and at one time he was the O.E.C.S. Free Fighting (Kumite) Champion. VP Isaacs has served as Chef de Mission for Antigua and Barbuda's team to the Commonwealth Games in Gold Coast, Australia and Central American and Caribbean Games in Columbia. His latest appointment sees VP Phillip Isaacs as the Competition Manipulation Prevention Officer of the ABNOC.

## Thomas W.C. Greenaway



Thomas 'Tommy' Greenaway, a career banker for 33 years (now retired), is the 3rd Vice-President of the ABNOC. Tommy is the marksman of the ABNOC (literally). He has a long involvement in rifle shooting and has represented Antigua and Barbuda at:

- Smallbore Rifle Shooting at the CAC Games – 2016 Cartagena, Columbia
- Fullbore Rifle Shooting at Commonwealth Games – 2010 – India
- Fullbore Rifle Shooting at Commonwealth Games – 2014 – Glasgow, Scotland

VP Greenaway also managed the Fullbore Rifle team to the 2018 Commonwealth Games, Gold Coast Australia and was the Chef de Mission to the 2019 Panam Games in Lima, Peru. Thomas Greenaway is the President of the Antigua and Barbuda Shooting Club, President of the Antigua and Barbuda Rifle Association and 1st Vice-President of the West Indies Fullbore Shooting Council.



# Olympic Day

It was an Olympic Day with a difference!

This year, the ABNOC veered off-path from the traditional Olympic Day Run. Antigua and Barbuda's Olympic family was invited to a fitness hike along the south-eastern side of Antigua. Encompassing two trails (Jones and Carpenter's), attendees enjoyed the challenge, scenery and, equally important, the fellowship of it all. Greeting them at the finish line at Galleon Beach were their Certificates of Participation and an Olympic Champion breakfast.

In his welcoming remarks, ABNOC President Hon. E.P. Chet Greene reminded participants that we are still in the midst of a pandemic and implored them to get vaccinated as part of a national effort to achieve herd immunity, ensure a healthy population and facilitate the full reopening of the national economy; inclusive of our economic mainstay of tourism.

Plans are already on the way for Olympic Day 2022



**Global Online Printing**  
A division of Global Marketing Concepts

Olympism is published by Global Online Printing located in New Winthorpes in the parish of St. George. The Editor is Charles Bellot who resides in New Winthorpes in the parish of St. George. Tel/WhatsApp (268) 720-8302, email [info@globalonlineprinting.com](mailto:info@globalonlineprinting.com)



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