



November Edition 'Journey to Success'



BOA TAG DAY 2011 is a success!



On Tuesday October 25th VP of the BOA, Mr. Mike Cherry presented Sir Richard Gozney with the first tag as he donated to Tag Day.



On Friday October 28th The BOA hosted its annual Tag Day with the goal to raise funds to support the athletes of our NSGBs. While their initial concerns that many athletes & officials were abroad participating at the Pan American Games, this did not deter the number of volunteers that were able to assist. **We recorded over 100 volunteers representing 20 of the 26 Federations & Associations who dedicated their time to the cause.** Your participation assisted us in raising **\$8, 635.26 !!!** There were 20 locations in the City of Hamilton. Additionally, many of the volunteers were **young athletes** which was refreshing to see.



This year the BOA extended its tagging hours to 6pm at the grocery store locations. We would like to thank the volun-



Sir Richard Gozney receives first tag from BOA Vice-President Mr. Mike Cherry at Government House on

teers of the Swimming, Gymnastics, Sailing, & Hockey Governing Bodies who provided full rosters until the early evening.

We are grateful for the representatives of each NSGB who stayed in communication with office administrator Carol Bean and provided her with the rosters. Moreover to those organizations who may not have had rosters lead-

ing up to the day but pulled through on the 28th, we appreciate your efforts. While it continually proves to be a difficult economic time in Bermuda we appreciate your diligence and the support of the community! Many Thanks!

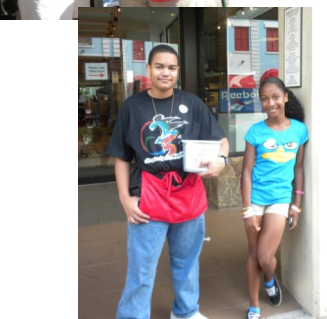
Did you know?? Health Tips

Did you know that **Vitamin C** not only helps with tissue growth and repair but it also protects against harmful effects of pollution, helps to prevent cancer, protects against infection, and enhances immunity. It has been shown to help lower high blood pressure. You can find Vitamin C in an abun-

dance of fruits and veggies! The following are great sources:

Red and green peppers, Brussels sprouts, cabbage, oranges, cauliflower, pink grapefruit, strawberries, mustard greens, kiwi fruit, orange juice, broccoli, cantaloupe, asparagus, avoca-

dos, collards, dandelion greens, kale, lemons, mangoes, onions, radishes, watercress.



XVI Pan American Games = Best ever for BOA President

October 14-30th marked the XVI Pan American Games which saw fourteen (14) athletes from six (6) sports compete in Guadalajara Mexico. Secretary General Philip Guishard accompanied the team as the Chef De Mission.

Judy Simons, JP travelled in the capacity of NOC President and was extremely pleased with the overall experience. She was impressed at both the facilities and the volunteers and had zero complaints regarding those aspects of the Games.

In his 7th Pan Am appearance, Veteran Sailor **Malcolm Smith** was chosen as the Bermuda's Flag Bearer for the Opening Ceremony which took place on the evening of the 14th. Both Madam President & Secretary General declared the Ceremony to be one of the best they have witnessed.

The two (2) weeks of competition saw our athletes competing in Athletics, Bowling, Equestrian, Sailing, Swimming & Triathlon. Whilst everyone represented Bermuda extremely well both off and on the playing fields, there were some notable performances that exceeded expectations.

In the pool, elite 'A' athlete Roy-Allan Burch was able to make it to the 50m free 'A' final swimming 22.82seconds to finish in 7th. That was the 3rd time in an 8 hour timeframe that he swam under 23 seconds.

On the track, Harold 'Tre' Houston ran **two (2) Personal Bests**. In the 200m semi-finals he broke the 21 second barrier running 20.91. In the 100m preliminaries he was able to run 10.40 (PB) finishing 2nd in his heat. In the difficult event of Heptathlon, Shianne Smith was able to tally three (3) Personal Bests in 100m Hurdles, Long Jump & 800m.

Jillian Terceira put on a stellar performance with Bernadien finishing 8th overall in Show Jumping qualifying Bermuda's spot at the 2012 London Olympic Games.

