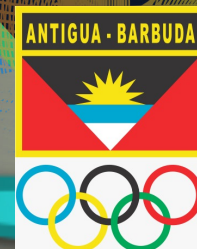


September 2021

Issue 5

# OLYMPISM



**Excellence Respect Friendship**



## What's Inside

Page 2 - President's Views - Tokyo 2020 and Beyond

Page 2 - ABNOC Calendar of Events

Page 3 - Athlete Spotlight - Stefano Mitchell

Page 4 - Technical Tips 'n Tidbits - What's Your Coaching Philosophy?

Page 5 - Eating for Success - 7 Rules For Eating Right

Page 6 - Coaches Corner - Wayne Mitchell

Page 7 - Meet the Executive

Page 8 - Eyes on Cali

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## Hon. E.P. Chet Greene



President  
Antigua and Barbuda  
National Olympic  
Committee

Against what seemed like insurmountable odds, the Tokyo Olympic Games were held, and they did not fail to deliver! From the remarkable 1,2,3 all Jamaican finish in the Women's 100m Finals (which included a new Olympic Record by Elaine Thompson-Herera), to the extraordinary decision between friends Gianmarco Tamberi of Italy and Muta Essa Barshim of Qatar, to share through a subtle nod as opposed to the customary tie-breaker, the Gold Medal for the Men's High Jump.

The Antigua and Barbuda athletes all performed commendably, igniting even greater levels of pride at home and throughout the diaspora. We are all very proud of you and encourage you to continue perfecting your craft.

Although officially representing the USA, we all rejoiced with Rai Benjamin (son of former West Indies fast bowler Winston Benjamin and Gale Mason) as he won silver in the Men's 400m Hurdles. Rai is proof positive that Antigua and Barbuda has within its shores the talent that can take our sports to the top. We are proud of Rai and encourage him to continue in his quest to be the best in the world. Congratulations also to all of our Caribbean athletes who represented our region admirably.

The Athlete Scholarship Program of the ABNOC has been a resounding success, as demonstrated by the athletes who represented the nation at the Games. We are committed to continuing this program and ask our national federations and other stakeholders to partner with us to identify and support athletes with the requisite talent, attitude, and determination to become world beaters in their respective sport.

The work continues as we turn our attention squarely to preparing our youth athletes for the inaugural Junior Pan American Games in Cali Columbia in November.

### ABNOC Calendar of Events (2021-2022)

Sep 21- Oct 26, 2021	ABNOC Learning for Success	Quality Coaching Level 1
Nov 25 – Dec 5, 2021	Junior Pan American Games	Cali, Columbia
May 13-14, 2022	Queen's Baton Relay	Antigua and Barbuda
June 26, 2022	Olympic Day 2022	Antigua and Barbuda
July 28 – Aug 8, 2022	Commonwealth Games	Birmingham, England

# ATHLETE SPOTLIGHT

## Stefano Mitchell

Stefano Mitchell began representing Antigua and Barbuda in swimming at age ten (10) and became the nation's first swimmer to set multiple O.E.C.S. Championship records. Stefano has stayed true to the sport of swimming and has pushed through several challenges and obstacles.

Just as challenges and obstacles have been many, so too have Stefano's achievements. Through his high-grade averages, Stefano secured an academic scholarship to study at the University of Plymouth in the U.K. Presently in his second year of study of Business Management, he trains with and competes for a swim club called Plymouth Leander.

