

TEAM ATHLETICS moving the nation ahead



Inside this issue:

CARIFTA FOR MO'BAY 2

National Relay Classic - a showdown 2

COACHES
MANUAL:
How important are
drills .. 3

TASVG introduces Hurdles 3

DEVELOPMENTAL MEET

- Petit Bordel 4

Biabou and New Grounds in KIA 4

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THE DESK OF THE PRESIDENT

The work of Team Athletics for the past several months and years may well be finally paying off.

On Saturday 29 January 2011, the Arnos Vale Playing Field #1 was a sight to behold with well over 500 athletes in attendance, all eager to participate in the second Relay Classic put on by TASVG in as many months.

Over 80 athletes came from North Leeward and over 60 from North Windward. The others came from schools and clubs spread around the country.

One of the most important features of the Relays was the presence of several parents. We can never over emphasise the importance of parental support for their children in sport. The support for their sporting interest is as important as that which parents readily give for their children's academic work. Children enjoy the appreciation by their parents for their efforts in whatever endeavor they engage themselves. This helps in their self-esteem and gives them an incentive to do well.

From an organizational standpoint, the TASVG was heartened by the overwhelming participation. It was because of the work being done around the country, the interest in the Grassroots Talent Identifica-



Mr. Keith Joseph President, TASVG

tion and Kids in Athletics Programmes and the Mini Meets in tandem with the contributions of several coaches at schools and clubs that prompted TASVG to assist with the

continued on page 2





TASVG CALENDAR OF EVENTS

MARCH

FEBRUARY 5 JUMPS, Mini Meet A/Vale 12 KIA New Grounds London, Sandy Bay 12 Mini Meet A/Vale 12 Barbados Relay Fair Barbados 19 NACAC Cross Country Championships, TNT 19 Hurdles Invitational Victoria Park 20 Area Meet Biabou

26 Relay Classic

Victoria Park

5	JUMPS Classic	A/Vale
12	2 Carifta Trials	A/Vale
13	Athletics Festival/Area Meet, Petit Bordel	
19	Mini Meet	A/Vale
23	3 Inter Sec Schools Heats – Females	A/Vale
24	Inter Sec Schools Heats – Males	A/Vale
20	National Juvenile Championships	A/Vale
3	Inter Sec Schools – Finals	A/Vale

CARIFTA FOR MO'BAY, JAMAICA

The annual Carifta Games has finally found itself in Jamaica. This after months of uncertainty and little information to NA-CACV members of the problems being encountered.

Happily the Games will come off in Jamaica on the scenic tourism coastal city of Montego Bay. The location will mean a challenge for many associations given the lateness of the decision in respect of a venue and those travelling from the South Caribbean would find themselves particularly

burdened. Teams from the South Caribbean travelled north in 2010 to Cayman Islands, will now be going to Jamaica in 2011, Bermuda in 2012 and Bahamas in 2013. Perennial champs of the Carifta Games, Jamaica, would find the location an easy financial undertaking by comparison.

Carifta Games is perhaps the most attractive and exciting annual Junior Track and Field competition in the world and has won accolades from far and near.

St Vincent and the Grenadines first

participated in the Carifta Games when the first edition was held in Barbados in 1972. We won a bronze medal in the Girls 4 x 100m relay. Our first Carifta gold medal was won by Orde Ballantyne in the Shot Put. It was not until Jacqueline Ross' remarkable performance in the Long Jump in Trinidad and Tobago in 1987 that we won a gold in a women's event at the Carifta Games.

Marvette Collis won gold in the 200m in 1989 in Barbados.

continued from page 1

THE DESK OF THE PRESIDENT cont'd

transportation of athletes from the farthest points to be in attendance. Technically, it was evident that many of the athletes are still a long way from being proficient in the proper way in which they should exchange the relay baton in the respective relay events. This is one area where much more coaching drills are required. Practice makes perfect.

It is common for top-level athletes to drop relay batons at the Olympics and the World Championships in Athletics. Such is the critical nature of the technique. Only consistent practice would change this. Relays are amongst the most attractive track events and one would hope that coaches and physical education teachers would continue to train their athletes in the skill of proper baton passing. The official TASVG National Relay Classic is scheduled for Saturday 26 February at the Victoria Park. This is expected to be big. Prizes are at stake. In the meantime, TASVG continues to facilitate ongoing training daily at several venues and on Saturdays at Arnos Vale, Biabou, Sandy Bay and Petit Bordel.