Olympic Solidarity London 2012 Scholarship Holders Tyler Butterfield and Flora Duffy finishes 6th and 8th respectively in the Triathlon.

The BOA would like to thank the officials (managers & coaches) as well as Richard Johnson (massage therapist) for their commitment to ensuring that the athletes are able to perform to the best of their abilities. These festivals would not be possible without you

The BOA looks forward to the 2015 Pan American Games which will be held in Toronto, Canada

Para-Pan Am Athlete, Jessica Lewis makes history!

Wheelchair athlete Jessica Lewis became the FIRST BERMUDIAN to compete at the ParaPan American Games. She qualified for the 100m, 200m and 400m events. As the sole representative of Bermuda Jessica proudly bore the flag at the Opening Ceremony on Friday November 11th in which she declared that it was a true honour to be representing her country in Guadalajara.

The 18 year-old started her competition with the 100m race where she narrowly missed the podium finishing 4th with a time of 20.78. The following day she competed in the 200m race finishing 4th once again. In the 400m race Lewis managed a **5 second personal best and finished strong in 5th place**.

She has already qualified for the London 2012 Games

easily surpassing the 'B' standard and is a mere two hundredths of a second short to qualify for the 200m. Locally the teen is coached by former national team trainer Gerry Swan. While in Canada, studying at Brock University she is coached by Ken Thorn.

The BOA is extremely proud of Jessica and her accomplishments



BASA set to host National Age Championships December 18th

Bermuda Amateur Swimming Association is hosting its National Age Championships during this holiday season! On Sunday December 18th starting at 4:30pm swimmers of ALL ages will be at the training pool at Saltus. For the first time ever, BASA will stage these Championships for athletes 25 and above.

As a result, London 2012 Olympic qualifier, Roy-Allan Burch will make the trek from North Carolina home to partake in the

event! His rivals in the Championships will include the Bermuda Team that participated in the 1992 Barcelona Olympic Games as well as the Sharks Club Team of teenagers who recently overcame the Masters squad in a 4x50m Masters vs. Teens race.

Burch currently owns the national record for the 100m and hopes to break it!

BASA is encouraging ALL those who have ever been involved in

swimming or know anyone in the sport to come out and support this historic meet as there are currently NO records in the Masters Age groups.

They intend to hold raffles and the entry fee will be \$2 per person.

For further information visit www.basa.bm



Gold Coast awarded the 2018 Commonwealth Games

In the 2nd week of November Madam President and the Secretary General traveled to St. Kitts and Nevis with the rest of the Commonwealth Games Associations to attend the Commonwealth Games Federation (CGF) General Assembly. While the conference lasted 3 days the main purpose was for the 70 Commonwealth nations and territories to cast their vote between the 2 rival

cities: Hambantota of Sri Lanka and Gold Coast of Australia- bidding to host the 2018 Commonwealth Games.

The race was a tense one that eventually saw Gold Coast prevail with 47 (to 27) votes. Gold Coast 2018 will mark the 5th time that Australia has hosted the Commonwealth Games (1938, 1962, 1982 & 2006). While Gold Coast was the likely favourite, it was a nail-biting time right to the conclusion when Hambantota made their last presentation at the CGF GA. The bid team for Hambantota believes that the chaos surrounding the 2010 Delhi Commonwealth Games had a negative impact and was still too fresh in minds ultimately costing them this bid.

Sport Programmes. Boxing, Rugby 7's, Mixed Triathlon & Beach Volleyball were officially voted onto the sports programme by the 70 CGAs after recommendations from the CGF Sports Review Committee. The new disciplines are all category twos meaning they are optional sports rather than compulsory for Organising Committees but they may appear as early as Glasgow 2014. Prince Irman, newly appointed CGF President explained that 'it is fundamental to evolve the sports programmes in such a way that sustains the Commonwealth Games pre-eminent status as a multi-sports event.'

