

# Department of Youth, Sport and Recreation NEWSLETTER

THE COMPETITIVE EDGE ~ OCTOBER 2020



## Bermuda Motorcycle Racing Association Highlights

### *Pursuing an Alternative Sport: Key Benefits*

Bermuda's youth have a wide range of exciting sports to choose from, but what if 'mainstream' sports doesn't appeal to your child? Fortunately, there's an abundance of 'alternative' sports to explore that offer several personal and societal benefits. Here are some benefits of joining a sport like road racing:

#### **Character building**

Training alongside peers from different backgrounds, age groups and abilities nurtures an opportunity to expand an awareness of others, personal capabilities and how to work with and support those around you.

#### **Resilience**

Children learn to assess risk and how to get back up after a fall. With a safe environment and the right protective gear, riders can test the limits of bikes and their own skills as they learn from mistakes whilst continuously improving.

#### **Communication and awareness**

Communication is key to learning and taking direction within a fast-paced sporting environment. Riders learn to read body language and be aware of potential dangers within their surroundings, from an unpredictable rider to the presence of hazards such as slick paint or oil.

#### **Confidence**

A challenging sport offers countless opportunities to set small goals and achieve wins at a child's own pace. As a sport that focuses on the development of each individual as a singular competitor (rather than a group), children can pinpoint specific areas for improvement that they can address and overcome within their own right.

#### **Life skills**

Road racing is based on a solid foundation of confident and safe riding skills. Living within a popular motorcycle culture on island, riders in the sport hold a uniquely broad knowledge of and skillset in motorcycle control and safety that naturally transcends off track.

If an alternative sport such as road racing sounds like something that your child can benefit from, contact the Bermuda Motorcycle Racing Association at **bmra.bda@gmail.com**.



GOVERNMENT OF BERMUDA

Department of Youth, Sport and Recreation





The President of El Salvador Basketball Federation, whose brother is also the President of the Country of El Salvador, now former President of FIBA, Gavin Mackenzie Head Basketball Coach of the Bermuda Senior Men's National Team, and the President of the FIBA Americas.



## Bermuda Basketball Association Highlights

Federation International Basketball Association (FIBA) invited the Bermuda Basketball Association to the American Mini Basketball Convention 2019 in San Salvador, El Salvador December 11th to 17th in 2019. The event was to train each of the 43 countries Federations of the Americas in being compliant to Mini Basketball in 2 years.

We must change our perspective about the prospects of all basketball players with the way we received players by FIBA National Team Head Basketball Coaches in Bermuda. Train players into the system to all FIBA program levels and encourage them to start "very young to play very big."

Bermuda schools use the U.S. Federation High School rules whilst the rest of the world use FIBA rules except USA and some places in Canada. We must be compliant with FIBA rules to be relevant, and compliant to FIBA standards to stay in good standing with FIBA.

FIBA Zones has Championships: in both **Team** and **3x3** for boys and women in U16, U18, U20 and Youth Olympic Games for those same Brackets. They have Mini basketball with all other countries. The BBA feel that the country should be participating in those events. We sent our Senior Men's National Team coach Gavin MacKenzie to get the BBA more aligned with FIBA standards, and he has laid out a future plan for the Association.

## Bermuda Sanshou Association Highlights

"Wushu Development Coach Adriano Lourenço da Silva from Brazil officially commenced his coach and athlete training on September 28th. The week of training consisted of sessions at our member kung fu schools—Wing Lam Kung fu and Kai Yun Shaolin Academy, Intro to Wushu and Nandu—Acrobatics for Martial Arts at Aries Sports Center as well as a number of one on one training sessions with our development coaches and advanced athletes. Coach Adriano has also managed to engage with students weekly at Success Academy.

Wing Lam Kung fu School led by Sifu David Simons are put through their paces with a focus on Longfist training on Wednesdays and Tai Chi/Qi Gong training on Fridays while the Kai Yun Shaolin Academy headed by Sifu Kent Bean Jr. have Coach Adriano conduct their training twice a week on Mondays and Thursdays.

The Intro to Wushu class at Aries Sports Center was met with eager children between ages of 5 and 11, most of whom are practicing wushu for the first time.

