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SPECIAL UWI GAMES 2009 ISSUE

***It's Time for
UWI Games!***



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RICH IN ANTIOXIDANTS



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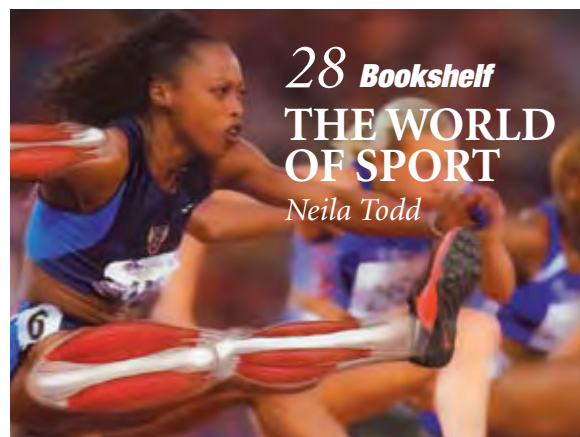


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HERE WE GO ... UWI GAMES 2009!

The University of the West Indies will once again feature its multi-disciplined sporting event; The UWI GAMES. These biennial student games will feature the best student-athletes of the Cave Hill, Mona and St. Augustine Campuses. Several student-athletes of The University of the West Indies Open Campus will also participate as part of the Cave Hill or St. Augustine teams.

Student-athletes will compete in ten disciplines including basketball, cricket, football, hockey, netball, swimming, table-tennis, tennis, track & field and volleyball. There will be male and female teams in each discipline; except for males only in cricket and females in netball. Each campus contingent will comprise of a technical team and one hundred and thirty-five student-athletes.

Our current edition will celebrate these historic games which will be hosted by the St. Augustine Campus. Our **Cover Story** features one outstanding male and one outstanding female student-athlete from each campus. Our feature writers take a look at current and past sport directors in our **Champions** and **Final Lap** departments. In our **Off Track** segment we look at the very topical Country versus Campus challenge that is ever-present at this regional institution; while the **Sport Business** and **Body Talk** sections present two of the ground-breaking **UWI SPEC** academic programmes.

We hope that you are energized by this issue and that you will continue to chat with us at iva@sped-online.com

Dr. Iva Gloudon

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Ready. Set. Gold!

NGC has teamed up with the National Amateur Athletic Association to promote and administer the NGC Right on Track Programme in Trinidad and Tobago.

Last year we worked with institutions such as the Youth Training Centre, St. Mary's Children's Home and St. Michael's School for Boys to promote the sports of track and field and basketball, identifying and inspiring young talent along the way.

Through the Right on Track Programme, NGC is seeking to build a cadre of athletes for participation at local, regional and international competitions.

This programme is not only for aspiring athletes but also for participants who would be interested in learning basic athletic skills which they could apply to most sports and their overall development.



**THE NATIONAL GAS COMPANY
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Welcome!



Rhoda Reddock

On behalf of the St. Augustine campus community I am happy to extend a warm welcome to all students, staff and supporters from our sister campuses of the UWI and across the region who are here to participate in the UWI Games 2009.



These Games are part of a long established tradition at the UWI and you are fortunate to be able to experience one of them. It is one of the few occasions when students can get together as one university sharing in collective although competitive activity. They are important in reinforcing the regional character of the university and its commitment to the Caribbean. As we anticipate the exciting performances by our UWI student-athletes, their skill and dedication should bring to mind the very values that we hold dear at The University of the West Indies. Dedication, discipline, leadership, teamwork and the ability to combine both social and academic life are principles that set us apart as a great Caribbean tradition.

We have continued this Caribbean tradition for over forty years as we watched our Inter-Campus Games evolve into the **UWI Games**, from six sports to ten, from contingents as small as sixty-five to over one hundred. I feel a great sense of pride in our young regional student-athletes who will go out and give over 100% for their campus. I also feel immense gratitude to the UWI officials and staff, the volunteers and supporters many of who endured personal sacrifice to support their teams and to make these games a success. Today these Games are taking place in a context where the sporting disciplines are taking on a much more significant role in the life of the UWI. As this field develops I am sure that the **UWI Games** will continue to have an important place.

I know that members of the St. Augustine campus will extend nothing less than friendship and hospitality to our visitors and I urge the visiting contingents to make the most of their stay and take advantage of opportunities to experience life on this campus and in our host country. I urge all of our student-athletes to go out and give all and to enjoy this experience, knowing that we support you, not only for what campus you belong to, but for belonging to the University of the West Indies. We hope that your experience at **UWI Games 2009** will be one of those memorable occasions that you will hold dear in your memories forever.

Rhoda Reddock
Deputy Principal
St. Augustine Campus

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ENCOURAGEMENT FOR YOUNGSTERS

The creation of **SPED** which was designed to share activities and accomplishments of Caribbean athletes is a timely communication derived from the mind of Dr. Iva Gloudon.

The Journal effectively provides stories of personal accomplishment, individual goals, motivation, community support and overall contributions of renowned athletes and those striving to be great.

The journal contains pieces about the struggles and training commitment by the athletes that provide encouragement for youngsters with lofty dreams. **SPED** is well produced, informative and should be a source of pride for all in the area. *Great job Dr. Gloudon!*

L. JEROME BRANDON, Ph.D.
Director of Undergraduate
Exercise Science Program
Director of Doctoral Sports Science Program
Department of Kinesiology and Health
Georgia State University
Atlanta, Georgia, USA



A MAGAZINE WITH A DIFFERENCE

This is a magazine with a difference – offering an original perspective from the usual sport magazines.

The achievements and successes of our present and past athletes have been highlighted while encouraging and inspiring future sports persons, both locally and internationally. **SPED** is futuristic in its content, which augers well for sport in the Caribbean.

This effort should be congratulated and in particular, Dr. Iva Gloudon and the corporate sponsors for making it possible.

I appeal to all stakeholders in the sporting arena to contribute to the ongoing success of this magazine.

CHRISTINE SAHAJAD
Bursar/Registrar,
El Dorado East Secondary School
Student: UWI - St. Augustine



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Health and fitness experts continuously warn athletes about the detrimental effects of dehydration. But more importantly there is a concern; based on research, that hyponatremia (a lack of sodium in the blood, caused by excessive sweating, persistent diarrhea or overuse of diuretic drugs) may even be of a greater issue. This article aims to address how balance can be met in terms of hydration in relation to physical exertion and to explore the efficacy of energy drinks as opposed to water.

As indicated, hyponatremia is the severe reduction of blood sodium due to over hydration. This is definitely the case of drinking too much water. Most cases of chronic water intoxication are asymptomatic, but may show signs related to the condition. Some signs that may be present are nausea, vomiting, headache and malaise. If the condition worsens one can experience diminished reflexes, convulsions, stupor or coma.

The National Athletic Trainer's Association developed guidelines for optimal hydration during exercise. Two hours before exercise the athlete should drink 500 – 600 ml of water and every 10 – 20 minutes during exercise, the athlete should drink 200 – 300 ml of water. After exercise the athlete should consume 450 - 675ml of water for every .5kg of body weight lost (16 - 24 oz for every pound).

Following the guidelines developed by the National Athletic Trainer's Association is a safe and effective way of monitoring hydration levels of the athlete. They indicate that the athlete should use thirst to determine fluid needs by drinking when he/she is thirsty and stop drinking when they feel hydrated. The Association went on to note that athletes should aim for a one-to-one ratio of fluid replacement to fluid lost in sweat. An effective way to do this is to check the pre and post exercise weight. By comparing this, the athlete can then determine the amount of fluid to be replaced.

Another effective way to know if one is adequately hydrated is to check urine color to see whether it is clear or pale yellow. A bright yellow color would indicate that the athlete is dehydrated. One of the recommendations that the National Athletic Trainer's Association makes is that the athlete should drink fluids with sodium on prolonged exercise sessions; particularly if the session lasts more than two hours or the athlete is participating in any form of high intensity exercise that would stimulate sodium loss.

Sodium plays a major role in water balance and it is recommended that adding salt or sodium to the water will help keep the fluid in the body. The problem with many sport drinks is that the electrolyte mixtures of sodium and potassium are inadequately balanced. High sodium drinks just

The problem with many sport drinks is that the electrolyte mixtures of sodium and potassium are inadequately balanced.

don't taste good. Although athletes enjoy a variety of sports drinks they should be motivated to add a tablespoon or two of salt to every quart or litre of fluid consumed since sodium loss is much greater than potassium.

During the post exercise phase the athlete should be concerned with correcting fluid imbalances that occurred during the exercise session by consuming water to restore hydration, carbohydrates to restore glycogen, and electrolytes to speed hydration.

Most athletes are usually seeking out ways to improve performance. One such way is by the use of energy drinks. According to John L. Ivy et al., (2009) from the Department of Kinesiology and Health Education, University of Texas, ingestion of a caffeine energy drink improved cycling time trial performance. In certain sports, like football, or for cycling time trials, that last one hour or less, it is very difficult to consume appropriate amounts of supplements.

Athletes need to determine the appropriate type of energy drink to enhance performance and traditional sports drinks composed of glucose and electrolytes may not be the best choice. Consistent research documented improved endurance in athletes using carbohydrate beverages in comparison to water, or other placebo beverages. However, increased performance time to fatigue or increased power output during the later stages of extended exercise occurs when supplementing during exercise. There are a few studies that demonstrate a positive effect of carbohydrate supplementation being provided before exercise, but most studies indicate a reduced or no performance enhancing effects.

Caffeine, however, appears to have a very positive effect on performance when taken both before and during exercise. Many of the new energy drinks currently being sold are marketed with the promise of increased energy and endurance. The main ingredients of some of these energy drinks are carbohydrates, taurine, glucuronolactone, caffeine

and B vitamins. Energy drinks contain caffeine and carbohydrates and have the potential to improve endurance. One of the main ingredients found in energy drinks is taurine, which has been proven to elevate mood, alertness and concentration.

Ivy et al. (2009) conducted a study to evaluate the exercise performance of trained cyclists after they ingested a commercially available energy drink containing glucose, caffeine and taurine. The researchers hypothesized that the time to complete a standardized work load on a cycle ergometer would be enhanced by consuming the energy drink forty (40) minutes before the onset of exercise. What they found was that ingesting 500ml of the energy drink containing carbohydrates, taurine, glucuronolactone, caffeine and several B vitamins improved performance on the one-hour cycling time trial. Based on this study, energy drinks might be used effectively during the pre exercise phase when supplementation is not possible.

There is an established notion that tea and coffee are the best pre competition or pre exercise beverages. The reality is that these products contain caffeine, which is a stimulant. Some research shows that caffeine can improve performance by increasing the use of fat as an energy source, and that it spares the muscle glycogen. Not every individual will experience this effect however. Caffeine is also a powerful diuretic and there is evidence of increased urine production, which can lead to dehydration.