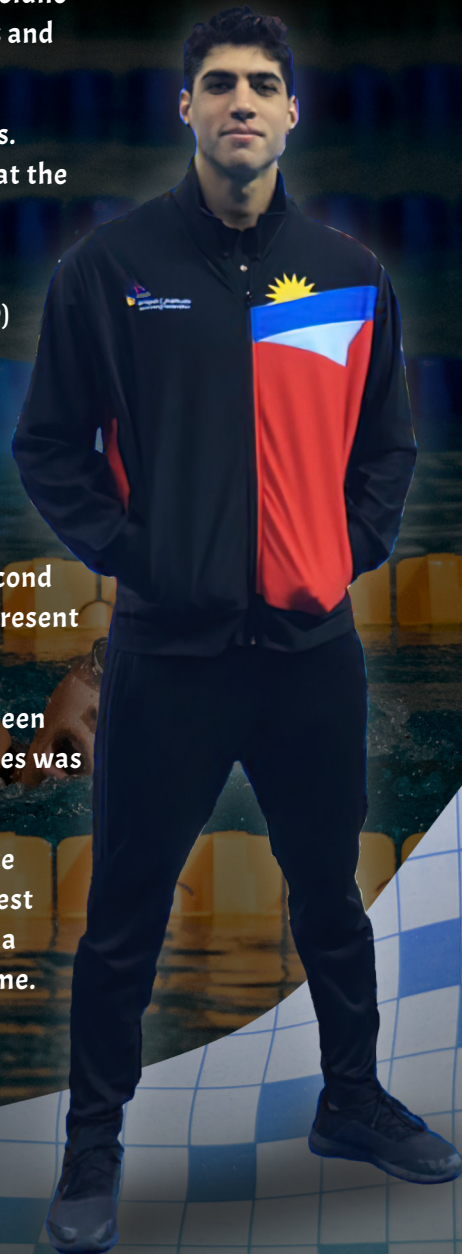
In an earlier meet (2018 O.E.C.S. Championships held in Antigua), Stefano set nine (9) O.E.C.S. and National records, securing 1st place in the Male 18 & Over Individuals points. He was also the first man out of the water in the O.E.C.S. 5km open water swimming event held at Fort James beach.

Among recent achievements, Stefano medaled at country nationals in Columbia and Puerto Rico in both the 50m and 100m freestyle. He became the only Antigua and Barbuda swimmer to break the 24-second barrier in the 50m freestyle and the 51-second barrier in the 100m freestyle. These performances secured his dream selection to represent the country at the 2020 Tokyo Olympic Games.

Although he did not break his national record and personal best (which would have been the fourth (4<sup>th</sup>) time in three (3) months), Stefano's performance at the Olympic Games was commendable, finishing fourth (4<sup>th</sup>) in Heat 3 of the Men's 100m Freestyle event.

Firmly believing that Antigua and Barbuda has the talent within its shores to produce professional, world standard athletes, Stefano continues his journey to be the very best that he can be in his beloved sport of swimming. He hopes to become the first Antigua and Barbuda swimmer to qualify for the world championships with a B-qualifying time.

Next for Stefano will be the Junior Pan American Games in November and the Short Course Worlds scheduled for early December in Abu Dhabi.



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## What's Your Coaching Philosophy? (Why It's Time to Create One)

Mention the word philosophy (particularly amongst students), and chances are the kneejerk reaction comments will be “boring”, “unnecessary”, “impracticable”, “no relevance to life”. However, a well-developed philosophy is perhaps one of the most practical and relevant things in an individual's life.

Our philosophy acts as a guide for our daily lives and living. It determines how we view our environment and the world at large, the people we encounter, and the quality of relationships we enjoy. The Greek Stoic philosopher Epictetus said, “The beginning of philosophy is to know the condition of one's own mind.” As a coach, do you know the condition of your mind? Is your philosophy of life well defined? Your philosophy of life must be well defined to define your coaching philosophy effectively. Without this clear definition, inconsistency in behaviour will abound, leading to fragmented relationships, including those with your athletes. My philosophy guides me every day; it helps me interpret the events in my life and gives my life direction.

As a coach, you will face many difficult decisions and ethical challenges. Having a clearly defined coaching philosophy provides direction and even protection against external pressures. Athletes under your charge will understand pellucidly your position on discipline, code of conduct, training rules, attitude, and approach towards competition, as well as short and long-term objectives.

There are two (2) major tasks in developing your coaching philosophy. You must:

- i. Develop greater self-awareness
- ii. Decide what your objectives are in coaching

### **Self Awareness**

“No written word, no spoken plea can teach our youth what they should be nor all the books on all the shelves It's what the teachers are themselves” – Author Unknown.