Coach Adriano's enthusiasm was equally met by the young athletes. They have all been introduced to the basic stances, hand strikes, kicks and jumps of wushu. On Sundays, Aries hosts the Nandu: Acrobatics for Martial Arts class which is attended by some really seasoned athletes and beginners alike. Nandu in Chinese literally translates to "difficulty." The term is used to describe the more challenging movements of jump kicks, flips and twists seen in wushu routines and on the big screen.

A number of the development coaches and advanced athletes have taken full advantage of Coach Adriano's presence in Bermuda by taking part in daily one on one sessions. While the participants found the training really tough in the beginning, their bodies have adjusted to the regimen of elite athlete training.

One of the highlights for the week is Coach Adriano's visit to Success Academy on Roberts Avenue. While the students were a bit reluctant at first, they have warmed up to Coach and enjoying learning some basics of wushu."



Coach Adriano with Wing Lam School



Success Academy Students



Coaching kids class at Aries Sports Centre



## Bermuda Cricket Board Highlights

At the beginning of October, The Bermuda Cricket Board via President Lloyd Smith and the Executive Director Calvin Blankendal arranged for club Presidents to meet with the International Cricket Council.

On Monday, October 12th, all club presidents had the opportunity to meet with the international governing board's Americas Regional Manager, Fara Gorski — which is deemed groundbreaking, as the ICC usually only meets directly with the President and CEO of each

member nation. The meeting was well-attended, and the presidents were advised of upcoming programmes and the BCB's future in cricket advancement.

Bermudian cricketer and member of the Bermuda National Cricket Team, Delray Rawlins was also nominated for the Young Player of the Season by Sussex Cricket. Though having a successful season, fans ultimately voted for George Garton who won Player of the Season as well.



Delray Rawlins in full flow for Sussex County Cricket Club

## Bermuda Volleyball Association FIVB Project Platform

### Beach Volleyball: A Future Olympic Qualification Expectation for Bermuda.

The Bermuda Volleyball Association (BVA) has been consistent and strategic in their approach over the last 6 years in utilizing the support and the opportunities provided by the **FIVB Project Hub Platform development program**. This initiative will assist with the aim of advancing and growing volleyball as a prior sport national in Bermuda and to produce elite high performance volleyball athletes. Presently, there are more than 200 girls and boys participating in the sport and that has demonstrated that the BVA's strategic approach model is producing results.

In 2020, the 3-month FIVB program conducted by FIVB instructor Dr. Trevor Theroulde will place a greater emphasis on the development of the **junior beach volleyball programs** for both the boys and the girls. Dr. Theroulde indicated that beach volleyball is the best opportunity for Bermuda to qualify for the Olympic games in 2028 because all we need is 2 elite quality athletes. Presently, there are 12 girls and 12 boys participating in high performance training twice per week on the beach with the intention of taking advantage of the various opportunities next year to participate in major International competition, for example, the Junior Pan Am games and also qualifications for the world Under 19 and Under 21 tournaments commencing in 2021.

Dr. Theroulde also indicated that it would be of tremendous benefit if the BVA and the junior beach volleyball athletes are provided with a suitable beach volleyball practice facility so they can effectively train year round to best advance their technical and tactical skills and provide them with the same training advantages as their international competitors. In addition provide the BVA with the opportunity to grow the beach version of the game and to cater to growing request from interested youth players that had to be turned away because of facility limitations at the present training venue.

As the FIVB instructor for this region I am absolutely elated with the exceptional work, dedication and commitment demonstrated by the BVA in effectively utilizing the FIVB project hub development project together with a multifaceted grassroots approach with the key focus areas being the introduction of the game to all schools, creating more competitive opportunities for schools while at the same time improving the technical and tactical training to all players and educating coaches to also improve their technical and tactical instructional capacity. This has generated great results as seen by the number of new participants in the sport. This sustainable strategic approach has seen a volleyball participation explosion on the island at the indoor level and it has now transitioned to the same level of growth and enthusiasm with the youth on the beach.

### LOOKING TO JOIN OR START A TEAM?

**Need community service hours or interested in volunteering?**

Contact us at [bdavb@hotmail.com](mailto:bdavb@hotmail.com)—we will connect you with junior and senior teams or help you get started.





## Bermuda National Athletics Association

During the month of October the BNAA were able to begin their cross country season and the 1st Road race was held. There have been 2 cross country events, 1 at the Aboretum and 1 at Astwood Park as exemptions were given for up to 150 runners participating. Each road race has to apply for their individual exemption.