National Relay Classic - a major showdown

The stage is set, the teams are ready and the Starter is all prepared to fire the pistol.

That is where TASVG now stands as it promotes the Annual National Relay Classic set for Saturday 26 February 2011 at the Victoria Park. In preparation for the big event TASVG convened a Relays Meet last December and another in late January. In the case of the latter more than 500 athletes participated in fierce competition.

Come February 26 the teams are competing for medals, trophies and bragging rights.

It is expected that the Thomas Saunders Secondary School, winners of last year's Inter Secondary Schools Athletics Championships would field the team that is currently in preparation for the Penn Relays in April. XCEL will confront the might of X-CEED while the St Vincent Grammar School would want to ensure that the Thomas Saunders Secondary School does not run away from them.

Petit Bordel Secondary School threatens to dominate the distance relays while there seems a toss up for the sprints.

Among the females the battle lines

are drawn between the Bethel High School and the St Joseph Convent Schools.

Generally, TASVG believes that there would be stiff competition all around and that the Primary Schools would give the most excitement as happened at the last preparatory Relay Meet.

TASVG RELAY CLASSIC VICTORIA PARK

Saturday February 26, 2011

MALE & FEMALE 4 X 50M: U- 7 U- 9

4 X 100M U-7, U-9, U-11, U-14, U-17, U-19, OPEN

4 X 250M U-11, U-14, U-17, U-19, OPEN

> 4 X 400M U-17, U-19, OPEN

MEDLEY: U-7, U-9 60-60-125-125M

U-11, U-14 125-125-250-250M

U-17, U-19, OPEN 250-500-750-1000M

FROM THE COACHES MANUAL:

How important are drills to an athlete's performance?

Firstly,

A Skill is your ability to choose and perform the right technique at the right time, effectively and efficiently.

A Technique is simply the most efficient way of solving a physical task or problem within the rules of the sport.

Drills are a set of sequential movements designed to specifically reinforce or fixate parts of a Skill.

For example, in the action of running each leg goes through a series of phases: Front support phase (leg lands in front of body), Drive phase (leg extends behind body), Recovery phase (heel passes close to butt) and Front swing phase (knee lifts and lower leg swings forward to contact ground).

There are drills designed to target each of these phases separately (breaking down the whole into parts) and can be done in marching, skipping and running modes.

Front support phase – straight leg bounding drill

Drive phase – bounding/leaping drills **Recovery phase** – Heel flick drill (butt kicks)

Front swing phase – knee lifts drill with clawing/pawing of the feet downward/backwards.

After drills for the separate parts are worked on, the whole movement is then put back together and practiced. This happens automatically without

conscious thought.

Many different drills can be used to improve one's skill, however, one need to be aware of the following:

The brain records actions in a sequential order, stores it and reproduces it when ever it is needed, hence the reason why the skills has to be practiced correctly and regularly.

It is imperative that skills are learnt correctly from the beginning as the brain usually records and stores it in memory!! When the need arises for specific movement to be used the brain simply "plays" the recorded info.

However, the old adage "Practice makes perfect" is not totally correct!! Instead, "Only perfect practice makes perfect and permanent" so it is important that you practice perfectly as much as is humanly possible.

If you have acquired (learned) a skill incorrectly you will have to spend a great deal of time learning the new skill and this could take several weeks or months depending on the learner and the complexity of the skill to be learnt.

The optimal age for skill learning is between 8-12yrs old.

An individual goes through 3 stages of learning when acquiring a skill.
(1) The thinking and understanding

stage – working out what to do
The individual must know and understand clearly what it is they are trying to



Gideon Labban is a senior Track and Field coach in St Vincent and the Grenadines

achieve

(2) The practicing stage – developing the technique

Practice allows the athlete to develop the technique, provided the practice is focused on building on what is correct while identifying what may need to be corrected.

(3) The skilled or advanced stage – Performing the skill

The control of movement becomes more automatic, the athlete can learn to attend to choosing what to do and when to do it, rather than how to do it.