Individuals use caffeinated products to act as a pick-me-up drink to compensate for the energy deficit. This stimulant activates the SNS (sympathetic nervous system) and by doing so, releases more stress hormones, therefore, requiring more of the stimulant to achieve the desired effect. Alternatively, drinking water also gives you energy. Water is a key catalyst in digestion, enzymatic actions and energy production throughout the body. When you drink adequately for your body needs, you are less likely to feel the need to consume energy-

boosting beverages, once the athlete's diet is balanced and meeting his/her nutritional goals.

The conclusion seems to be that energy drinks are an unnecessary part of an athlete's diet. Energy should be derived from whole food sources, with athletes drinking an adequate supply of water to maintain hydration levels. In cases where athletes are expending energy, especially in high temperatures over an extended period of time, a sports drink may be required to replenish lost glycogen stores. Since dehydration results from intense training in moderate to hot environments, athletes training in high intensities in the heat lose sweat at levels of 2-3 quarts per hour.

When an athlete is in a state of dehydration, water alone is insufficient to return the body to a hydrated state. Drinking water alone will trick the body into thinking the body is over hydrated and the kidneys will increase output of urine, therefore, more water is lost. This is where the careful ingestion of sodium is needed, either from food sources or a drink.

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Our Best and Brightest

Omega Francis

Whitney Wint & Stephawn Solomon

Whitney, you cannot be a duncey-head swimmer,” her mum used to tell her. “One day, swimming will be no more, then what are you going to do?” So Whitney decided that although she loved swimming, she would put a “Plan A, B and C” into place.

The plan was “to be a successful engineer,” and at 20, Whitney Wint is now in her final year of the B.Sc. in Electrical and Computer Engineering at the Faculty of Engineering, well on her way to achieving that goal. But even if that is Plan A, she is still keeping Plan B alive, because she has been selected by the St. Augustine Campus as one of their top athletes in her beloved swimming category.

It was pretty much the same for her male counterpart, Stephawn Solomon, who is a sprinter and a cricketer, currently enrolled in the Faculty of Social Sciences, his focus is on graduating with a B.Sc. in Accounting with a minor in Mathematics.

His mother also cautioned him that injury could easily take away his sporting career.

“She enlightened me as to the likelihood of injury in sports and explained that while sport is excellent, education is the key that opens the many doors to move further up the social hierarchy.”

Moving up the social hierarchy is important to Stephawn because it fits into his vision of becoming “an accountant in a prestigious firm in the near future.”

“It is difficult to commit equal time to both sports and studies because at exam time, my studies are put on the front burner and my sporting commitments are not getting the attention they truly deserve,” said Stephawn.

But somehow, they all seem to make it happen.

They are remarkable young people, equally committed to academia and athletics, despite the challenges. In their twenties, they are often faced with having to make difficult choices. For Stephawn, it has affected his social life.

“I do not have much of a social life,” he admits. “But at times, playing cricket tournaments on Sundays takes time that I would have otherwise committed to church.”

For Romel Currency, a Vincentian student at the Cave Hill Campus, where he is pursuing a B.A. in Economics and Accounting in the Faculty of Social Sciences, it has meant missing out sometimes on the reggae and ragga soca music scene that he loves and his favourite artistes, Lucky Dube and Beenie Man.

“Never waste time stressing over frivolous things,” is his simple and effective motto.

His fellow Vincentian, Saska Diamond, a law student also at the Cave Hill Campus, explained that one of the key challenges has been time management and having to “sacrifice a lot” in her social life. But, she insists she is committed to discipline, “especially in terms of waking-up to get to school the following morning.”

At 22, Saska has been deeply involved with sports since her early secondary school days. She got the same advice as Whitney and Stephawn about putting more emphasis on academics, but she chose a different path.

She entered The UWI on a sports scholarship, and decided that this was where she wanted to go. So instead



Saska Diamond

of putting sports on the “backbench” as she was advised, she expanded her activities from track and field, basketball and netball to include football as well. A member of the UWI Eagles netball team, and goalkeeper for the Combined Territories Women’s Football Team, she has also been a member of the 2007 UWI Games in women’s basketball, netball and track and field and was voted Most Valuable Player (MVP) in 2007 and 2008 for netball at the UWI Sports Awards.

Time management has been vital to her, just as Stephawn identified it as one of the key elements of holistic development. In his focused way, he feels students should all be encouraged to participate in both sport and academics.

“It will assist in their holistic development and help them internalise important values such as hard work, teamwork, sacrifice, time management and commitment values that are necessary to successfully advance in life,” he said.

Holistic development is also important to Chadwick Walton, who they call the “Vibesmaster,”



Chadwick Walton



Romel Currency

because he is such a motivating force among his Combined Campuses and Colleges Cricket (CCC) teammates. Like the others, he is well known for his commitment and “seriousness of purpose” which has been described as being “beautifully blended with his ready sense of humour.” The young Jamaican is a wicketkeeper/batsman with a talent for leg spin googlies: that rare breed of all-rounder, who might soon be on the Jamaica Senior Cricket Team.

His counterpart, Shakela Elliott, while also known for her dedication to sport is outstanding for her leadership skills. While at The UWI Mona Campus, she has led the field hockey team to one silver and three gold medals in the premier inter-collegiate hockey competition. She also captained the field hockey team at the UWI Games in 2007 (they won), and she was voted MVP.

Just a couple months ago, in February, she represented Jamaica at the Pan American Cup in Bermuda. Aside from having been named the Campus’ Sports Woman of the Year this year, she has also captured Taylor Hall’s Outstanding Achievement Awards for hockey, football, badminton and track and field.

Each of the young student-athletes acknowledges that it is not easy to manage all of the elements of their hectic lives. However, it is not a new challenge for young people, and indeed one of the objectives of promoting sport has always been to develop the well-roundedness that most athletes seem to carry very naturally.

The UWI first introduced Inter-Campus Games 44 years ago, in 1965 and student-athletes have gone through the rigours of preparing both mind and body for all those years. The



Shakela Elliott

Inter-Campus Games, which evolved into the UWI Games, was first won by the Mona Campus. It was held annually until 1968, and again from 1970-1975. The next appearance was in 1979, with Mona again winning, as they did in 1981 and 1983. In 1979, the games had been shifted to biennial events rotating among the campuses. Four sports - cricket, athletics, football and netball - were chosen as the core, with two additional ones being selected by the host campus. Contingents then were limited to sixty-five (65), including officials. It has grown since then, with the number of sports increasing to ten and contingents of one hundred and fifty (150) of which each have one hundred and thirty-five (135) athletes.

Participating athletes know it is a sacrifice worth the effort, and the drilling and grilling they put in today, will be good for them for years to come. They admit that they have to keep focused on those years ahead and constantly remind themselves that one day they’ll be able to look back with some satisfaction.

As Whitney puts it: “I’ve accepted certain things as part of my life and I know one day I am going to look back and be happy I decided to stay at home on a couple of Friday nights.”



Omega Francis

works at the UWI Marketing and Communications Office as the Publications Assistant and holds a Bachelor of Arts in Communication Studies from The University of the West Indies, St. Augustine Campus, Trinidad and Tobago.



Campus Principal Clement Sankat, FIFA President, Dr. Joseph Blatter and UWI Vice Chancellor, Professor E. Nigel Harris

UWI & FIFA

To collaborate on Sports Management programme

The meetings in Zurich with President Blatter and Vice President Warner, as well as other officials was a follow-up to the visit to Trinidad to give momentum to the development of the FIFA post graduate diploma," Principal Sankat explained recently. "President Blatter and FIFA continue to demonstrate their support for building education in sport in this part of the world."

The UWI contingent which included the Campus Principal, the Director of Sport and Physical Education at UWI, St Augustine, Dr. Iva Gloudon, Mr. Errol Simms,

School of Management and Mr. Fazal Karim, Business Development Office travelled to FIFA Headquarters in Switzerland. Just over a month before the trip, UWI signed an historic Memorandum of Understanding (MOU) with the Fédération Internationale de Football Association (FIFA) on 5th September 2008.

The UWI Vice Chancellor, Professor E. Nigel Harris and FIFA President, Dr. Joseph Blatter, signed the MOU at a press conference held at the Office of the Campus Principal, UWI St Augustine. The new agreement looks to the development of cooperative

programmes in the areas of research, training, education and facilities development in sport management, education and administration.

"This Executive Masters programme with modules in The Humanities of Sport, Sport Management and Sport Law will find very fertile ground among professionals in the Caribbean engaged in the management and administration of sport. It will develop the human capacity to take our sports administration to new heights, as our sportsmen and women of the Caribbean have already been

doing in recent times,” explained Professor Clement Sankat, who hosted the historic MOU signing. Professor Sankat was addressing a gathering which included representatives of the Ministry of Science, Technology and Tertiary Education and the Ministry of Sport, Mr. Austin ‘Jack’ Warner, FIFA Vice President, Mr. Oliver Camps, President of the Trinidad and Tobago Football Federation (TTFF) and Dr. Iva Gloudon, Director of Sport and Physical Education.

It is expected that the FIFA, CIES and UWI will offer joint post-graduate programmes which would lead to a Masters degree in Sport Management. The joint programmes are to be housed by an Institute of Sport Studies, which will be established under the umbrella of the UWI Sport and Physical Education Centre (SPEC).

“What this Institute will do is



UWI Guild Representative and FIFA President, Dr. Joseph Blatter

bring all of the University’s academic, recreational and competitive physical education programmes under one umbrella. The focus of the Institute will be to develop a robust academic outlook on sport and physical education and to create a meaningful body of rigorous research about Caribbean people by

Caribbean people. There is very little research out there on us, and even less research out there by us. This academic research can be used to inform all of our sport programmes, whether recreational or competitive; whether community-based or regional,” said Dr. Iva Gloudon, Director of Sport and Physical Education.

The unique postgraduate sports executive programmes, initiated and endorsed by FIFA, and coordinated jointly by the International Centre for Sports Studies (CIES) and UWI will be focused on developing all-round managers who are able to cope with the increasingly complex world of sport.

Dr. Gloudon added that “We have been working long and hard at the development of these programmes and the fact that they have now come to fruition is very exciting.”



FIFA Vice President Austin Jack Warner, UWI Vice Chancellor, Professor E. Nigel Harris and FIFA President, Dr. Joseph Blatter

The FIFA programmes are taught at three prestigious European universities: De Monfort University (Leicester, UK), SDA Bocconi School of Management (Milan, Italy) and Neuchâtel University (Neuchâtel, Switzerland).



speed champions

“I always tell my students that participation in sport, or winning at sport, is not my main goal”

Dr. Iva Gloudon

The HEART OF A CHAMPION

Gerard Best

“Integrity before anything else.”