Sean Trott had qualified to compete in the World Athletics Half Marathon Championships which was supposed to take place in March 2020. The event was postponed due to the COVID pandemic. The event was scheduled October 17th and the athletes were given a choice if they were unable to travel to run the

half marathon virtually. Sean made the decision that he did not want to travel and decided to run it virtually.

The course for the Bermuda Triangle Challenge was chosen as this was already a measured and certified course. Sean invited 4 additional runners to run with him and the event took place Saturday October 17th @ 7:30am. Dage Minors and Chris Eastwanik were the pacers for Sean and with their assistance he was able to run one of his best times. The other runners who participated were Moses Mafundaedza, Alex Winfield, Seamus Fearon and Rose-Anna Hoey. This was a very successful event.



Sean Trott (second from right) completes World Athletics Half Marathon virtually with local elite runners.

## Bermuda Equestrian Federation

A new BEF Show Season has arrived! The BEF Jumping Technical Committee would like to advise that 2020 CEA RJC is to be held at the National Equestrian Centre on 14th November 2020. A BEF Support Show will follow the completion of the CEA RJC. The BEF Jumping Technical Committee is also looking forward to hosting Competition #3 of the 2020 FEI Jumping World Challenge also taking place on 21st November at the NEC.

Although 2020 arrived with a world of new challenges, it did not deter 14 year old Cody Rego from pursuing his dream. When our Bermuda airport re-opened in July, young Cody did not hesitate to board one of the first flights bound for the USA. There he joined his equestrian "family away from home" – Morgan and Craig Alaburda of Topline Imports. Since arriving in the USA, Cody kept very busy training and competing. Cody competed in both the hunter and jumper arenas at the well-known 'Hits Show' held in Saugerties, New York. One of his most memorable achievements was riding CEN to first place in the \$2,500 M&S/NAL CHILDREN'S JPR CLASSIC. Equally memorable, was securing the championship for the 'CHILDREN'S HUNTER HORSE 14 & UNDER CHAMPIONSHIP' whilst riding the newly imported horse named Vogue.



Top: Cody and Vogue  
Right: Cody and Rambo



Photo credit: Andy Gibbs



## Bermuda Triathlon Association Highlights

### Tri-Hedz Junior Triathlon Club

Tri-Hedz was started in 1993 by David Morrison, Jeremy Ball and Neil de St Croix to introduce and encourage kids to participate in the sport of triathlon which at the time was little known other than to those who participated in it. It has been operational since then and in fact Neil de St Croix remains the lead coach of this program today.



Tri-Hedz Triathlon Club Juniors

Tri-Hedz caters to children aged 7-18 but primarily sees children in the 7-13 age groups. It operates on Saturday mornings from March to October. The cost for the season is \$25. Venue is Clearwater Beach at the Tri hut—from 8:30-10:00am all three disciplines—swim, bike and run are practiced during each session. Notable athletes who have been through this program are Tyler Butterfield (Olympian), Flora Duffy (Olympian and multiple world champion in triathlon). Tyler Smith and Erica Hawley who are currently competing at elite level world triathlon, both having represented Bermuda in the Junior Olympics and more recently the Commonwealth Games. Junior athletes coming up through the ranks at the moment include Nicholas Pilgrim, Tommy Marshall (featured in last month's newsletter), Nico Davies and Leanna Medeiros.

Whilst triathlon is traditionally an individual sport, Tri-Hedz aims to instill a team atmosphere and approach, which no doubt has contributed to the success that the teams have had at recent CARIFTA Games. The purpose and goal of Tri-Hedz is to continue to introduce and inspire children to the sport of triathlon in a safe and fun environment. We encourage anyone interested irrespective of experience to come down and give it a go. For more information, visit [www.facebook.com/TriHedz/](https://www.facebook.com/TriHedz/)

## Ones to Watch

### Kahlil Smythe – Boxing

Kahlil Smythe is a S3 student at Cedarbridge Academy and is definitely a young man who is 'one to watch'. Starting whilst he was still a student at Clearwater Middle School, Kahlil has now been boxing for over 4 years. When he isn't training on his own, you can find him at Controversy Gym training and also helping his coach Leo Richardson with some of the younger fighters. Kahlil is well-rounded both in sports and academics as he has consistently been on the honor roll both at Cedarbridge and whilst at Clearwater. Kahlil has considered boxing professionally after he gets a bit more amateur experience but he also has a keen interest in the field of Engineering.