Truth be told, your athletes are more likely to become who you are than what you want them to be. You must know who you are before you can help the athletes under your charge understand who they are. The more consistent your behaviour, the more consistent they will behave. The ethical compass of your athletes is often calibrated from your moral values. So too for dealing with competition and fair play.

What you teach as a coach may be less important than what you demonstrate through your character and philosophy.

### **Coaching Objectives**

When asked to identify their goals, coaches generally list the following

- To win
- Allow youth athletes to have fun in sport
- To facilitate the growth of young people
  - i. Physically
  - ii. Psychologically
  - iii. Socially

Whether recreational or professional competitive sport, coaches must have a clear vision of their objectives. Further, they must be able to communicate this vision to their athletes effectively.

**If you give equal time to develop your philosophy and technical knowledge of the sport, you will be a better coach.**

Questions or comments?

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

# Eating for Success

## Athletes Diet

7 Rules For Eating Right



Figure 1.

There is no silver bullet, no magic diet. Although there may be some variation, generally athletes benefit most from a diet consisting of fifty-five (55) to sixty-five (65) percent carbohydrates, twenty (20) to thirty (30) percent fat, and ten (10) to thirty (30) percent protein.

The most recently published USDA (United States Department of Agriculture) report does not specify exact percentages but recommends eating a balanced diet as depicted in figure 1.

Try to have half of your plate be fruits and vegetables (with more emphasis on vegetables). Grains (bread and cereals) and protein (meat, beans, fish, poultry) make up the other half of the plate, emphasising grains. A small side-serving of dairy products completes your plate. Included in dairy products are milk, cheese, and yogurt.

Follow this guide of **7** rules to help you to eat right.

**1**

It is often said, 'variety is the spice of life!' So it is with your diet. Ensure that a variety of foods from the five (5) groups (Fruits, Vegetables, Grains, Proteins and Dairy) form part of your diet.

**2**

Maintain a diet high in vegetables, fruits and whole-grain products. This will provide complex carbohydrates needed to produce the energy athletes need. It is also rich in vitamins, minerals and fiber, which collectively promote good health.

**3**

Maintain moderate levels of fat, saturated fat and cholesterol in your diet. Avoid unwanted weight gain as foods high in fat are often loaded with calories. Keeping your diet low in unsaturated fats also reduces the risk of cardiovascular disease and cancer.

**4**

Sugar rich diets are incredibly high in calories and very low in nutrients. Keep them to a minimum in your diet.

**5**

Athletes often lose significant amounts of sodium when they sweat. To maintain a proper fluid balance, they need to replace this sodium (found in salt)—be careful not to ingest too much; today's traditional foods have a high sodium content.

**6**

The more intense the physical activity, the greater the chances of dehydration, so athletes must drink lots of fluids. Water is especially vital as it is essential to all body functions.

**7**

Athletes should avoid alcohol or, at minimum, drink it in moderation (if of age). Alcohol has little to no nutrients, decreases the efficiency of energy metabolism and increases the likelihood of dehydration.

There is significant sacrifice in being an athlete, particularly an elite one. Athletes must ensure that they fuel their bodies for maximum performance and sustained health. Coaches, parents and guardians must encourage and support athletes in maintaining healthy diets, ensuring to take care of themselves as well.



# COACHES CORNER

## Wayne Mitchell

Wayne Mitchell is a native-born of Antigua. At the age of seven (7), his parents sent him to England for school. After graduating from college with a Higher Level Diploma in Business and Finance, Wayne returned to Antigua in 1992.

As an entrepreneur, Wayne set about establishing several businesses. Although challenging, being self-employed afforded him the time and flexibility to explore the world of coaching.

Celebrating his twelfth (12<sup>th</sup>) year, he is presently an American Swimming Coaches Association (ASCA) Level 2 Coach. Over the years, he has acted as Head Coach for the Phoenix and WAR swim clubs. In 2012 Coach Wayne founded his swim club – Vipers Swim Club.

