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Issue 6

# OLYMPISM



**Excellence Respect Friendship**



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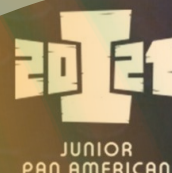
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Inaugural Junior Pan American Games Less Than Two Months Away

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## Hon. E.P. Chet Greene



President  
Antigua and Barbuda  
National Olympic  
Committee

Even as the ABNOC pushes forward with its program to prepare the nation's athletes for the inaugural Junior Pan American Games in Columbia in November, it continues to provide further impetus to the training and support of coaches. An elite athlete program, no matter the talent of the individual athletes, will not reach its full potential unless and until our coaches become versed and indeed employ the latest approaches and techniques in coaching. Our coaches must be willing to embrace and put to practical use the ever-ongoing technological enhancements in coaching and sport in general. We are confident that this will redound to improved results by our athletes in their respective sports.

The ABNOC encourages our existing and potential coaches to study and implement proven, modern methods in their craft. We urge you to participate fully and encourage others to do likewise in our upcoming series of coaches' education webinars and live workshops (where practicable). Together we will all advance to **Podium Gold**.

## Jalese Gordon

Jalese Gordon was always destined to be an athlete. Taught how to swim before she mastered walking at the age of one (1), Jalese continued to astound as she started to learn how to play tennis at age three (3)!

Something clicked at the ripe old age of nine (9) when she was introduced to sailing. After twice failing to secure a spot in the regular sailing program, she complained to her mother, who then reached out to a family friend and avid sailor, Ashley Rhodes. Ashley approached two-time sailing Olympian Karl James who without hesitation invited Jalese to come and 'try out' at the Antigua Yacht Club (AYC). The rest they say...is history!

Jalese recounts, "I remember that Saturday morning like it was yesterday when Turban from the Antigua Yacht Club took me out for my first sail. I felt no fear in the world, and it truly felt liberating. From that day, I believe both myself and Turban knew that sailing would be a very important aspect of my life".

Over the years, Jalese has enjoyed several successes locally and has proudly represented her country at regional and international events

<b>Gdynia, Poland:</b> Youth Worlds 2019	<b>Lima, Peru:</b> PanAm Games 2019	<b>Martinique:</b> Dinghy Champs 2018	<b>Corpus Christi, Texas:</b> Youth Worlds 2018
<b>Sanya, China:</b> Youth Worlds 2017	<b>Miami, Florida:</b> Orange Bowl 2013, 2014, 2015	<b>San Juan, Puerto Rico:</b> Dinghy Champs 2013	<b>Tortola, BVI:</b> Dinghy Champs 2013
<b>Guadeloupe:</b> Dinghy Champs	<b>Krakow, Poland:</b> Mini Regatta 2 <sup>nd</sup> Overall/1 <sup>st</sup> Female	<b>Puerto rico:</b> Regatta 2 <sup>nd</sup> Overall in 4.7/ 1 <sup>st</sup> Female	<b>Dominican Republic:</b> World Sailing Emerging Nations Clinic and Regatta 3 <sup>rd</sup> Place



Of her recent participation in the Tokyo Olympic Games, Jalese shares..." From late angst-filled nights to frustrating oversights and scheduling conflicts, the road to Tokyo was quite challenging, to say the least".

Despite the challenges "Excited and extremely grateful." is how she describes her feelings about representing Antigua and Barbuda in the Tokyo Olympic Games.

A second-year student at University in Poland, Jalese's sights are set on a career in International Human Rights Law. She has added coaching to her suite of talents. She envisions a future where sharing her love and respect for the sea can harmonise with her humanitarian and youth empowerment goals. Jalese remains grateful for all the support she has received and aims to make everyone proud.

Jalese thanks her parents, Adrienne Zachariah and Vanroy Gordon, for their continued support and dedication to her development. She also encourages other girls always to pursue their dreams, no matter how daunting it seems and emphasises the importance of co-parenting in children's lives.

**Sail on Jalese!**

# Competition Manipulation Prevention

In this issue, we take a first look at an area of sport that draws little to no discussion, perhaps more so in the Caribbean than the other parts of the world. It is, however, an aspect of competitive sport that can be ruinous if it goes unchecked.

Altering the course of a competition or match intentionally to ensure that a specific event occurs is defined as Competition Manipulation. There are many forms of Competition Manipulation. For example, an athlete intentionally loses to face a lesser opponent in the following tournament round or performs particular action during a match to make a bet successful.