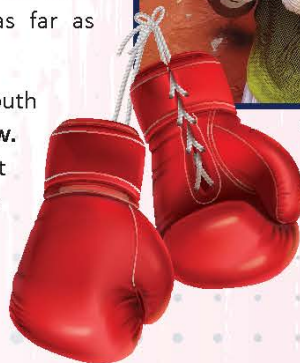
Coach Leo Richardson, head trainer of Controversy Gym highlights Kahlil as 'the future' and notes that many adult boxers do not train with the consistency and determination as Kahlil. When not

in fight camp, which is preparing for an event, Kahlil trains 3-4 times a week at the Cedar Avenue location in addition to independent runs for several miles 2-3 times a week. Kahlil maintains a strict low carb diet with lots of protein and avoids processed or sugary foods. Kahlil looks up most to his Coach Leo and stable mates LoVintz Tota and Adrian Roach (who was previously featured in the September edition of this newsletter). He also admires the skill of Devin Haney, Gervonta Davis and Vasyl Lomachenko as far as international fighters.

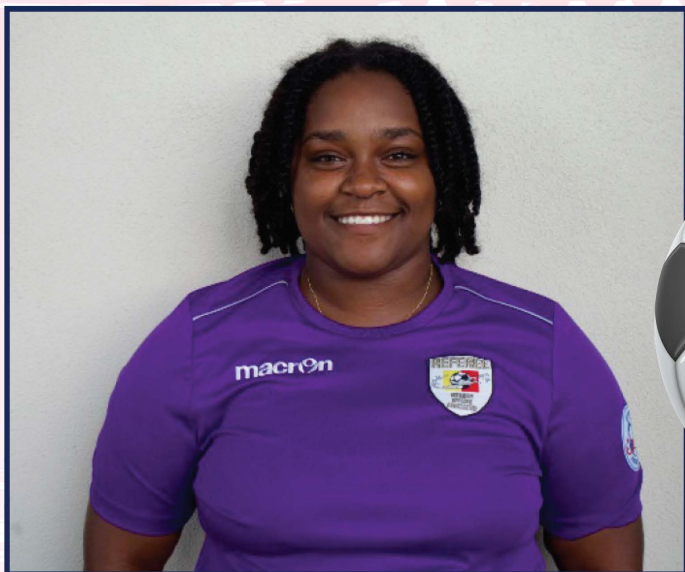
For more information about youth boxing programs see [www.bermudaboxing.com](http://www.bermudaboxing.com) or to meet Kahlil or Coach Leo simply visit Controversy Boxing Gym in the city of Hamilton.



Kahlil Smythe







Ka'ri Richards - Youngest BFA Referee



## Ka'ri Richards – Football

Ka'ri Richards started her referee journey at the age of 14 when she made her debut officiating the youth league games and is currently one of the youngest referees in the Bermuda Football Association Referee Academy at 18 years old.

### Why did you want to become a referee?

I started playing football at 9 years old and I loved it so much, so when I was asked to be a youth referee, I thought it would be a great opportunity to learn the game and enhance my performance.

### What does football mean to you?

Football is everything! It is my passion and it's going to play a huge part in my future career.

