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Issue 7

OLYMPISM

Excellence Respect Friendship



Resilience

Reflection

Recovery

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President
Antigua and Barbuda
National Olympic
Committee

This year, Antigua and Barbuda celebrates its 40th Anniversary of Independence, a time of reflection as our beloved nation 'comes of age.' It is also a time for reflection for the ABNOC as we continue on our journey of enabling our athletes to pursue their dreams of excellence in and through sport.

We are presently completing the process of identifying the next tranche of Athlete Scholarship recipients for the triennial leading up to the Paris 2024 Olympic Games. Additional support systems involving coaches, physiotherapists, clinical and sport psychologists, strength and conditioning trainers, and nutritionists will be further strengthened as we develop a comprehensive development program for our grassroots and elite athletes alike.

Administratively, we are pushing through to adopt a revised constitution in keeping with the ever-evolving world of sport. We have also introduced a Technical Department designed to provide oversight of the various development programs.

Notwithstanding the Covid-19 related challenges that the world faces, we are a resilient people committed to nation-building and improved performances at marquee sporting events.

As we position ourselves for the recovery ahead, let us do so with a spirit of unity, each endeavouring, all achieving!

Dear Partner in Sport,

The Antigua and Barbuda National Olympic Committee wants to continue the production of hard-copies of its monthly publication Olympism.

Olympism presently has a potential reach of 3000 with its demographic consisting of students, teachers, parents and guardians, coaches, sport administrators, and an extensive corporate and social Antigua and Barbuda cross-section.

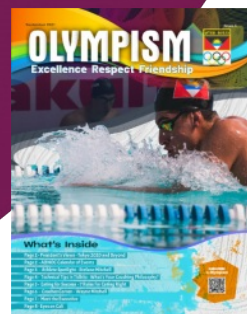
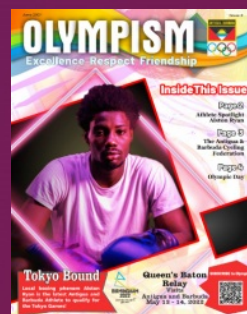
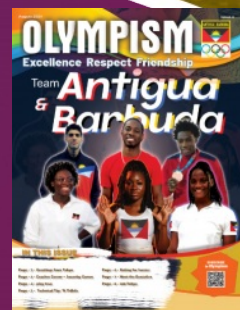
We continue to showcase the nation's promising youth athletes' efforts and achievements and highlight our coaches and national federations. Olympism provides a captive audience connected through the direct involvement in and overall love of sports.

We need your help to continue to place 2500 hard-copies of Olympism in the hands of our young and upcoming athletes, coupled with distribution through communities and to social and corporate Antigua and Barbuda.

Our advertising rates are excellent, and you can be assured of great returns on your advertising dollar. You can also subscribe individually or gift an annual subscription for just EC \$80! And we will deliver (or mail) your very own hard-copy of Olympism to you every month.

Subscribe and take pride in knowing that your support strengthens the nation's sport program providing our youth increased opportunities as they strive towards realizing their sporting dreams.

Don't hesitate to get in touch with our Secretariat today at (268) 462-3476, email info@antiguabarbudanoc.com or contact Charles Bellot at Tel/WhatsApp (268) 720-8302.





Sibley Trumane Charles



Sibley Trumane Charles started playing tennis at age four (4). She started at the Jolly Harbour Tennis Academy under the tutorage of Coach Earl Grant. Sibley's passion for the game has grown steadily through her pre-adolescent years, leading to her competing at the highest level in her present age group,

Even during her time at the Jolly Harbour Tennis Academy (age 4-10), Sibley often attended tennis camps in New York and Florida during her school vacations. She was enrolled fulltime at Gregory Russell Tennis Academy Pembroke Pines at the age of ten (10).

Sibley is a fierce competitor competing with other talented players in her age group from the Caribbean, Central America, Mexico, and other world regions in tournaments such as the Orange Bowl International in Miami.