Coach Wayne has trained several youth athletes, many qualifying for CARIFTA and CCCAN (Central American and Caribbean Amateur Swimming Confederation) Championships, meeting the Antigua and Barbuda Swimming Federation's (ABSF's) time standards.

As a coach, one of his most memorable moments is when he represented Antigua and Barbuda as the National Head Coach at the 2012 CARIFTA Games in Nassau, Bahamas, leading a young three-member contingent. The attendance at these championships Coach Wayne opines paved the way for the continued participation of Antigua and Barbuda athletes in swimming regionally and internationally.

Coach Wayne has also represented Antigua and Barbuda as Swim Coach on numerous occasions at O.E.C.S., CARIFTA and CCCAN championships as well as:

- Glasgow Commonwealth Games 2014
- Central American and Caribbean Games Veracruz 2014

- FINA World Championships Long Course, Kazan Russia 2015
- FINA World Championships Short Course, Windsor Canada 2016
- FINA World Championships Long Course, Budapest Hungary 2017
- Olympic Games, Tokyo 2020.

Understanding its importance to the nation of Antigua and Barbuda, in 2016, Coach Wayne's Vipers Swim Club launched a 'Learn to Swim' program. This was an instant success moulding swimmers with the potential to represent the nation at future regional and international events. The program has been expanded to cater for adults and three (3) different levels of competitive swimming.

Coach Wayne believes passionately that great swimming starts with efficiency in the water. "Learn to work with the water and become the best swimmer you can be". His style of coaching is systematic and involves helping swimmers improve their strokes, technique and conditioning.

"I believe in working with swimmers in these areas to solve problems and help them reach their goals. I value the importance of always striving to improve my coaching methods through new innovative ways to prevent injury and help swimmers enjoy the sport of swimming long term. Keeping swimmers motivated is one of my top priorities."

Coach Wayne looks forward to building on current swimming successes in his club Vipers and at the national level. "By working tirelessly with my assistant coaches, athletes, parents, ABSF and the ABNOC to uphold values and create an empowering culture that provides meaningful experiences from swimming."

You Race Like You Train – Coach Wayne

6.

# Meet The Executive

## Hon Daryll Matthew



The Hon Daryll Matthew is the Minister of Education, Sports and the Creative Industries. He holds a Masters in Business Administration (MBA) specializing in International Business, with research in Foreign Direct Investment (Aston University – UK) and Geo-Information Management (Twente University – Enschede – The Netherlands).

Joining the Survey Division in 1998, he became Senior Environment Officer in 2002 and 2004, Chief Lands Officer. He has represented Antigua and Barbuda at several forums globally and received the National Youth Award for Entrepreneurship from the Government of Antigua and Barbuda in 2012.

A member of the Rotaract Clubs of Jamaica and Antigua, Daryll served as the 1996 President of the Antigua and Barbuda Students Association, the Rotoract Club of Antigua in 2002 and is presently a member of the Rotary Club of Antigua.

Twice President of the Antigua and Barbuda Basketball Association (2008 – 2010, 2013 – 2018) and member of the Finance Committee of FIBA from 2016 – 2019, he has served as Treasurer of the Caribbean Basketball Confederation from 2015 to the present. Daryll has also served as a Member of the Board of Directors of the Antigua Commercial Bank (now ACB Caribbean). He is the co-founder and Director of Myst Carnival, the premier Carnival Mas Band in Antigua and Barbuda.

Appointed to the Senate of Antigua and Barbuda in January 2018, he was elected to the House of Representatives in March of that same year.

Daryll is on his second stint as an Executive Member of the ABNOC (having served the first 2009–2013)



## Fitzroy T. Quinland

Fitzroy T. Quinland's first job after graduating from the Willikies Primary and Pares Secondary Schools was at the Half Moon Bay Hotel as a Food and Beverage Server. He moved to the then Antigua Horizon Hotel as Head Bartender and, with management and name change, became Bar Manager of the Pineapple Hotel in 1990, rising to Assistant Food and Beverage Manager.