Competition Manipulation is not restricted to athletes but anyone on the field of play. Referees and technical officials can also potentially manipulate an event. No sport is immune to it. Once an athlete is persuaded, forced, or bribed to underperform or perform a specific action during a match, that is Competition Manipulation.

“Match-fixing”, “spot-fixing”, and “tanking” all fall under the broader description of Competition Manipulation.

See the rules below for athletes and accredited persons at the Olympic Games (and by extension, all competitive sport):

- **Don't fix the competition and always do your best**
- **Don't bet on your sport or any event at the Olympic Games**
- **Don't share information about health issues or sports tactics**

Speak up! If you witness or suspect competition manipulation, you must report it to the IOC Integrity Hotline-([www.olympic.org/integrityhotline](http://www.olympic.org/integrityhotline)) in the case of the Olympic Games or IOC sanctioned events, or contact ABNOC's Competition Manipulation Prevention Officer - Phillip Isaacs at Tel/Whatsapp (268) 770-3246.

Your primary responsibility as an athlete is to understand competition manipulation, respect the related rules and report suspicious behaviour. Even if no manipulation of the competition occurred in the end, breaching these rules makes you subject to sanctions.

In competitive sports, doping is the use of banned substances often referred to as performance enhancement drugs (PEDs) used by athletes to improve their athletic performance.

Many of the substances used in doping can have harmful and long-lasting side effects such as:

## Central Nervous System:

*Anxiety, depression, insomnia, aggressive behaviour, suicide, dizziness, psychosis, stroke.*

## Hormonal:

*Gynecomastia (enlarged breasts), decreased testicular size, low sex drive, infertility, acromegaly (coarse bones in the face, hands, and feet), cancer.*

## Cardiovascular:

*Elevated blood pressure, irregular heart rhythm, heart attack.*

Quite apart from the medical concerns, doping is immoral. The use of banned substances gives athletes an unfair advantage and reduces the value of competition.

Through its programs, The World Anti-Doping Agency (WADA) seeks to “protect the athletes’ fundamental right to participate in doping-free sport and thus promote health, fairness, and equality for athletes worldwide”

## play true nugget

**Question:** How do I know if a substance is permitted?

- A substance is safe to use if you bought it in a pharmacy.
- A substance is safe to use if it says “doping-free” on the box.
- A substance is safe to use if it is made from plants.
- A substance is safe to use if it does not contain any substances on the List of Prohibited Substances.

**Answer:** d

A substance is safe to use if it does not contain any substances on the List of Prohibited Substances  
Explanation: Whenever you wish or need to use a substance, make sure you check the List of Prohibited Substances and Methods.

You can find the List on the WADA website or the website of your National Anti-Doping Organization (NADO) or your International Federation (IF). If you are not sure, show the List to the pharmacist or the doctor and ask them. You can also contact the NADO or the IF and ask them.

**The ABNOC continues to encourage all stakeholders in sport to play true.**



# **Technical Tips ‘n Tidbits**

## **Coaching... What's Your Style?**

A critical first step in developing your coaching philosophy is determining your objectives. A necessary second step in the process is identifying your coaching style. Your style determines what tactical and technical skills you teach, how you approach disciplining your athletes and how you conduct training sessions. It will also determine how much of a role you will allow your athletes to play in decision making.

There are three coaching styles:

- i. Command Style
- ii. Submissive Style
- iii. Cooperative Style

### **Command Style**

In the command style, the coach makes all the decisions. It assumes that the coach has requisite knowledge and experience, and it is their role to tell athletes what to do. The athlete is expected to follow all the coach's commands. The sole function of the athlete is to listen, internalize and execute. This style of coaching was the dominant style carried forward from the past.

### **Submissive Style**

The polar opposite of the command style is the submissive style. This style is best described as a 'throw out the ball and have a good time' approach. The coach provides little instruction or guidance and gets involved in discipline matters only if absolutely necessary. It is often felt that coaches adopt this style because of:

- a lack of confidence or competence to provide instruction or guidance.
- being unable or unwilling to devote the effort and time to prepare properly or
- believe that this approach is best for their athletes.

This style of coaching is often equated to being a mediocre babysitter at best.