Among her numerous successes over the years have been:

- ✓ Local U-10 Development Tournament
- ✓ ABTA Green Dot Tournament
- ✓ St. Lucia Coca Cola Junior Internationals U-12s
- ✓ Pan American L7 USTA Classic Girls' 12 (Miami)
- ✓ Scots Tennis Staying on Top (Miami)
- ✓ Tennis Plaza Summer Championships 12s (Miami)
- ✓ Caribbean U-12 Championship
- ✓ Caribbean Junior Invitational 12s
- ✓ Caribbean Junior Invitational 12s
- ✓ C.O. Williams Barbados Junior International 14s (her first COTECC tournament)
- ✓ Tobago U-14s Championships
- ✓ Trinity Cup 2019



Often playing above her age range (U-16 at age 12 and U-18 at age 14), Sibley continues to meet every challenge on the court fearlessly.

Like athletes the world over, the Covid-19 pandemic has disrupted her training, but she is back and preparing to represent the nation at the 2021 Junior Pan American Games. Sibley's continued commitment to improving her game and tenacity on the court serve her well as she continues her quest to be the best at her game!

Sibley expresses special thanks to the ABTA, the ABNOC, the many generous companies and individuals who have supported her dreams over the years, and her parents for their continued sacrifice and unwavering support!



The International Standard for the Prohibited List (List)

On the 30th September 2021, the World Anti-Doping Agency (WADA) published the [2022 List of Prohibited Substances and Methods \(List\)](#), the [2022 Summary of Major Modifications and Explanatory Notes](#) and the [2022 Monitoring Program](#).

What is the International Standard for the Prohibited List (List)?

This is the list of substances and methods that are banned in sport. It is one of the eight (8) International Standards under the World Anti-Doping Code (Code).

Substances and methods banned (prohibited) in sport are identified in the List.

- ❖ Some substances are banned only in-competition
- ❖ Some substances are banned at all times
- ❖ Some substances and methods are banned above specific concentrations (decision limits)
- ❖ Some substances and methods are only banned in particular sports.

Stakeholders should stay abreast of any changes to the [2022 List of Prohibited Substances and Methods \(List\)](#), the [2022 Summary of Major Modifications and Explanatory Notes](#) and the [2022 Monitoring Program](#).

Competition Manipulation

Why Does Competition Manipulation Take Place?

There are several reasons why competition manipulation takes place;

Sport-related Advantage

It is quite common for athletes to be tempted to under perform in a match so that they can face what is in their mind an easier opponent in the next round of competition.

Sometimes, athletes intentionally lose to adjust their playing schedules

For Financial Gain (Cash or Kind)

Traditional and online betting is possible for any sport and at any level of the sport. Athletes and officials have the opportunity through under performance in the case of athletes or incorrect rulings (judges, umpires, referees, linesmen, and other match officials) or decisions (managers and coaches) to manipulate a match to win a bet which has been placed by themselves or even by someone else.

For Gain Other Than Cash

Competition Manipulation does not always take place for direct financial gain. In many instances, it may be to ensure that someone keeps a potentially harmful secret, while other times, it could be for sexual favours. Non-cash material gain also forms part of competition manipulation.

Although online betting is available for every event, it is forbidden for all athletes, coaches, and officials to bet during the Olympic Games.

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Eating for Success

Athletes Diet A Closer Look At Protein

A Closer Look at Protein

Having looked at Carbohydrates in our last issue, we turn our attention to protein. It was once widely believed that protein built muscles. The truth is it does not, at least not directly. The protein that we ingest is digested into amino acids. These amino acids help build and repair bones, muscles, ligaments, and tendons and produce needed enzymes and hormones.

From the onset of this article, it is important to state that although proteins are building blocks for muscle, they do not increase strength. Strength is improved through resistance training.

In a well-balanced athlete's diet, protein should constitute between 20 and 25 percent of calories consumed. (See Table 1)

Type of athlete	Daily calories of protein per pound of body weight	Daily calories of protein per kilogram of body weight
Athletes in endurance events	2.2-2.6	4.8-5.6
Athletes in strength-training programs	2.9-3.1	5.6-7.2
Growing teenage athletes	3.6-4.0	7.2-8.0

Table 1: Recommended Protein Intake for Athletes

Protein is not stored in the body, and so athletes need to consume the required amount daily. This is easy to do if they are eating a well-balanced diet. (See Table 2).