Watchwords of a champion. A simple credo that encapsulates the core values that **Dr. Iva Gloudon** lives by. A former international field hockey athlete and now Director of Sport and Physical Education at The University of the West Indies – St. Augustine, Dr. Gloudon shared with me how she transferred her core values from the realm of sport into the professional arena.

“I approached everything that I did - training, competing, touring - in a manner that was guided by a belief that I should always be able to give a positive account of myself,” she told me.

Asked for a practical example of a specific situation in which she consciously chose to stick to her values in the face of pressure to abandon them, she recounted an occasion where a game official was not certain whether she had scored from a shot within the shooting circle, but was prepared to award her the goal.

“My team really needed the points so that we could win the Championship. I refused to claim the goal and told the umpire that I had not scored.”

The principle of Integrity over Everything has become so ingrained, that it has migrated seamlessly into Dr. Gloudon’s career in the upper echelons of University administration.

“I continue to stand for what I believe is correct even when it means going against the grain, and even my administration,” she said.

Further up the chain of Caribbean islands, Dr. Gloudon’s Jamaican counterpart, **Grace Jackson**, has a similar philosophy. A three-time Olympian (1984, 1988, 1992) and Olympic silver medalist, Jackson is now the Student Services and Development Manager at the University’s Mona Campus in Jamaica. Her personal motto? **“Respect is gained through integrity and hard work.”**

As an athlete, she trained consistently and strived to perform at her best at all times and showed respect to all whom she encountered,

even in very challenging situations. One of her most distinct memories, is from 1987, one year prior to the 1988 Seoul Olympics, when she did not attend the Jamaican National Championships, and was omitted from the team to the World Championships.

“Although I felt I was unfairly treated, my quest to present or defend my case was executed respectfully and I continued to train hard. My reward was a silver medal at the Seoul Olympics.”

The lesson she learned has stayed with her through the years, and has evolved into an ethical compass that she now uses to navigate through her professional life.

“As the Director of Sport at UWI – Mona, I am respectful to the people that I work with at all levels - coaches, students, managers - and feel that I have earned their respect as I set an example of achievement in my professional life through honest, hard work.”

While it is her personal work ethic, Jackson is convinced that it has value in the wider context of competitive sport at the tertiary level.

“Consistent hard work will always pay off in the sporting arena. It is an even greater challenge at the tertiary level where student-athletes must balance studying with training. The application of these values and behavioral patterns used for a successful sports career can be applied in the classroom for similar success.”

It is an ideology that she shares with Dr. Gloudon, her St. Augustine counterpart.

“I always tell my students that participation in sport, or winning at sport, is not my main goal,” said Dr. Gloudon. “My goal is to teach them, through sport, how to participate in life. What they learn on the field of play, in a very relaxed and enjoyable setting, must be translated effortlessly into their everyday lives. My success could only be measured when they are able to do this.”

Jackson agreed: “In this age of technology, there is an expectation of instant success and, as a result,

shortcuts are taken to reach a desired goal in the shortest possible time. But understanding the value of hard work and the sustainability of having a high level of integrity lends itself to success in short periods and in turn commands respect.”

If Jackson and Gloudon seemed to speak in harmony, their voices found a chorus in Barbados, where **Roland Butcher**, Director of Sports at the UWI Cave Hill Campus, also sees sport as a vehicle for the impartation of transcendent values that will serve his students well, both on and off the field of play.

“I have to encourage and inspire the students to go beyond their perceived capabilities. Students come from all sorts of social and economic backgrounds, and in most cases they have to try to overcome problems associated with this background. My personal experiences are things they can relate to,” says Butcher, who has leveraged his ‘personal experiences’ into valuable learning tools to pass on to all of his students.

His philosophy: **“Your hunger, not your talent, determines your future.”**

Butcher was born and raised in Barbados, but at the age of thirteen, he migrated to England in 1967, where he had to adapt to a different culture in order to pursue his boyhood dream of playing Test Cricket.

“I was constantly told that as a black man that I would never play for England. I refused to accept that way of thinking and continued to work towards my goal.”

Sure enough, Butcher went on to become the first black West Indian to play Test Cricket for England. He played professionally with Middlesex County Cricket Club in England (1970–1990), and when he made his Test Debut (1981), it was against none other than the West Indies, in his native Barbados.

“All West Indians must be made to understand and accept that despite what colour, class or creed they are, they can achieve whatever they set their mind to achieve in life. In essence, it is their hunger and not their talent that determines their future.”



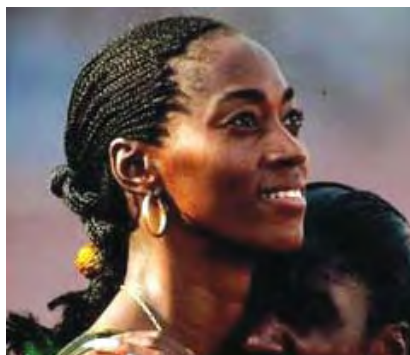
Travel to the 1979 Women's Hockey World Cup – Vancouver, Canada in National Uniform

DR. IVA CAMILLE GLOUDON

*Director, Sport & Physical Education
(St. Augustine)*

Hockey Career Highlights:

Trinidad & Tobago Female Hockey Player of the Year & WITCO nominee (1975)
Trinidad & Tobago National team to two hockey World Cups (1975 & 1979)
Trinidad & Tobago (WITCO)
Sport Administrator of the Year (1992)
Honorary Life Member: Trinidad & Tobago Women's Hockey Association (1996)
Ministry of Sport & Youth Affairs
(Trinidad and Tobago): Millennium Sports Award: One of the Most Outstanding Sport Administrators of the 1990s (2000)
Trinidad & Tobago Olympic Committee Women & Sports Award (2006)
President: Trinidad & Tobago Women's Hockey Association (1991 – 1995)

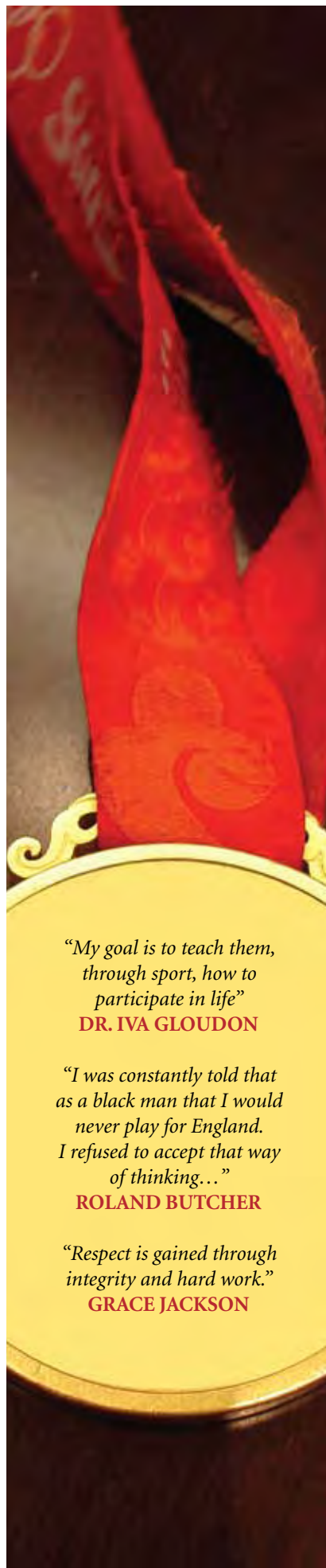


GRACE ROSEMARIE JACKSON

*Student Services and Development Manager
(Sports), Mona*

Track and Field Career Highlights:

Three-time Olympian (1984, 1988, 1992).
Olympic silver medalist in 200m (1988). First English-speaking Caribbean athlete to participate in 4 finals at the Olympic Games (1984).
World Student Games bronze medalist in 200m (1983) and 100m (1985)
IAAF World Cup silver medalist in 200m (1985), gold medalist in 1600m relay, and bronze medalist in 200m (1991)
IAAF World Indoor Championship in Athletics bronze medalist in 200m (1987) and silver medalist in 200m (1989)
Commonwealth Games bronze medalist in 400m relay (1982)
First woman to be inducted into Alabama A & M's Hall of Fame (1998)
Received keys to the city of Birmingham, Alabama 1988
Founder and Executive Director of the Organization for Athletes Striving for Improvement & Success (OASIS)



*"My goal is to teach them,
through sport, how to
participate in life"*

DR. IVA GLOUDON

*"I was constantly told that
as a black man that I would
never play for England.
I refused to accept that way
of thinking..."*

ROLAND BUTCHER

*"Respect is gained through
integrity and hard work."*

GRACE JACKSON



ROLAND ORLANDO BUTCHER

Director of Sports, Cave Hill

Cricket Career Highlights:

Professional Cricketer with Middlesex County Cricket Club in England (1970 – 1990)
First black West Indian to play Test Cricket for England
Test Debut (1981) against West Indies in native Barbados



The University of the West Indies (UWI) has taken the lead in providing premier sporting facilities and sport-related academic programmes in the Caribbean region. The UWI Sport and Physical Education Centre (UWI SPEC) is the 'center' of Caribbean sport and physical education development, training and research. Located at the St Augustine Campus, SPEC has combined 34,000-plus square feet of indoor space, with seating capacity for 1,360 people, as well as outdoor facilities for cricket, tennis, rugby, soccer and track and field. The sport facilities at the Mona Campus include a 400m grass track that is Usain Bolt's training ground. The Cave Hill Campus is home to the 3Ws Oval. UWI offers a postgraduate programme in Sports Medicine, as well as undergraduate degree programmes in Sport and Tourism Management, Sport Management, Coaching and Physical Education.



Gerard Best is a Marketing and Communications Officer at The University of the West Indies, St Augustine Campus, Trinidad and Tobago. He was last seen muttering

nonchalant responses to questions about pressing deadlines for outstanding SPED articles.

How many things
are missing from this picture?