### **Cooperative Style**

In this style, coaches share decision making with their athletes. Coaches understand that young people cannot become responsible adults without learning to make decisions. This in no way takes away from the coaches' responsibility to provide leadership and guidance towards the objectives set. As might be expected, the challenge with this coaching style is striking the right balance between directing the athletes and allowing them to direct themselves. Coaches who embrace this style can focus more on teaching...not just technical and tactical but also life skills.

**Choose Well!**

**Questions or comments?**

**Email: [tdo@antiguabarbudanoc.com](mailto:tdo@antiguabarbudanoc.com)**



# Eating for Success

## Athletes Diet

A Closer Look At Carbohydrates, Proteins and Fat

Carbohydrates, protein, and fat all supply the body with energy. Therefore, it makes sense for coaches and athletes to take a closer look at these nutrients.

Carbohydrates are the underpinning source of energy in any high-octane diet. No less than fifty-five percent (55%) of an athlete's calories should come from carbohydrates. For example, a non-active individual, 150lbs (68kg), should include about 1350 calories derived from carbohydrates daily. An athlete of the same weight needs 1900 to 2700 calories from carbohydrates daily. This number increases further in periods of intense training.

Carbohydrate is either simple or complex and may either be digestible or indigestible. Simple carbohydrates are converted to glucose for energy. Some examples of simple carbohydrates include sugars such as:

Sucrose

Glucose

Lactose

Fructose

Dextrose

Digestible complex carbohydrate is found in starchy foods, for example, pasta, beans, potatoes, cereal, and bread. Examples of indigestible complex carbohydrates that, incidentally, add fibre to your diet are found in fruits, vegetables, and the bran portion of cereal. Fruit, which is a simple carbohydrate, also contains numerous vitamins and minerals.

Most coaches once felt that it was best for athletes to consume complex carbohydrates as opposed to simple, as the belief was that simple carbohydrates would give athletes a 'sugar high', causing them to be hyperglycaemic (significant and rapid rise in blood glucose and insulin levels) followed by a drastic drop or 'sugar low' (hypoglycaemic). We now know that foods cannot be classified as producing low or high glycaemic responses by whether they are simple or complex carbohydrates.

Nutritionists have now developed an index of how quickly foods produce hyperglycaemic responses (Table 1)

As a pregame food, yoghurt, spaghetti, and bananas are best to eat as they are low or moderate-glycaemic foods and provide athletes with energy over a more extended period. Foods such as potatoes and muffins have a high glycaemic index and are better to consume after strenuous exercise or training as they help refuel the body.

Coaches and athletes alike should know which foods are best for pre-and post-game meals.

Table 1

High-glycemic index foods (GI > 85)			
Angel food cake	Cornflakes	Maltose	Rye flour bread
Bagel, white	Cornmeal	Melba toast	Shredded wheat
Barley flour bread	Couscous	Millet	Soda crackers
Brown rice	Cream of wheat	Molasses	Soft drinks
Cake doughnut	Crispix cereal	Mueslix	Sport drinks
Carrots	Croissant	Muffins	Sucrose
Cheerios	Glucose	Oatmeal	Total cereal
Cheese pizza	Grape-Nuts	Potatoes	Waffles
Corn bran cereal	Hard candy	Raisins	Watermelon
Corn Chex cereal	Honey/syrups	Rice cakes	White bread
Corn chips	Ice cream	Rice Krispies	Whole-wheat bread
Moderate-glycemic index foods (GI = 60-85)			
All-Bran cereal	Durum spaghetti	Mixed grain bread	Rye kernel bread
Banana	Fruit cocktail	Oat bran bread	Special K cereal
Basmati rice	Grapefruit juice	Oat bran cereal	Sponge cake
Bran Chex cereal	Grapes	Orange (whole or juice)	Sweet corn
Buckwheat	Ice cream, low-fat	Parboiled rice	Sweet potato or yams
Bulgur	Kiwi fruit	Pastry	Wheat, cooked
Bulgur bread	Linguine	Pita bread, white	White rice, long grain
Cracked barley	Mango or papaya	Popcorn	Wild rice
Low-glycemic index foods (GI < 60)			
Apples	Cherries	Milk	Rice bran
Apricots (dried)	Dried peas	Peaches (fresh)	Spaghetti
Barley	Fructose	Peanuts	Tomato soup
Barley kernel bread	Grapefruit	Pears (fresh)	Wheat kernels
Beans (all types)	Lentils	Plums	Yogurt (all types)

\*White bread (50 g) was used as the reference food and has a GI of 100.  
Based on Brand-Miller and Foster-Powell 2009.  
Table SEO Table 1 \* ARABIC: Glycaemic (American spelling  
Glycemic) Index for Some Common Foods



# Meet The Executive



## Stedroy Franklyn Theodore Braithwaite

Stedroy Franklyn Theodore Braithwaite MBE GOH OLY was born and grew up just yards from the seashore in Falmouth. Known to many by his second name, Franklyn is a born lover of the sea. As a youngster, he sailed small handmade boats made from dried coconut husk, using plastic for the sails and by age nine (9) was captaining his very own homemade craft.