Table 2

For varying reasons, not all athletes, however, eat a well-balanced diet. Athletes who are, for whatever reason, on a restrictive diet and those who are trying to lose weight should ensure that they continue to eat enough protein. There is a bit of a 'catch twenty-two' in that food that is high in protein is often high in fat, so athletes trying to reduce fat intake may also end up with less than optimum levels of protein. Athletes who have vegetarian diets (i.e., no meat, fish, poultry, eggs, or milk) must also ensure they consume sufficient protein. Corn, corn tortillas, beans, refried beans, peanut butter, and bread are excellent protein sources for vegetarian diets.

Over-consumption of protein is also a cause for concern. Athletes who eat diets high in protein are likely not eating enough carbohydrates. This situation is not ideal, as when muscles cannot obtain the energy required from carbohydrates, they burn protein essential for tissue maintenance for the energy they need.

Additionally, protein, which is not stored in the body, produces more metabolic waste that is removed through urine, so the chance of dehydration increases in athletes who have an excessively high-protein diet.

Though there is a brisk business in protein supplements, particularly among power athletes and bodybuilders, athletes are better off getting their protein from food rather than pills.

However, no matter the source of choice, athletes must ensure that their diet is high in carbohydrates to avoid the destructive process of consuming muscle tissue.

Meet The Executive

Cliff Llyod Williams
Secretary-General



Cliff Llyod Williams has had a lifetime of involvement in sports. He was the Caribbean Cup Mountain Bike Champion (Caribbean Cycling Federation) from 1997-2003 and attended the UCI Mountain Bike World Championships in Monte-Sainte-Anne, Quebec, Canada, in 1998.

Cliff continues to enjoy riding but has focussed his energy on the administrative side of sports, serving as:

- President-Antigua and Barbuda Cycling Federation (2000 -2015)
- President-Fort Road First Division Football Club (2004 – present)
- President-Antigua and Barbuda Handball Association (2015 – present)
- Secretary-Antigua and Barbuda Cycling Federation (2019 – present)
- Secretary-General- Antigua and Barbuda National Olympic Committee (2010 – present)

He has also served in numerous regional and international roles:

- Board Member of the North America and Caribbean Handball Continental Federation (NACHC)
- Chairman of the Beach Handball Commission
- Board Member of the Association of National Olympic Committees of the OECS (ANOCES)
- Member of a three-person Project Review Team for the Bahamas 2017 Commonwealth Youth Games
- Member of the Finance Commission for Panam Sports (formerly PASO)
- Treasurer of the Caribbean Cycling Federation
- Member of the Finance & Marketing Commission of the Caribbean Cycling Federation

A certified Cycling Road Race National Commissaire (Road Referee/Race Director/Race Judge), Cliff holds an Executive Masters in Sports Organization Management (MEMOS). He also has extensive experience in:

- Finance
- Business Management
- Marketing
- Anti-Money Laundering
- Anti-Fraud Specialist Compliance Officer
- Event Planning and Promotion

Cliff's guiding principle in sports is to utilize his knowledge and experience to develop sports administration further locally, regionally, and internationally.

Cliff Llyod Williams is the Secretary-General of the ABNOC

Joel Rayne BSC
Assistant Secretary-General



Born in Potters' village, Joel Rayne BSC. is a sports enthusiast of over three (3) decades. A proud graduate of the St. Joseph's Academy, he has played his fair share of football, cricket and basketball. Joel earned a BSC in Biology from St. Mary's University, Halifax, Nova Scotia.

Upon his return to Antigua, Joel continued his involvement in sports and has served as a Vice-President of the Antigua Football Association (ABFA) and Secretary of the Antigua and Barbuda Basketball Association (ABBA).

He has worked in media for over twenty (20) years and is presently the Deputy Sports Editor at ABS TV/Radio. He is also the Co-host of a popular sports show -Sports360 aired Thursdays on ABS TV.

Joel recently returned from the Tokyo 2020 Olympic Games, where he served as Chef de Mission.

Joel Rayne BSC, Assistant Secretary-General and Executive Member of the ABNOC.

40 Years



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