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Cave Hill Athletes

1	Layne, Dawn-Marie	GCC/Track & Field	36	Freeman, Crios	Football
2	Birkett, Keefe	Basketball	37	Gibson, Marlon	Football
3	Clarke, Stefan Dennis	Basketball	38	Hope, Jason	Football
4	Farrell, George	Basketball	39	Jeffers, Billy	Football
5	Haynes, Ormond	Basketball	40	Messiah, Fabian	Football
6	Holder, Jabari	Basketball	41	Murry, Lasana	Football
7	Howard, Corey	Basketball	42	Sandiford, Kidwe	Football
8	King, Jamar	Basketball	43	Squires, Declan	Football
9	Marsh, Akeem Rico Orlando	Basketball	44	Stoddard, Kenson G.A.	Football
10	Puckerin, Jamai	Basketball	45	Ashby, Camille	Football
11	Simmons, Ramon	Basketball	46	Campbell, Kamesha	Football
12	Clarke, Sade	Basketball	47	Downey, Asabi	Football
13	Cumberbatch, Maria	Basketball	48	Edwards, Kerri	Football
14	Henry, Safiya	Basketball	49	Edwards, Laura	Football
15	John, Ladonna	Basketball	50	Gibson, Nakeida	Football
16	Joseph-Hackett, Jennifer	Basketball	51	Higgs, Anika	Football
17	King, Alanna	Basketball/Netball	52	Jones, Yolanda	Football
18	Mclawrance, Shermanna	Basketball/V-Ball	53	Rowe, Sophia	Football
19	Springer, Shakira	Basketball/Netball	54	SuthErland, Sasha	Football/Hockey
20	Bascombe, Miles	Cricket	55	Thomas, Josanne Nesha	Football/Hockey
21	Bennett, Jason	Cricket	56	Craig, Simon	Hockey
22	Charles, Nicolai	Cricket	57	Holder, Kris	Hockey
23	Clarke, Shirley	Cricket/Basketball	58	Lewis, Shane Justin	Hockey
24	Corbin, Kyle	Cricket	59	Nicholls, Graydon	Hockey
25	Currency, Rommell	Cricket	60	Roach, Nevin Orlando	Hockey
26	Emmanuel, Craig	Cricket	61	Warner, John	Hockey
27	Moore, Gilford	Cricket	62	Alkins, Katrina	Hockey
28	Parris, Nekoli	Cricket	63	Ellis, Chemika	Hockey
29	Parris, Jason	Cricket	64	Picknell, Angela	Hockey
30	Sebastian, Liam	Cricket	65	Pounder, Camille	Hockey
31	Watson, Calvin	Cricket	66	Saleem, Naila	Hockey
32	Best, Rene	Football	67	Stoute, Reiann	Hockey
33	Browne, Orrett	Football	68	Corbin, Keisha	Netball/Basketball
34	Bynoe, Chad	Football	69	Diamond, Saska	Netball/Bball/Fball
35	Evelyn, DaMar	Football	70	Holder, Shodia	Netball



Cave Hill Athletes (CONTINUED)

71	Horne, Koyana	Netball	104	Gooding, Robert	Track & Field/V-Ball
72	James, Monique	Netball	105	Hinds, Jermain	Track & Field
73	Osbourne, Erica	Netball	106	Jones, Andr Jemmie	Track & Field/B-Ball
74	O'neale, Cherrlye	Netball	107	Moore, Philip	Track & Field
75	Sealy, Faye	Netball	108	Niles, Jabbar Deigo	Track & Field/Cricket
76	Wickham, Nikita	Netball/T&F	109	Perryman, Dorian	Track & Field
77	Branford, Camille	Swimming	110	Puckerin, Chad	Track & Field
78	Bruce, Kristina	Swimming	111	Rock, Roderick	Track & Field
79	Cabrera, Sisi	Swimming	112	Scantlebury, David	Track & Field/Cricket
80	Charles, Derriann	Swimming	113	St. Bernard, Matthew	Track & Field
81	Harris-Logie, Amanda	Swimming	114	Edwards, Jeffrey	Track & Field
82	Lashley, Akilah	Swimming	115	Hope, Kenyah	Track & Field
83	Alleyne, Jay Michael	Swimming	116	Layne, Dawn-Marie	Track & Field
84	Baptiste, Andre Winston	Swimming	117	Maximilien, Amanda	Track & Field
85	Brown, Kimani	Swimming	118	Perch, Chanille	Track & Field
86	Cadogan, Kevin	Swimming	119	Watson, Shanelle	Track & Field
87	Kellman, Alexander	Swimming	120	Cobham, Eudian	Volleyball
88	Mceachnie, Kyle	Swimming	121	Freeman, Cheyne	Volleyball
89	Allman, Adrian	Table Tennis/Basketball	122	Johnson, Jerald	Volleyball
90	Beckles, Rodney	Table Tennis	123	Nedd, Jamal	Volleyball
91	Miller, Lisane - Selassie	Table Tennis	124	Rice, Ronald	Volleyball
92	Harvey, Krystle	Table Tennis/Football	125	Roach, Sheldon	Volleyball
93	Howard, Melissa	Table Tennis	126	White, Dominic	Volleyball
94	Payne, Nadia	Table Tennis	127	Williams, Nate	Volleyball
95	Hunte, Jacob	Tennis	128	Cooke, Alexia	Volleyball
96	Gibson, Renaldo	Tennis	129	Daniels, Takima	Volleyball
97	Parris, Dario	Tennis	130	Doughlin, Shakira	Volleyball
98	Lewis, Keisha	Tennis	131	Greene, Ayodele	Volleyball
99	Mc Collin, Malissa	Tennis	132	Kirton, Danielle	Volleyball
100	Springer, Mikaela	Tennis	133	Kirton- Belgrave, Kelia	Volleyball
101	Branch, Kayode Josef	Track & Field	134	Marshall, Pat	Volleyball
102	Browne, Amando	Track & Field	135	Smith, Dharlene	Volleyball
103	Davis, Omar	Track & Field			



Mona Athletes

1	Adams, Jheanelle	Swimming (F)	36	Davy, Tanielle	Football (F)
2	Alleyne, Teri	Hockey (F)	37	Deane, Lyn-Marie	Volleyball (F)
3	Andrews, Darren	Football, Hockey	38	Douglas, George	Volleyball & Basketball
4	Anguin, Andrew	Lawn Tennis	39	Drakes, Sabastian	Swimming (M)
5	Arnold, Stacy-Ann	Football (F)	40	Dunn, David	Track & Field (M)
6	Bailey, Amanda	Track & Field (F)	41	Dwyer, Shane	Volleyball (M)
7	Bailey, Joshua	Lawn Tennis	42	Edwards , Krystle	Football (F)
8	Barnett, Tanice	Track & Field (F)	43	Edwards, Tarik	Track & Field (M)
9	Batchelor, Anya	Swimming (F)	44	Elliott, Shakeela	Hockey (F)
10	Baugh, Latoya	Football (F)	45	Emmanuel, Kwame	Hockey (M)
11	Bennett, Simon	Football (M)	46	Ferguson, Kadine	Football (F)
12	Binns, Fiona	Volleyball (F)	47	Forbes, Blessings	Track & Field (F)
13	Biondi, Matthew	Swimming (M)	48	Foster, Chevarlo	Table Tennis
14	Branker, Nicholas	Volleyball (M)	49	Fowler, Sheleca	Football (F)
15	Brevitt, Barrington	Track & Field (M)	50	Gabay, Robert	Table Tennis
16	Bromley, Mark	Lawn Tennis	51	Gardner, Jermaine	Football (M)
17	Brooks, Shane	Cricket	52	Garwood, Darrel	Track & Field (M)
18	Brown, Barrington	Cricket	53	Gayle, Yanique	Football (F)
19	Brown, Jeffrey	Football (M)	54	Gordon, Lincoln	Track & Field (M)
20	Brown, Rashiedee	Football (M)	55	Hall, Nastassia	Basketball (F), Netball & Volleyball
21	Cabralis, Johnathan	Cricket	56	Heese Boutin, Claire Helene	Football (F)
22	Campbell, Joel	Table Tennis	57	Henry, Phylcia	Swimming (F)
23	Campbell, Keive	Swimming (M)	58	Hibbert, Donavon	Football (M)
24	Campbell, Troy	Track & Field (M)	59	Hicks, Orville	Hockey (M)
25	Carrington, Jenielle	Hockey (F)	60	Hill, Owen	Football (M)
26	Carty, Jerome	Hockey (M)	61	Hill, Shadelle	Track & Field (F)
27	Christie, Bernadine	Swimming (F)	62	HoSue, Danielle	Lawn Tennis
28	Clare, Shenique	Table Tennis	63	Hume, Aisha	Track & Field (F)
29	Clarke, Camille	Table Tennis	64	Jackson, Brian	Track & Field (M)
30	Clarke, Carla	Table Tennis	65	Jackson, Tafari	Basketball (M)
31	Clarke, Crafton	Cricket	66	Johnson, Richard	Cricket
32	Cousins, Chanique	Track & Field (F)	67	Johnson, Sean	Cricket
33	Dalmage, Giselle	Swimming (F)	68	Johnston , Andre	Cricket
34	Davis, Denelia	Netball			
35	Davis, Torza	Hockey (F)			



Mona Athletes (CONTINUED)



69	Jones, Andrew	Basketball (M)	103	Robinson, Keesha	Volleyball (F)
70	Jones, Vaughan- Reese	Volleyball (M)	104	Samuels, Danee	Hockey (F)
71	Kerr, Shawnette	Netball	105	Slater, Kimberley	Track & Field (F)
72	Latibeaudiere, Ryan	Swimming (M)	106	Smith, Damian	Football (M)
73	Laurent, Crissy	Volleyball (F)	107	Smith, Dave	Swimming (M)
74	Lawe, Jaedon	Basketball (M)	108	Smith, Devon	Football (M)
75	Lummen, Natainia	Lawn Tennis	109	Smith, Leighton	Hockey (M)
76	Lyn, Marc	Basketball & Football	110	South, Geron	Track & Field (M)
77	Malcolm, Jessica	Volleyball (F)	111	Spence, Leanne	Lawn tennis
78	McDonald, Janeel	Netball	112	Spence, Orin	Volleyball (M)
79	McKenzie, Ramshia	Track & Field (M)	113	Stephens, Cosmo	Track & Field (M)
80	Medford, Pedro	Hockey (M)	114	Stewart, Gillian	Swimming (F)
81	Miller, Hugh	Track & Field (M)	115	Stewart, Jodian	Basketball (F)
82	Morrison, Michael	Basketball (M)	116	Stewart, Tameka	Netball
83	Murray , Je'Ann	Swimming (F)	117	Stewart, Thereece	Track & Field (F)
84	Nairne, Nicholas	Volleyball (M)	118	Sutherland, Kadian	Football (F)
85	Nalty Jr., Lawrence	Swimming (M)	119	Taitt, Kienan	Basketball (M)
86	Nattie, Coleen	Basketball (F)	120	Taylor, Justin	Swimming (M)
87	Nelson, Andrene	Track & Field (M)	121	Thomas, Mellesha	Track & Field (F)
88	Nelson, Kalima	Football (F)	122	Thompson, Sherice	Track & Field (F)
89	Parchment, Matthew	Football (M)	123	Walker, Kisha-Gaye	Hockey (F)
90	Parris, Natalia	Swimming (F)	124	Wallace , Jabari	Football, Cricket & Basketball
91	Paul, Zalika	Basketball (F), Swimming & Netball	125	Walton, Chadwick	Cricket
92	Pitterson, Oberon	Basketball & Netball	126	White, Jodi-ann	Volleyball (F)
93	Proverbs, Renee	Swimming (F)	127	White, Tareque	Cricket
94	Rainford, Rohn	Football (M)	128	Williams, Alecia	Netball
95	Reid, Renae	Track & Field (F)	129	Williams, Alex	Swimming (M)
96	Reid, Rory	Swimming (M)	130	Williams, Neilkamar	Cricket
97	Reid, Tajhah	Cricket	131	Williams, Sharon	Basketball (F)
98	Remikie, Jumaine	Basketball (M)	132	Williams, Trishell	Netball
99	Reynolds, Andre	Football (M), Cricket	133	Williams, Tsahai	Basketball (F)
100	Reynolds, Olecia	Track & Field (F)	134	Woollery, Kurt	Hockey (M)
101	Rhoden, Rajean	Volleyball (M)	135	Young, Trudi-Ann	Football (F)
102	Ricketts, Nikeisha	Netball			