Franklyn worked at Antigua Sails as a Sailmaker for six (6) years and received training at Bruce Banks Sails Ltd in Southampton, England. He teamed up with a coworker to start A&F Sails, becoming the first Antiguan owned professional Marine Service Provider.

An Olympian of the 1992 Olympic Games in Barcelona, Spain, Franklyn remains an ardent sailor participating annually in Antigua Sailing Week and Classic Yacht Regatta. He has successfully crewed several times on the Antiguan boat Hugo. He has also raced successfully at Heineken Regattas in St Maarten and St. Barths and in earlier years, St. Thomas, Tortola, Guadeloupe and Martinique.

Franklyn has twice been honoured:  
2014 - Grand Officer of the Most Precious Order of Princely Heritage (GOH)  
2021 - Member of the Order of the British Empire (MBE)

Commodore of the Antigua Yacht Club (6th year in this position) and President of the Antigua and Barbuda Marine Association, he is the past president of the Parent-Teachers Association of the Adele School for Special Children (his daughter is a past student).

An ordained Deacon of the Bible Believers Church, Franklyn credits his faith and ministry with developing his inner strength and unwavering perseverance.

The Yachting Ambassador of Antigua and Barbuda, Stedroy Franklyn Theodore Braithwaite MBE GOH OLY, is an Executive Member of the ABNOC.



## Charles 'Chucky' Bellot

Charles 'Chucky' Bellot has been a lover of all, (well most) things sport for all his life. Thrown into the water by his mother at just two (2) weeks old, he is comfortable in, on and around the sea. He loves water skiing, barefoot skiing, windsurfing, Hobie Cat, sunfish sailing, parasailing, and powerboating. Added to that list are scuba diving and, of course, swimming.

On the land side of things, Chucky tried to honour his father (Hubert Anthonyson) and follow in his footsteps by playing cricket, but a sharply rising ball to the head area put an end to that undertaking! He went to football, tennis, and beach volleyball. In the end, table tennis is what he found most enjoyable, and he focused his competitive playing days and now coaching and administrative efforts on.

Graduating from Sunnyside Tutorial School at age fourteen (14), he was too young to immediately attend the Antigua State College. He worked as a Watersports Attendant at Seahorse Watersports often teaching visiting tourists windsurfing, Hobie Cat, sunfish sailing, and water skiing.

Completing his A-Levels but unwilling to leave his parents, who were not in the best of health, Chucky turned down two (2) very 'generous' full scholarship opportunities...Boston and Harvard Universities. He attempted to raise enough funds to attend flying school (shorter away time), but when that did not materialize, Chucky entered head-on into the world of entrepreneurship.

A 'Thirsty Learner' Chucky believes that education is a lifelong process and journey. Former Chief Commissioner of the Antigua and Barbuda Scout Association and once an active Local Preacher in the Methodist Church, he has unwavering faith in Christ through whom he believes he can do all things. He lives by his mantra 'Maximum Effort'.

Presently its Technical Development Officer, Charles 'Chucky' Bellot, is an Executive Member of the ABNOC.



# Supporting Those Who Support Our Athletes

The ABNOC continues its support of the nation's athletes as they strive for glory through excellence and has launched its Coaches Support Program. Coaches are integral to athletes' success, and the ABNOC, through its technical department, supports coaches identified by national federations to prepare the nation's athletes for international competitions to which the ABNOC sends contingents. The 'test piece' is the inaugural Junior Pan American Games in Cali Columbia in November 2021.

In addition to financial support, the ABNOC will provide technical support through its education programs as required. Support through Clinical and Sports Psychologists, Strength and Conditioning Trainers and Physiotherapists complete the offering.

The ABNOC expects this novel approach to yield improved results at future Olympic, Pan American, Central American and Commonwealth Games.



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