He has worked at the Jumby Bay Resort, Jolly Beach Spa and The Sticky Wicket. Fitzroy holds an Associate Degree in Hospitality Management (ABHTI), Financial Management in Hospitality Operations (AHLA) and a Certificate in Food and Beverage Revenue and Food and Beverage Operations from Cornell University in Ithaca, New York.

Having tutored at ABHTI from 2010 – 2013, he transferred to the Ministry of Tourism as a Food and Beverage Consultant. He is presently the Senior Supervisor of Kitchen and Deli Operations at Chase Distributors Ltd.

Having represented both of his schools, Fitzroy represented his birth village of Willikies in cricket and football. He managed the Willikies Cricket Club for several years and Parham FC for one (1) season. A member since 1997, he has served as 2<sup>nd</sup> Vice-President of the Antigua and Barbuda Cricket Association (ABCA) since 2015 with special responsibility for Food and Beverage and Youth Development.

Fitzroy T. Quinland is an Executive Member of the ABNOC.



## Leonard 'Len' Mussington

Leonard 'Len' Mussington is a retired official of the Antigua and Barbuda Social Security Board. Len started his thirty-nine (39) year career with the Board as an accounts clerk. He worked his way through the ranks retiring as Manager with special responsibility for developing the self-employment program.

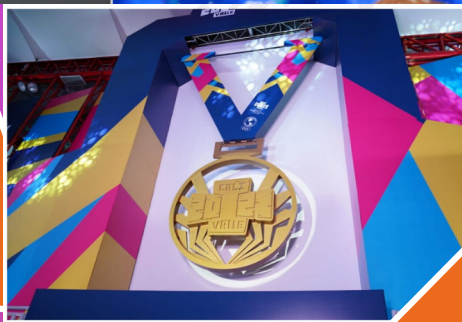
Len has had a long love for the sea and was Manager and part-owner of Pappies' Water Sports located at picturesque Dickenson Bay from 1978-1990. He enjoys fishing and is, in fact, a commercial fisherman and President of the Antigua and Barbuda Fishermen Cooperative Society Ltd.

He served as Chairman of the Electoral Boundaries Commission from 2001 – 2004 and is the proprietor of D&L Marine Ltd, established in 1994 as Antigua and Barbuda's first locally black-owned distributor of Johnson and Evinrude Marine Motors and Boats.

Len is the President of the Boxing Association of Antigua and Barbuda and Co-Chair for the Caribbean Boxing Association, which is being re-activated.

Leonard 'Len' Mussington is an Executive Member of the ABNOC.

# EYES ON CALI



With the Tokyo Olympic Games now in the rear-view mirror, the ABNOC turns its attention to the inaugural Junior Pan American Games (Games) scheduled for November 25<sup>th</sup> – December 5<sup>th</sup> in Cali, Columbia.

The ABNOC will intensify the preparation of athletes identified for possible participation at this historic event. The approach leading up to the Games will be multi-dimensional:

## Athlete Preparation

Athletes identified by the respective National Federations (NFs) will be offered assistance, particularly in attending meaningful qualifying events and competitions to strengthen their readiness for the Junior Pan American Games.

## Coaches Support Program

The ABNOC understands the importance of effective coaching in the success of every athlete and has created its **Elite Athlete Coaches Support Program (EACSP)**.

This program provides financial and technical support to coaches identified by the NFs to prepare athletes for the Games. Coaches benefiting from this program must submit their Training Plan (TP) for each athlete, with monthly reporting also forming part of the requisite. Ongoing training of the nation's coaches forms part of the medium and long-term plans of the ABNOC, and coaches must avail themselves of all training to maintain their place in this program.

## Supporting Services

To complete its athlete preparation support platform, the ABNOC will retain the services of a cadre of suitably qualified individuals who have demonstrated efficacy in their respective fields of expertise:

- Sport and Clinical Psychology
- Strength and Conditioning Training
- Physiotherapy
- Massage Therapy
- Nutrition

Athletes identified for the Games will be able to access the services of these specialists at no cost to themselves or their NFs.

Teamwork and accountability are integral to any future success, and the ABNOC invites the full cooperation of our NFs as we continue the journey to **Podium Gold**.

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