### What advice would you give a young person who is considering becoming a referee?

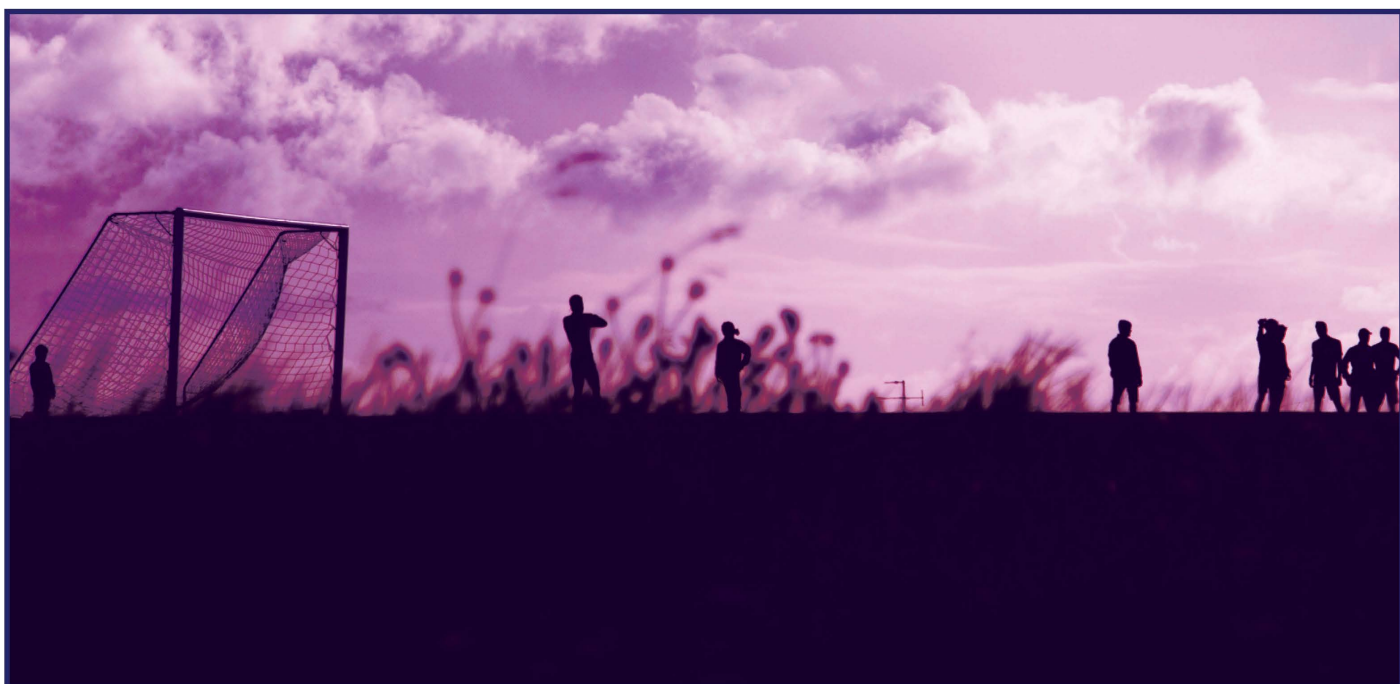
Go for it! Being a referee creates many opportunities on island and internationally. It's something you will always have and it helps with teaching the game to others.

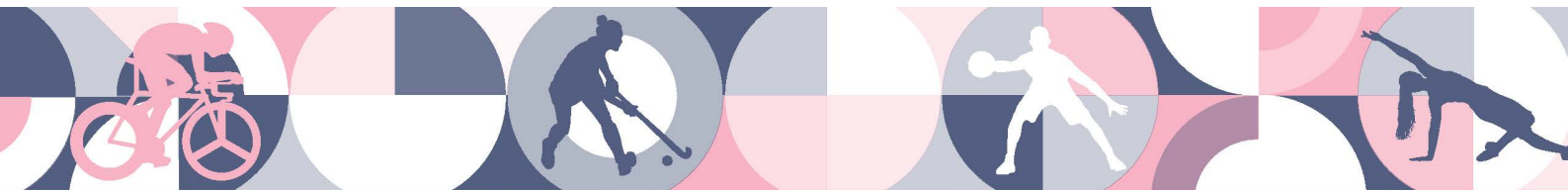
### What do you enjoy most about being a match official?

Aside from contributing to my favorite sport, I enjoy meeting new people, sharing ideas and becoming a part of a new family.

### What opportunities have been pre-sented to you as a match official?

I can soon take part in officiating at the Dallas Cup, which is an international opportunity for me. At such a young age, I had the opportunity of officiating in the Premier Division.





# 2020 UPCOMING EVENTS



**Gregory Grimes Memorial Football Tournament (U-13 Boys)**



**AXA Man on the Run** *(For more details please see the poster on the next page)*



**Charles Marshall Football Tournament (U-17 Boys)**



**Commencement of Bermuda Netball Association's League's  
@ Bernard's Park**



**Fat Tire Massive (Mountain Biking)  
season opener at the Arboretum**





# Man on the Run



## Bermuda 2020

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