Remember the purpose of drills (Techniques); they are the basic building blocks of a skilled performance!!!!!

TASVG Introduces Hurdles

Team Athletics SVG would on Saturday 19 February convene the Inaugural Hurdles Classic. This event comes off at the Victoria Park, Kingstown.

For some time TASVG has been gradually introducing hurdles in St Vincent and the Grenadines and the coaches have found much enthusiasm amongst the students. The Hurdles Classic is intended to showcase the work of the coaches with their

athletes and the latter's achievements thus far in the hurdles races over 60m and 200m respectively,

Already the promotion of the event has piqued a number of schools and consideration is being given to having a few hurdles races at the Annual Inter Secondary Schools Athletics Championships Finals on Thursday 31 March 2011 at the Arnos Vale Playing Field. TASVG feels confident that the hurdling is on the move and will

only garner more enthusiasts as the spectacular nature of the event takes root.

HURDLES INVITATIONAL VICTORIA PARK Saturday February 19, 2011

MALE & FEMALE 60M U-14, U-17, U-19, OPEN 200M U-14, U-17, U-19, OPEN

DEVELOPMENTAL MEET - PETIT BORDEL

On Saturday 05 February 2011, TASVG held another successful developmental meet in Petit Bordel. Over 55 athletes participated in the activity.

The session began with a group warm-up. Slalom poles were incorporated, which facilitated the development of Agility, Balance, Coordination and Speed (ABCs), an important aspect of Physical Literacy.

On completion of the warm-up, a hurdling segment was introduced which attracted all 55 athletes. Six lanes (4 hurdles each) over 50m were set up; six athletes competed at a time with each athlete repeating the event eight (8) times. This activity involved "Coaching while competing."

To conclude the morning's session the "Relays" events were run. No session in Petit Bordel is ever complete without this!!

There were Eight (8) teams of five (5) athletes in the U9 – U13 cat-

egory and four teams in the 17-19+ category. The juniors competed in the 5 X 50 "Endless Relay" in which each team member ran

5 x 50m. This type of relay develops speed and special endurance, which was done for the first time; the senior athletes competed in the 4 x 100m, repeating the event three (3) times. The juniors who were still not satisfied with the challenging "Endless Relay" came back and compete in the 4 x 100m also.

There were three (3) coaches in attendance: Mike Dolan, a Peace Corp teacher at the Petit Bordel Secondary; Woodrow "Keylee" Williams and Gideon Labban of TASVG.

The athletes are looking forward to next week's session with similar events, in preparations for TASVG's inaugural Hurdles Invi-

TASVG's inaugural Hurdles Invitational meet on February 19, and another Relay Classic on February 26. Both events will take place at the Victoria Park.



MINI MEET, ARNOS VALE Saturday February 12, 2011

MALE & FEMALE

800M; U-15, U-17, U-19, 20+
300M
U-9, U-11, U-15, U-17,
U-19, 20+
100M
U-11, U-15, U-17, U-19, 20+
400M
U-9, U-11, U-15, U-17,
U-19, 20+
200M: U-9, U-11, U-15, U-17,
U-19, 20+
4 X 100M
U-9, U-11, U-15, U-17,
U-19, 20+

Biabou and New Grounds in KIA

IAAF certified Level 1 coach, Calvert Shortte, continues his good work with regard to the development of Kids in Athletics (KIA) in St Vincent and the Grenadines.

Shortte has very successfully transformed the Biabou Methodist School's annual Sports Day where only a few students participated into an annual KIA Meet with 100% participation. Over the past few weeks coach Shortte has been conducting sessions in Biabou and has invited children from the area and as far as New Grounds to learn about the Fundamentals of Athletics inherent in the KIA programme. Shortte has been able to pay visits to the New Grounds Primary to conduct sessions during the week while on Saturdays he holds sessions at the Biabou Playing Field. He expects to have an outreach programme as far south as Stubbs.

TASVG has scheduled its Annual National KIA competition for Saturday 2 April at the Arnos Vale Playing Field where over 20 teams are expected to participate.

Given the growing popularity of the KIA Programme consideration may have to be given to the introduction of zonal challenges prior to the Grand Final at Arnos Vale.