Additionally a new Executive Board was elected which saw numerous changes including:

- 1) HRH Prince Irman of Malaysia replace Mike Fennell as President.
- 2) Bruce Robertson of Canada

and Gideon Sam of South Africa were voted as the Vice-President

3) Suzanne Weckend-Dill of Canada became the new Athlete's Representative

4) Kalam Juman Yassin, President of the Guyana Olympic Association was appointed the Regional VP of Americas

5) **Secretary General of the BOA Philip Guishard now stands as the Sports Representative for the Americas Region**

6) Re-elected as Treasurer was Austin Sealey of Barbados

7) Louise Martin (Scotland) maintained position of Secretary

To learn more about the Commonwealth Games Federation visit www.thecgf.com



Members of the Gold Coast bid team celebrate immediately following the announcement

Other news coming from the CGF General Assembly included a NEW Board and changes to the Commonwealth Games

“London Live Series” is Free!!! - Olympic Games update

With just under 240 days to go until the London 2012 Olympic Games, LOCOG is well on it's way with preparations. All Olympic Park venues were completed on time and within budget.

Organisers have been successful in launching the 'London Prepares' series which is the official sports testing programme. With test events since May 2011, LOCOG has been able to test crucial aspects of its operations while featuring world class sporting events bringing TOP athletes to the existing and brand new venues located in the Olympic Park. High-profile test events on the horizon include International Gymnastics, the 18th FINA Diving World Cup and the UCI Track Cycling World Cup. All these events scheduled for early 2012 have already sold out!

In late November it was announced that 3 of central London's most iconic open-air locations will be transferred into live sites for the Olympics & Paralympics allowing the public to join in the celebrations and excitement for free. The project deemed 'London Live' will see Hyde Park, Victoria Park & Trafalgar Square set up with GIANT screens for crowds to watch the Games action. Each location will also provide a variety of entertainment including live music & outdoor performances. London Live Hyde Park will see the largest screen in the UK put up to show live BBC coverage and will be completely free between July 28th and August 11th.

As London continues its preparations so does the

Bermuda Olympic Association. We have met the necessary deadlines thus far set up by LOCOG. Additionally, Philip Guishard & Chef De Mission, Stan Douglas will be traveling to Mexico City for an IOC continental forum. Much of scheduled agenda items are relating to the Olympic Games and are a follow up from the Chef's Meeting that took place in early August.

If you are still interested in tickets for London 2012 please visit www.cartanglobal.com. Cartan Tours is the official supplier of tickets for Bermuda.

For progress updates surrounding the games visit www.london2012.com or www.insidethegames.biz



Aquatics Centre- Completed 27 July 2011 on time and within budget. This marked the 'one year' celebration until the Opening Ceremony

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SAVE THE DATE

BOA General Assembly Meeting
Thursday January 19th 5:30pm
Chamber of Commerce

Newsletter Ideas or stories?

Please submit to Carol
Bean at Olympics@ibl.bm

BOA is now a member on Facebook! Simply search 'Bermuda Olympic Association' and 'LIKE' us for all the BOA updates as well as Olympic Preparations!



Following the last General Assembly (September 22nd 2011) we are following up on Madam President's request regarding the Athlete's Commission:
IF EACH NSGB WOULD NOMINATE ONE PERSON FROM THEIR SPORT TO SIT ON THE COMMISSION THE TRANSITION INTO A NEW QUADRENNIAL WILL BE MUCH EASIER!! We encourage individuals to give back to their sport by representing the athletes

Gymnastics Association displays talented athletes

On Saturday November 12th the Bermuda Gymnastics Association hosted an in-house competition. This was an opportunity for the upcoming competitive team to showcase their routines that they have been practicing all term prior to their competition in Boston.

Capacity Support Officer, Chantelle Grant was in attendance and was extremely impressed by the crowd! There were many members of the community in attendance and the athletes put on a great show!

There were performances from Commonwealth Youth Games athlete Sydney Mason and competitive team captain Morgan Beckles. Athletes of various ages both boys and girls. In addition to the meet, the BGA was able to unveil their new in-ground foam pit.

The BOA would like to thank BGA for making us aware of this event!



Family and friends of the gymnasts show their support by attending the meet on November 12th