St. Augustine Athletes

1	Bartholomew, Tova Lin	Basketball	35	Mc Donald, Abeni	Football
2	Lewis, Shalane	Basketball	36	Scott, Samantha	Football
3	Liska, Kristen	Basketball/Volleyball	37	Stewart, Karyn	Football
4	Riley, Bethany	Basketball	38	Tobias, Avianne	Football/Track and Field
5	Williams, Aduke	Basketball	39	Aberdeen, Nkosi	Football
6	Stafford, Tanesia	Basketball/Netball	40	Austin, Desell Joshiah	Football
7	Alcott, Kirk	Basketball	41	Baig, Akel	Football
8	Caleb, Phillip	Basketball	42	Bibby, Luke	Football
9	Carbon, Marvin	Basketball	43	Clarke, Keron	Football
10	Caton, Roland	Basketball	44	Clarke, Kashif	Football
11	Charles, Don	Basketball	45	De Bellott, Kevern	Football
12	Haynes, Barry	Basketball	46	Devonish, Trevyn	Football
13	JN Charles, Lester	Basketball	47	Griffith-Osbourne, Kenan	Football
14	Mc Kayle, Kirk	Basketball	48	Hamilton, Douane	Football
15	Sandy, Derron	Basketball	49	Lewis, Dion	Football
16	Agard, Vanroy	Cricket	50	Roberts, Cleavyn	Football
17	Grey, Marcus	Cricket	51	Silva, Valdir	Football
18	James, Jaime	Cricket	52	Whiteman, Mario	Football
19	Maharaj, Hamish	Cricket	53	Charles, Renee	Hockey
20	Maraj, Tishan	Cricket	54	Chin, Kristi-Anne	Hockey
21	Ottley, Earl	Cricket	55	Hassan, Husniyah	Hockey
22	Ottley, Kjorn	Cricket	56	James, Khadija	Hockey
23	Patterson, Clevon	Cricket	57	O'Brien, Fiona	Hockey
24	Penco, Shervon	Cricket	58	Padmore, Patrice	Hockey
25	Ramoutar, Nathanielle	Cricket	59	Young, Melanie	Hockey
26	Ramphal, Keshava	Cricket	60	Baldeosingh, Nicholas	Hockey
27	Alleyne, Tennille	Football	61	Gordon, Damion	Hockey
28	Balkisoon, Terri	Football	62	Griffith, Nicholas	Hockey
29	Bereaux, Cassie-Marie	Football	63	Roach, Richard	Hockey
30	Brewster, Candace	Football	64	Lucien-Caprieta, Chad	Hockey
31	Duprey, Verlea	Football	65	Noel, Nigel	Hockey
32	Edwards, Tiffany	Football	66	Morean, Hillan	Hockey/Football
33	Jack, Jalisa	Football	67	Knight, Gerneille	Lawn Tennis
34	Jacob, Amelia	Football	68	Arnold, Josanne	Lawn Tennis/Track and Field



St. Augustine Athletes (CONTINUED)

69	Gouveia, Jared	Lawn Tennis	103	Mc Kenzie, Wilthering	Track and Field
70	King, Brent	Lawn Tennis	104	Moore, Sherrilee	Track and Field
71	Ratan, Naveen	Lawn Tennis	105	Percy, Kieshel	Track and Field
72	Bowen, Kyana	Netball	106	Sandy, Sherrise	Track and Field
73	Carter, Rose-Ann	Netball	107	Simon, Sharane	Track and Field
74	George, Alicia	Netball	108	Skeete, Crystal	Track and Field
75	King, Je-neile	Netball	109	Brathwaithe, Ryan	Track and Field
76	Lewis, Tanisha	Netball	110	Chadband, Alimayu	Track and Field
77	Muhammad, Jamiyla	Netball/Basketball	111	Cunningham, Agostini	Track and Field
78	Noel, Crystal	Netball/Basketball	112	Francis, Keon	Track and Field
79	Wickham, Karimah	Netball	113	Gibson, Anthony	Track and Field
80	Da Silva, Kristen	Swimming	114	Harrigan, Tennyson	Track and Field
81	Gilkes, Melisa	Swimming	115	Joseph, Dominic	Track and Field
82	Granado, Gisela	Swimming	116	Khumo, Peter	Track and Field
83	Hay, Lee	Swimming	117	Maynard, Brian	Track and Field
84	Hernandez, Gabriella	Swimming	118	Sandy, Dave	Track and Field
85	Mohammed, Sasha	Swimming	119	Solomon, Stephawn	Track and Field/Cricket
86	Redon, Chantal	Swimming	120	Arthur, Ashanna	Volleyball
87	Wint, Whitney	Swimming	121	Brown, Lychelle	Volleyball
88	Butler, Rory	Swimming	122	Latchman, Denisia	Volleyball
89	Johnston, Damian	Swimming	123	Lewis, Latoya	Volleyball
90	Harper, Jerome	Swimming	124	Maillard, Daneika	Volleyball
91	Hollingsworth, Andre	Swimming/Hockey	125	Marshall, Jenelle	Volleyball
92	Kelly, Nikolai	Swimming	126	Partapsingh, Denise	Volleyball
93	Peterkin, Nicholas	Swimming	127	Rene, Jeanne-Rose	Volleyball
94	Toolsie, John Keron	Swimming	128	Cayetano, Nuani	Volleyball
95	Washington, Nicholas	Swimming	129	Crichlow, Jamar	Volleyball
96	Ramcharan, Nirveeta	Table Tennis	130	Duncan, Stafin	Volleyball
97	Ramcharan, Priya	Table Tennis	131	Murray, Aakeil	Volleyball
98	Gay, Garfield	Table Tennis	132	Nimrod, Kevin	Volleyball
99	Roach, Khellon	Table Tennis	133	Paul, Adrian	Volleyball
100	Belgrave, Kaye	Track and Field	134	Reece, Jonjo	Volleyball
101	Blaise Fergus, Tricia	Track and Field	135	Sandiford, Onaje -Guy	Volleyball
102	Felix, Ginelle	Track and Field			



Cave Hill Management

Butcher, Roland	Head Of Delegation
Leslie, Steven	Assistant Manager
Stewart, Katheryn	Assistant Manager/Tennis Coach
Sutherland, Sasha	Assistant Manager
Wharton, Aundrea	Assistant Manager
Aimey, Derek	Basketball Coach
Brathwaite, Corene	Volleyball Coach
Cutting, Margaret	Netball Coach
Elcock, Colin	Hockey Coach
Forde, Richard	Football Coach(Men)
Goddard, Ricardo	Football Coach(Women)
Kirton, Simone	Swimming Coach
Reifer, Floyd	Cricket Coach
Rudder, June	Track And Field Coach
Sealy, Carlton	Table Tennis Coach
Dr. Karen Bynoe	Medical Doctor
Andrew Simpson	Physiotherapist
Gail Weekes	Physiotherapist
Janel Springer	Physiotherapist
Shawn Foster	Hockey Coach(Women)
Shawn Jones	Volleyball Coach (Women)
Roger Christie	Basketball(Women)
Lee-Ann Johnson	Scorer(Cricket)
Omar Phillips	Cricket Captain(Injured)
Desmond Grant	Sport Medic

Mona Management

Jackson, Grace	Student Services & Dev. Manager, Sports
Nelson, Mark	Head of Delegation
Myers, Dalton	Manager
Kerith Foster	Sports Medic
Ricketts, Kerry-Lee	Sports Medic
Lawrence, Dwayne	Equipment Manager
Beckett, Erwin	Swimming Coach
Clarke, Lloyd	Track & Field Coach
Matthews, Pete-Wayne	Basketball Coach
Parkes, Conrad	Netball Coach
Rutherford, Franklin	Lawn Tennis Coach
Salmon, Donald	Table Tennis Coach
Samuels, Robert	Cricket Coach
Stewart, Fabian	Hockey Coach
Taylor, Roy	Volleyball Coach
Walters, Neville	Football Coach



St. Augustine Management



Gloudon, Iva (Dr.)
Blackman, Jesse
Pierre, Peter
Martin, Hayden
Gaskin, Antoinette
Kelly, Richard
Ali, Macsood
Stewart, Barry
Roberts, Clefrin
Faria, Maurice
Mohammed, Rhonda
Edwards, Verna
Thomas, Joyce
Sutton, Sheahan
De Freitas, Asha
Wickham, Karen
Samuel, Carlton
Walcott, Anthony
Griffith, Orlando
Foster, Garfield
Joseph, Candice
Arneaud, Denyse

Director
Sport Manager/ Men's and Women's Hockey
Women's Football
Men's Football
Netball
Cricket
Men's and Women's Volleyball
Men's Basketball
Women's Basketball
Men's and Women's Swimming
Men's and Women's Lawn Tennis
Men's and Women's Table Tennis
Track and Field
Track and Field
Athletic Trainer
Assistant Team Manager
Physiotherapist/Reflexologist
Massage Therapist
Strength & Conditioning Specialist
Personal Trainer
Personal Trainer
Women's Football

Cheerleading Athletes

Balfour, Allan
Aleong, Kamlan
Griffith, Orlando

Alexander, Kimberly
Andrews, Usha
Assing, Kiona
Augustus, Arisha
Beckles, Bridget
Bedeau, Andrea
Bedeau, Jenelle
Boxill, Mandissa
Desouza, Delia
Gangadeen, Mikhail
Gardiner, Kadija
Geetoah, Katrina
George, Dennora AD
Gikes, Melissa

Coach
Coach
Strength
& Conditioning Trainer
Cheerleading
Cheerleading
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Guevara, Gittens
Hazell, Jiselle
Henry, Jamie
Osbourne, Keone
Phillips, Chanel
Pierre, Solomon
Redhead, Rachael
Samuel, Tamika
Sealy, Jamilla
Stephen, Felicia
Strong, Christian
Sylvester, Dionese
Thomas, Jamila
Valentine, Tameille
Valentine, Tineille
Vincent, Ronald
Williams, Richard

Cheerleading
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game schedule

TIME	WEDNESDAY 20TH	THURSDAY 21ST	FRIDAY 22ND	SATURDAY 23RD	SUNDAY 24TH	
6.00 a.m.	ARRIVAL OF CONTINGENTS	BREAKFAST 6.00 - 8.00				
7.00 a.m.						
8.00 a.m.						
9.00 a.m.			CRICKET VENUE- SPEC ST. A vs MONA		MEN'S AND WOMEN'S SWIMMING VENUE- MARLINS SWIM POOL	
10.00 a.m.		TECHNICAL MEETING	HOCKEY MALES: ST. A vs MONA FEMALES: ST.A vs CH VENUE- TACARIGUA REGIONAL FACILITY			
11.00 a.m.						
12.00 p.m.		LUNCH 12.00 - 3.00				
1.00 p.m.					MEN'S AND WOMEN'S SWIMMING VENUE- MARLINS SWIM POOL	
2.00 p.m.			TABLE TENNIS MALES & FEMALES VENUE- SPEC MONA vs ST.A	NETBALL VENUE- SPEC CH vs MONA		
3.00 p.m.			LAWN TENNIS MALES & FEMALES VENUE- SPEC CH vs MONA		TABLE TENNIS MALES & FEMALES VENUE- SPEC CH vs MONA	
4.00 p.m.		OPENING CEREMONY	MEN'S FOOTBALL VENUE- ADMIN FIELD ST.A vs CH	WOMEN'S FOOTBALL VENUE- ADMIN FIELD MONA vs CH	MEN'S FOOTBALL VENUE- ADMIN FIELD MONA vs CH	
5.00 p.m.						
6.00 p.m.		MEN'S BASKETBALL VENUE- SPEC ST.A vs CH	DINNER 6.00 - 8.00			
7.00 p.m.			VOLLEYBALL- FEMALES VENUE- SPEC ST.A vs CH	WOMEN'S BASKETBALL VENUE- SPEC ST.A vs MONA	VOLLEYBALL- FEMALES VENUE- SPEC MONA vs ST.A	
8.00 p.m.			VOLLEYBALL- MALES VENUE- SPEC ST.A vs MONA		VOLLEYBALL- MALES VENUE- SPEC MONA vs CH	
9.00 p.m.						



MONDAY 25TH	TUESDAY 26TH	WEDNESDAY 27TH	THURSDAY 28TH	FRIDAY 29TH	
00 - 9.00 A.M. JFK AUDITORIUM					
	CRICKET VENUE- SPEC MONA vs CH	ATHLETICS VENUE- LARRY GOMES STADIUM	CRICKET VENUE- SPEC CH vs ST. A	DEPARTURE OF CONTINGENTS	
	WOMEN'S BASKETBALL VENUE- SPEC ST.A vs CH				
HOCKEY MALES: MONA vs CH FEMALES: CH VS MONA VENUE- TACARIGUA REGIONAL FACILITY			HOCKEY MALES: CH vs ST.A FEMALES: MONA vs ST.A VENUE- TACARIGUA REGIONAL FACILITY		
	TABLE TENNIS MALES & FEMALES VENUE- SPEC ST.A vs CH		MEN'S BASKETBALL VENUE- SPEC MONA vs CH		
P.M. JFK AUDITORIUM		GARTH TAYLOR MEMORIAL GAME			
WOMEN'S BASKETBALL VENUE- SPEC CH vs MONA	NETBALL VENUE- SPEC MONA vs ST.A	ATHLETICS VENUE- LARRY GOMES STADIUM	NETBALL VENUE- SPEC ST.A vs CH		
MEN'S BASKETBALL VENUE- SPEC ST.A vs MONA	LAWN TENNIS MALES & FEMALES VENUE- SPEC ST.A vs CH		LAWN TENNIS MALES & FEMALES VENUE- SPEC MONA vs ST.A		
WOMEN'S FOOTBALL VENUE- ADMIN FIELD ST.A vs CH	MEN'S FOOTBALL VENUE- ADMIN FIELD ST.A vs MONA		WOMEN'S FOOTBALL VENUE- ADMIN FIELD ST.A vs MONA		
00 - 8.00 P.M. JFK AUDITORIUM					
CULTURAL NIGHT UWI QUADRANGLE	VOLLEYBALL- FEMALES VENUE- SPEC MONA vs CH		CLOSING CEREMONY		
	VOLLEYBALL- MALES VENUE- SPEC ST.A vs CH				



The World of Sport

Neila Todd

This is the second edition of a book first published in 1997 and revised in 2001. The back cover promotes the publication as “the leading textbook for GCSE Physical Education”. It is also linked to a website www.worldofsportexamined.com which promises more information, but was somewhat difficult to navigate. **The World of Sport Examined** is configured with eleven Chapters, a Glossary and an Index. The front cover, from which one can judge this book, features photographs of two recognizable Olympian’s musculoskeletal overlays. There are a large number of coloured photographs of famous athletes from a wide range of sporting disciplines; along with images of promoters, coaches, trainers, and therapists. I would have liked to see the addition of a section of credits with a listing of the names of all of the athletes pictured and not just some of the elite ones. The names of venues, places and dates of the events chosen to demonstrate situations should also have been included to promote the historical authenticity of this instructional text.

Notwithstanding, in its appeal to students, teachers and parents, the authors are careful to ensure that the prose is clear and technical terms kept to a minimum. When absolutely unavoidable technical terms are explained or clarified with imbedded Chapter tables and a comprehensive Glossary. The idiosyncratic style of each contributing writer also never interferes with the tone or style of the book, but melds seamlessly to ensure that it is consistently uniform.

The images include illustrations, line diagrams, lithographs, overlays, tables, and drawings to sustain the many graphically represented issues which are then unambiguously delivered for the reader’s benefit. This graphic quality of the book is well-balanced with the explicatory text. The use of familiar icons creates interest, particularly in its deliberate diversity - the athletes representing many countries and ethnicities. The recapitulations and

synopses of information interspersed among the text in each chapter for the benefit and convenience of the student are also engaging. Topics within chapters are cross-referenced for effortless memorization; providing quicker and more convenient access to the material contained within analogous pages and chapters of **The World of Sport Examined**.

At strategic points in the text there are Examination-type questions or quizzes to reinforce the given material - the correct answers to these items are located in a companion publication entitled “**World of Sport Examined Teacher Resource and Student Workbook**”. This self-evaluative teaching tool can surely be appreciated by readers of all ages.

The organisation of the material and comprehensive range of topics is a deliberate strategy by the authors to attract a global audience as its range of topical content covers most of the key elements and issues in Sport

today; an edifying achievement for a constantly evolving discipline. The interest generated in Sport and Physical Education creates emerging topics for inclusion as the range of sport offerings increases even within the same sport. In Cricket One Day Internationals (ODIs), clever marketers perceive business opportunities in this shorter version of the game. Likewise, in Soccer and in Basketball, there are those forces impelling the development of global brands and support. There is as well, the expanding responsibility of the WADA (World Anti Doping Agency) which has assumed a dominant role in drug testing for athletes, both in and out of the competition season.

As a pedagogical tool, **The World of Sport Examined** is rich in educational ideas appropriate for the teaching of a subject, which today has taken on a new dimension as people sense the need to upgrade their sporting knowledge, skills and abilities. Moreover, in this contemporary world, Sport and Games



I heartily recommend *The World of Sport Examined* for the teaching of Physical Education in schools at the **Caribbean Examination Council (CXC)** level or for interested persons in allied disciplines. In time, local or Caribbean equivalents may also become available on the market and will possibly include greater local content and images. However, until this reality occurs, this book would still represent the standard against which future publications will have to be measured.

of various types play an important part in the lives of most people, whether they are interested spectators or committed participants. One impelling factor has been the recognition of the benefits of a healthy lifestyle and the enduring impact of Sport and Exercise on a person's longevity and wellbeing.

The basic Biology of the human body and its subtending systems are clearly explained in the earlier chapters of the book specifically Chapters 1-3 and 6. Other issues covered in this book include *Training for success; Skill in sport; Safety in sport; The changing face of sport* and *Sport as a spectacle*, with this latter chapter giving some insight into the tensions between the various interest groups involved. These groups include sponsors; national and global governing bodies; television producers; advertisers and the opportunity provided from the athlete's standpoint for beckoning fame, fortune and glory before a worldwide audience.

This latter entry provides several insights into the influences and interests in some sports at the global level and its effects on patriotism and national pride whenever the pinnacle of success is achieved. We all remember with delight that ground swell of national and regional support which accompanied the performance of our Caribbean sprinters in the 2008 Beijing Olympic Games.

One item which I would also like to see covered in later editions of this publication is the role and behavior of patrons at an event. Increasingly, there have been incidents of dysfunctional behavior with either the spectator or the athlete adversely affecting the quality of the event; affecting the degree of sportsmanship displayed, or even, the outcome of the contest. A suggested code of behavior or conduct for all participants, including facility owners, players, coaches, fans and patrons at the venues needs to be developed and included as important information for the benefit of the reader. This is a necessary addition because sport has become an interactive process between

players on the field and supporters in the stands, especially in team sports. The outcome of a game should never be compromised to riots, loss of lives or extensive damage to person or property. Sport seems to bring out people's primordial instincts at inconvenient times and underscores why all aspects of competitions need to be minutely examined and managed on a continuing basis to ensure impartiality. This is one of the tacit messages encoded in this publication and examined in Chapter 10 which looks at *Taking part in sport*.

The reader or student is made to consider that sport now includes persons of all age groups and is therefore regarded by some entrepreneurs as *big business* which involves large sums of money from advertisers, sponsors and patrons. Sales from the purchase of sports gear and even for memorabilia may also be quite substantial. So too, is the amount of money generated in betting on the outcome of sporting events by private individuals through state sponsored betting agencies and cyber-betting with all of the unsavory allegations of bribery and match fixing revelations that have since come to the public's attention.

Ultimately, this publication and its companion documents, the CD-Rom version and Website are important tools for the teaching of the basic principles and practices involved in this universally popular topic we refer to as Sport, at both the amateur and professional levels. *The World of Sport Examined* provides a solid base of fundamental data and a range of insights into those crucial elements that are a prerequisite to any level of sporting success; the underlying organisational considerations that are required for the staging of any sporting event and the social, cultural, psychological and other factors which ought to be considered for the school cohort, their parents and teachers; or just life-long learners. Recent trends and the role of the media and technology in Sport are important inclusions to the content material which have the advantage of providing

the learner with an authentic view of what obtains in the real world so that their expectations can be tempered with veracity and local circumstances.

Some attention is given to the range of careers now available in Sport and the compelling requirement for personnel in various supporting specialties as citizens in developing countries become more organised and outward looking. **The University of the West Indies Sport and Physical Education Centre, St. Augustine**, now offers both undergraduate and post graduate programmes to ensure that such career choices are available either to provide or augment the existing structures and services. This is necessary for synchronisation with the supply and demand of our people in order to satisfy expectations in almost all types of sport at the miscellaneous levels. The need for foreign expertise and reliance will then gradually diminish, giving way to more local content. The present Secondary School student cohort can then advance to assume their place at the helm of sporting disciplines and administration where they will be expected to make a sterling contribution to the future of Sport in the Caribbean at every requisite stage.

THE WORLD OF SPORT EXAMINED

by Paul Beashel,
Andy Sibson, John Taylor.
2nd Edition
256 pages
Published by
Nelson Thornes Ltd.



Neila Todd
*anticipates the
fascinating
evolutionary
aspects of Sport.*

Campus versus Country

Can home ever be away from home?

Vaneisa Baksh

When the Imperial College of Tropical Agriculture began its transformation into a cross-country campus that evolved into The University of the West Indies (UWI), one of the principal ideas was to encourage the spirit of regionalism.

The University saw itself as one institution, St. Augustine, Mona and later Cave Hill with structured programmes so that each site would offer degrees in addition to basic courses. The idea was to encourage students to spend time at their neighbour's homes - as the campuses sought to be - and that this in turn, would simultaneously foster a sense of belonging to the Caribbean.

That was meant to be the pillar of developing a West Indian community.

As the islands arrived at the threshold of Independence, various forms of nationalism took precedence, and the campuses, responding to increasingly strident political calls, began to broaden their offerings and become more self-contained entities.

Each campus today, including the recent Open Campus with its focus on distance learning, is fairly autonomous, though they operate within the framework of one UWI, one Chancellor, one Vice Chancellor.

It is a situation that provokes heated discussions regarding the wisdom of having removed the necessity for student exchanges, especially as the overall integrating project seems to have shuddered to a halt. It disturbs those who feel that the new world order, as David Rudder sang, "don't need islands no more."

The need for regional cooperation is starkly emphasised by the cracks appearing in every area: economic, social and political. Recognising the indifference of the younger generation towards their status as citizens of West Indian heritage, even

the education system responded with the introduction of a compulsory Caribbean Studies subject at CAPE level.

Has it been enough to usher in a Caribbean identity? Is it too late? Has the concept of being West Indian already been torn asunder? Nostalgic memory, and perhaps our unconscious guilt, has led us to declare that cricket and The UWI are the two abiding symbols of West Indian identity. Two icons alone - separate from the politics and economics where most are content to think true power lies, but nonetheless two icons with some resonance in the Caribbean spirit, despite troubling times.



Mitch Mohess

The University of the West Indies has been a home away from home to many students of the Caribbean. Many remember their experiences at the campus, particularly those living on the Campus Residence Halls, as the best years of their lives. Listening to groups from different eras (the sixties onwards) recalling their memories of campus life, it was striking how clearly defined the withdrawal stage was: the eighties and the nineties. Structural

adjustments imposed by international agencies, and national strategies driven by different factors cemented a growing trend away from encouraging students to live on campus. The focus, they felt, was now on certifying and quickly getting them through the system.

Students of those eras complained about the isolation they faced and envy those who still recall their campus years as the best times of their lives. The student years spent in other territories bonding with classmates and friends from across the region were well spent and will not be forgotten. They form the basis of many career partnerships and truly exemplify the wisdom of exposing young people, willy-nilly, to the worlds which exist right at their doorsteps.

As the biennial UWI Games 2009 approached, it seemed a good opportunity to check out a few students at the St. Augustine campus, to see if they would be attending, and how they would base their support. The students coming from Barbados and Jamaica came because the programmes they wanted to do were only available at the St. Augustine campus. The Trinidadian students stayed at home because their degrees were more affordable and available.

Jeremy Brereton, 20, is an Agriculture student who found Trinidad "a lot different" from his home in Barbados. "My comfort level is not as high," he says, identifying safety at night and drinking water as two areas of discomfort. He lives on Milner Hall and although it is unlikely he will attend the UWI Games as he is returning to Barbados to complete a 10-week internship at the Ministry of Agriculture, he is an avid sports fan. He plays cricket and football and had been into Tae kwan do "back home."

"I'm split down the middle," he



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says in response to which teams he will support. "I have lots of friends on the Cave Hill teams, but lots of friends on Milner Hall; so I'll be supporting my friends," wherever they're from.

Not so for **Vandana Rampersad**, a 22-year-old reading for a B.Sc. in Human Nutrition and Dietics.

"If I were at Mona or Cave Hill, I would still support St Augustine. Honestly speaking, anywhere in the world I go, I would support Trinidad and Tobago," she declares. "It's all about country."

Mario Walker, a third-year student in Industrial Engineering, is the opposite.

"It is a matter of campus. It's not about country," says the 21-year-old from Canada Hall. He's into football and swimming mainly, and track and field, but lost his enthusiasm for cricket and basketball. He was on the St. Augustine football team, but had to stop training as his final year project overtook everything.

He based his support on his friends and social life at St Augustine. "I attend St. Augustine, so I can't support Mona."

Ccheron Ramlogan tried to explain how hall life affects students and their relationship with their campus.

"We had a class about UWI as an integrating factor [for West Indians]," he says and that made him realise that a lot of students don't go to the other campuses "because we have all the conveniences here."

He lives on Milner Hall because his home is in Tabaquite and it has changed his outlook.

"At first I was wary, but the orientation system is great. For all three hundred and sixty of us, it is about bonding and friendship. We look out for each other. We organise for guys to escort the girls to their homes after their late classes," he says.

"You get to meet people from all over the world whom you'd never meet elsewhere. You get connected to the world without ever leaving Trinidad."

Ccheron's name has such an interesting origin, it must be shared. He has a twin brother named Aaron. During his mother's pregnancy, neither Ccheron nor Aaron ever registered a second heartbeat during ultrasounds. On delivery day, when the unexpected second son turned up, his mum was



Renford Lorde

stumped. She'd already chosen Aaron or Ariel, but had no Plan B. As she was leaving the hospital, she saw the nameplate for a Dr. Cheron, and she liked it, but decided that since Aaron had two As, Cheron would have two Cs. He's lived with people questioning it for all of his 20 years.

But Ccheron has chosen to support his friends at the Games, wherever they are from, though he feels his support would be more inclined to St. Augustine.

"If I were at Mona or Cave Hill, it would be different. It would be campus," he says.

Renford Lorde, a final-year Mechanical Engineering student, actually transferred to St. Augustine after completing a year at Mona. Although he initially chose Natural Sciences courses, focussing on Physics and Mathematics, he has made the switch to Engineering. He thinks that he's made the right choice and has been quickly adjusting to life on Canada Hall.

"It's like a family there, everybody lives as one. Nobody's segregated."

He's very much into "every kind of sport" although football is his love. His feelings about the games are affected by the Mona friendships and he's gone down the middle lane of supporting the sports.

"Right now, I'm more open. I'm not sure who I'll be supporting. It would depend on the sport...and my friends."

Douglas Wilkie is still in his first year at the Engineering Faculty and lives on Milner Hall. The 19-year-old Barbadian doesn't feel he has made any deep bonds yet, but "it will probably come in the second year," he says hopefully.

He likes the Hall for its multicultural feel and thinks that for the Games, "since I am at St. Augustine, I might support St. Augustine. It's where I am living."

Mitch Mohess had applied to study Law at Cave Hill, but was not successful and, therefore, switched to Economics (at Social Sciences). Fortunately, he grew to love it, he says. Mitch finds life on Milner Hall to be "interesting and "living with these persons for an entire year" has also taught him a lot about campus life.

"If I were not on Hall, I would not have been so interactive," he says. "I cherish it." He will be supporting St. Augustine.

Howard Andrade, a 24-year-old Jamaican in the Engineering Faculty, speaks with Trinidadian speed, one of the things he's picked up in this nearly three years at Canada Hall.

"The good thing about the UWI Games is that it encourages competition," he says, as he laments a culture where he feels that people with tremendous growth potential only use it minimally. But he feels students don't have enough "campus fervour" and there is no real campus culture so they probably don't even know the Games are on.

"Why not encourage sport competitions, for example, between UWI and UTT (University of Trinidad and Tobago)?" he suggests. "It will subtly promote the drive for excellence, and will create a friendly rivalry that might produce astonishing results."

He's going to attend the Games because he likes sport (though he thinks cricket is its god), but he feels most people will support teams based on the sport, and not the campus.

It's a diverse range of views suggesting that there's more to campus life than meets the eye, and that even in the competitive world of sport, friendships still matter.



Vaneisa Baksh

is Editor, *UWI Today*, produced by the Marketing and Communications Office, The University of the West Indies, St Augustine Campus. She has been in journalism in all its incarnations for more than 20 years.

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People Serving People

A mid-term Review of the B.Ed. in Physical Education

Vaneisa Baksh

He fell asleep at the wheel a few times on his way back from classes—tired from a full day of primary school teaching and the sometimes two-hour drive from Princes Town to the Sport and Physical Education Centre (SPEC) at the St Augustine Campus of The University of the West Indies

It was “quite scary,” says **Damian Gopee**, one of the seventy-six (76) students enrolled in the inaugural Bachelor of Education in Physical Education - Secondary since its inception in 2007.

It’s just one of the challenges facing the still undaunted students as they practically race towards the final year of the three-year part-time degree programme.

While studying, participants all teach physical education at schools in Trinidad and Tobago; and they agree that the programme has broadened the way they view their craft and has improved their teaching methods.

For **Camille Superville**, who taught Integrated Science and Mathematics for four years and Physical Education for just three months (at Mt. Hope Secondary School) before starting the programme, it has taught her “how to formulate clear and achievable learning objectives, which is so important to the teaching-learning process”.

She said it has given her better classroom management techniques.

“I spend less time talking during demonstrations, so students get more time to be physically active during the lesson.”

Alexis Browne, a teacher at Trinity College in Maraval, had been searching for a tertiary level degree programme that focuses on teaching, but he felt that a Bachelor’s degree in Education was not specific enough for



Andy Joseph

his needs and would confine his career options. He also was also interested in another local programme offering sport, but realised “what they offered was the old way.” He is convinced that this programme is worth the effort.

“My eyes have been opened to the changes in teaching and technology from an international perspective,” he said; especially in distinguishing the old ways from the new: “that old concept of Physical Education as just running about the place.”

Browne has been teaching Physical Education for 10 years - not a long time to him, but when you consider that he is only 31, it is a chunk of his life. For him this is a first step, to be followed by a Masters in Exercise Physiology and a Ph.D. in Motor Control and Learning.

“I see myself as one of the first local university lecturers, after Dr. Iva Gloudon, qualified to teach in the Physical Education degree programme,” he said confidently.

Andy Joseph has also been teaching for ten years, and although at 38, he has been around longer than Browne, he explained that the programme has given him “more practical knowledge and methods of

delivery”. Significantly, he mentions that it has “given me more respect for the profession.”

He was talking about the traditional way teachers of physical education have been relegated to a lower status by administrators and sometimes their colleagues.

“We need to get the respect we deserve, particularly from administrators,” he says, adding that their attitudes are directly related to their backgrounds. He believes that this is changing because internationally, sport and physical education has been recognised as a valuable aspect of development and has mushroomed into one of the fastest growing industries in recent times (although it is feeling the recessionary crunch).

Joseph, who currently lives in the fishing community of Moruga, says that none of his students are currently enrolled for the Caribbean Examinations Council (CXC) Physical Education exams. However, he feels that participation in this programme has given him the confidence to push for his school to include this subject area. It’s hard to persuade students that sport and physical education careers are worth pursuing, especially when they live under pressing circumstances.

“Many times we have to put our hands into our pockets to help students,” says Joseph. But he believes that his example may convince youngsters to join the sport and physical education wagon because, “I know the benefits of this programme to the Moruga community.”

It has been difficult for him to manage, and he echoes everyone in wishing that the Ministry of Education (their employer and scholarship-provider) would consider allowing them some more free time to attend



Camille Superville

classes and keep up with the course work. The Ministry of Education, through its Secondary Education Modernisation Programme (SEMP) and UWI SPEC under the aegis of the Faculty of Humanities and Education are collaborators for this programme.

Browne commented that it was rough, particularly for the women, “and though no one has given up, we often counsel each other.” That counselling instinct is one of the strengths they will carry away with them as an intended benefit. The course designers recognised the inherent “logistical problems,” and Dr. Iva Gloudon, Director of Sport and Physical Education at the St. Augustine Campus and main developer of the programme, urged participants to rise to the challenges and help them to refine it. “If you don’t tell us about your problems,” she continues to say, then “we will not be able to help you sort them out.”

For **Syandene Blackman-Walsh**, who teaches at Roxborough Secondary School in Tobago, her major challenge is the airline flights back and forth, but at least she doesn’t run the risk of falling asleep at the wheel.

“At times I am unable to attend school on the days which I have classes at UWI because it becomes impossible for me to reach the airport in time to travel to Trinidad,” she says, as she reflects on how it also means spending insufficient time with her family.

But it is her passion, and she believes the sacrifice is for “a worthy cause” and “students will benefit greatly in the end.” When she graduates, she plans to do a Masters and a Ph.D. in either Sports Psychology or Sport Management

“It is not my intention to stop teaching as this is where my passion lies,” she said.

The students share similar challenges, both from within and without. Within their own systems, they now recognise how undernourished physical education has been at the primary and secondary level. The current programme has equipped them to analyse the shortcomings and they were able to cite some of them, with recommendations.

The very high quality of the cadre of international professors delivering the modules, who are eminently qualified in physical education, has contributed to a new world view regarding the discipline and teaching of Physical Education.

Superville believes Physical Education should be allotted more space on the timetable. Currently, she said, “some schools only have two 45-minute periods once each week for forms one to three,” while some have three.

“Better teaching facilities are needed as well as more equipment to teach motor skills,” she said.

At Mt Hope Secondary, only fourteen students are enrolled for this year’s CXC Physical Education examinations, but there are thirty-six in form four - an encouraging sign.

Blackman-Walsh shares those sentiments, noting that physical education periods should be increased because of “the high incidence of illnesses and diseases.” At her school in Tobago, physical education is only taught up to form three and the sporting areas of football, cricket, table tennis, netball, basketball, volleyball and track and field are also encouraged.

At primary level, such as Gopee’s school, no teachers are assigned to physical education. He said it is left to the individual teachers to do this, “which very few do.” In his case, he teaches standard five, but has a special responsibility for sport.

Outside of their school systems, as students within another, they now feel better equipped to assess their internal school systems and the external one of the University of the West Indies as they get past the first half of their programme.

“In terms of methodology, peda-



Damian Gopee

gogy and practical-skill understanding,” Gopee said he had broadened his knowledge base, and knows better, “how to assess, plan, deliver lessons more effectively and understands learner’s capabilities, as well as having an appreciation for sporting rules.”

It is the consensus; that the course is too intense for the time allotted to it, and they are all feeling the strain of having to teach full time and to meet course requirements.

“It’s not enough time to internalise all of the material,” said Superville, while Blackman-Walsh felt communication links between administrators and participants could be strengthened. They simply need more time to “explore and relate” to the course material.

“We’re expected to perform all of our school duties, and maintain our GPA,” said Browne, before putting it into the same context that all the others had.

“But then, we’re pioneers - someone has to be there first.”

That about sums up how well they have absorbed the words of Dr. Iva Gloudon in her exhortation: “We challenge you to grow and to expand while cultivating a new breed of physical educators who would become a beacon in our region.”



Vaneisa Baksh

is Editor, *UWI Today*, produced by the Marketing and Communications Office, The University of the West Indies, St Augustine Campus. She has been in journalism in all its incarnations for more than 20 years.

For the Love of the Games

Nicole Huggins-Boucaud

To get an idea of the kind of spirit it takes to keep the UWI Games running, just try scoring interviews with the three men who helped resuscitate the Games in the late 1970's. They are eager to explain that they are now "happily retired", yet two minutes later you learn that they are just on their way to this committee meeting or helping to organise that sporting event. More often than not they're involved in planning a sport-related or UWI event and it's usually a labour of love.

Jai Jebodhsingh, Winford "Fred" Green and Victor Cowan all joined the Cave

Yet the event was regarded as an integral part of student life, an exciting opportunity to experience the cultural diversity of The University, notes Jebodhsingh.

The post '75 games were dubbed "the Friendly Games" and the tournament lived up to its name – well, most of the time. Apparently the keenest rivalry was between the smallest and youngest campus, Cave Hill, and the largest and oldest campus, Mona.

"Mona had the best of everything," chuckles Cowan, "the Games always ended with Track and Field and everyone knew Mona would win and scoop up the 10 points."

Looking at what some now refer to as the post-modern games, with The University funding teams that are twice as large and a wider variety of sports, Green says he never imagined that the Games would receive this level of support. Cowan also admits excitedly, "I never thought the UWI would ever take sports this seriously - but this is great!"

Victor Cowan is still involved in the Games as Chairman of the Technical Committee. He also serves as Secretary of the UWI Development and Endowment Fund.

Fred Green is credited with creating a more professional sports programme on the Mona Campus. Off-campus he has always

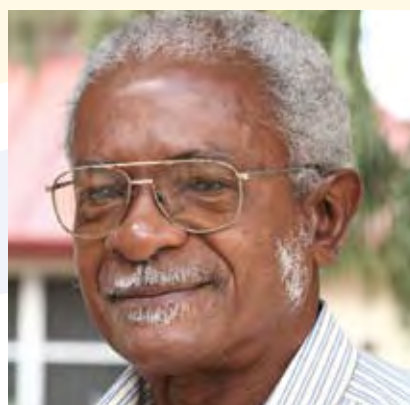


Jai Jebodhsingh

Hill, Mona and St. Augustine Campuses respectively, in the mid 1970's. The Student Intercampus Games began as a student-run event and were an annual fixture from 1968 until 1975 when the Games encountered financial difficulties. However, according to Jebodhsingh, it was less a question of "if" the games would continue than "how".

The University's administration agreed to take responsibility for the Games and in 1979 it returned with a new structure – a biennial schedule, 65-member contingents and six core sporting disciplines plus two others. Jebodhsingh, Green and Cowan were the driving forces behind it all, until each retired in the early years of the new millennium. Interestingly, only Green carried the title "Director of Sports". His counterparts headed Student Services at their respective campuses and became deeply involved in the Games because of their love of sports and their connection with students.

Back then, the campuses were smaller and "everyone knew everyone," reminisces Cowan. The teams were small and resources limited, so athletes often had to "double-up", competing in more than one sport.



Victor Cowan

In response, Green modestly concedes that in the early days Mona did have an advantage, but points out that each campus had its own strengths – Mona excelled on the track, St. Augustine's strength was on the football field, and "when you beat Cave Hill at cricket it was [a] big celebration!"

It did not take long for Cowan and Jebodhsingh to deduce that in order to improve, their students needed more opportunities during the year to play together as a team. At St. Augustine, Cowan brought the campus together with local Tertiary Level Institutions and Youth Camps to form the Post-Secondary Sports Association. The campus saw immediate improvements, but the real achievement says Cowan, with a mischievous laugh, was the year (1991).

"St. Augustine took them down to the wire and won the Inter-Campus Games – in Jamaica!"

Similarly, Cave-Hill instituted inter-faculty tournaments and formed campus teams that honed the skills of the athletes in preparation for national and regional competitions. Their zeal and competitive spirit have led them to win the Sir Frank Worrell Trophy four times since 1979, second only to Mona.



Winford "Fred" Green

been very active in school sports in Jamaica. He has recently relinquished positions within several sporting bodies, but continues to serve the interests of Track and Field.

Jai Jebodhsingh has served several regional and international sporting organisations at the executive level. He recently retired as President of the Caribbean University Sport Association and says his greatest reward "is the sense of joy and achievement which he derived from sport in general and from his involvement with Cave Hill students in particular."



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UWI GAMES HONOUR ROLL



YEAR	HOST CAMPUS	CHAMPION TEAM
1965	Mona	Mona
1966	St. Augustine	St. Augustine
1967	Mona	Mona/St. Augustine
1968	Cave Hill	Mona
1970	Mona	Mona
1971	Cave Hill	St. Augustine
1972	St. Augustine	St. Augustine
1973	Mona	Mona
1974	Cave Hill	Mona
1975	St. Augustine	St. Augustine
1979	Mona	Mona
1981	Cave Hill	Mona
1983	St Augustine	Mona
1985	Mona	Cave Hill
1987	Cave Hill	Cave Hill
1989	St Augustine	Mon/ St. Augustine
1991	Mona	St. Augustine
1993	Cave Hill	Cave Hill
1995	St. Augustine	Mona
1997	Mona	Mona
1999	Cave Hill	Mona
2001	Mona	Mona
2003	St. Augustine	Cave Hill
2005	Cave Hill	Mona
2007	Mona	Mona



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