



Department of Youth, Sport and Recreation

NEWSLETTER

THE COMPETITIVE EDGE ~ JANUARY 2022



Erinn Cann wins Silver Medal for Bermuda.

Bermuda Sanshou Association

Garon Wilkinson, the Bermuda Sanshou Association president, has hailed the island's outstanding showing at the Phoenix Wushu Nationals in Phoenix, Arizona from December 17 – 19th 2021.

The trio of Errin Cann, Kaelin Cox and Kallan Todd did Bermuda extremely proud, having secured three medals among them, including two gold, competing in the event held at the Phoenix Convention Centre. Cann, the youngest member of the team at age nine, won the Jianshu (straight sword) division and silver

in the Changquan (Longfist) division, respectively. Cox won the island's remaining gold competing in the men's traditional Nan Quan (southern fist) division. Kallan Todd, 15, also impressed in his debut san da fight against an opponent twice his age in Tyler Bristow of Baltimore. "He fought his first Sanda fight against an adult and so it wasn't an official fight, it was an exhibition match," Wilkinson added. "He went down 2-0 but executed very well. "It was great to see him display his skills as he did against obviously

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Kaelin Cox wins Gold Medal

a much matured seasoned athlete. It served as a great experience and we are looking forward to Kallan developing in the sport of Sanda,” he said.

Cann also thrived competing in the US Wushu Mock Trials, which were held at the same venue, placing fourth in Jianshu and ninth in Changquan, respectively. “The US Wushu Mock Trials is all national team athletes and so she was fourth and ninth against the US national team athletes, which is extremely good,” Wilkinson said. “The US Wushu Mock Trials gave the US national athletes the chance to perform in front of qualified judges and used the approved competition floor.”

The overall experience was ideal preparation for Cann’s bid to qualify for the 2026 Youth Olympics in Dakar, Senegal. “The whole trip was kind of surrounded around her in our push for qualification at the 2026 Youth Olympics that have been postponed from 2022,” Wilkinson said.

“Wushu is now going to be an official sport. The Bermuda Olympic Association, obviously because of Wushu being a part of the Youth Olympic programme, has supported our development programme so we have had athlete development as well as coaching development since September of 2020.”

Cann also gained valuable exposure prior to the Phoenix Wushu Nationals training at the Elite Kung Fu in California this summer. “She spent two weeks training with them and because there’s been so little competition, we really wanted her to compete this year,” Wilkinson added.

The BSA president also praised Taolu coach Jecoa Burrows, sanda arbitrator Oscar Lightbourne and team manager Nolette Webb, who also accompanied the island’s athletes at the Phoenix Wushu Nationals. “It’s obviously very difficult to travel during the Covid-19 pandemic and we are just glad that we were able to pull it off and everyone was able to return home safely.”



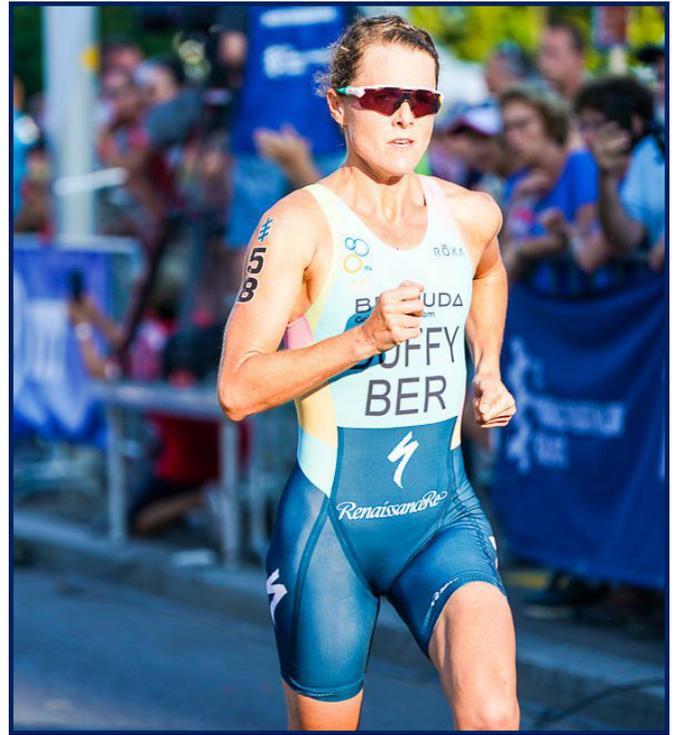
Errin Cann won the Jianshu Division and a Silver Medal in the Chagquan



BDA Team (L to R) Jecoa Burrows, Kaelin Cox, Kallan Todd, Errin Cann, Oscar Lightbourne and Nolette Webb

Bermuda Triathlon Association

- 1. HSBC Trikids Junior Training Clinics Huge Success** – The Bermuda Tourism Authority, HSBC and the BTA provided free triathlon clinics in 2021 for kids aged 7 to 15 years old. The clinics were held at the National Stadium North Field each Sunday in September and October to allow kids to explore and enjoy the sport of triathlon. Clinics helped to prepare the participants to compete in the November 20th race held at Clearwater Beach. The BTA is committed to eliminating barriers to entry in the sport and had bikes available for participants to borrow.
- 2. Flora Duffy Update** – As well as being Olympic Champion and World Champion, Flora Duffy is now a Dame. The Bermudian superstar was awarded the prestigious title late on Friday in the New Year Honours List. Flora was made a Dame of the Order of the British Empire, being “recognized for her exceptional contribution to sport in Bermuda over many years and for her outstanding achievements in triathlon, which include becoming the first and only person from a British Overseas Territory to ever win an Olympic gold medal.



World Champion - Flora Duffy is now a Dame.



HSBC Tri-Kids Jr. Clinic

3. Duffy was also named the International Woman Triathlete Of Year for 2021 by Triathlon Magazine Canada. <https://triathlonmagazine.ca/personalities/2021-triathlete-of-the-year-international-woman/>

4. **Spotlight on Local Triathletes** – Cathy Gurret Lama achieved third place in her age group of 65-69 years old in 70.3 Ironman race held in Indian Wells, California in a field of 2000+ athletes. Overall, in 2021 she is ranked 10th in the world in her age group of 65-69 years by Ironman Co, a well-deserved achievement. Jennifer Wilson also participated in the event finishing 8th in her age group in a time of 5:59:24.



Jennifer Wilson at Indian Wells

5. **Achievements** – Sharon Hammond and Caroline Wright have been accredited with the World Triathlon Level 1 Coaching Certificate.



Cathy Gurret Lama



Sharon Hammond

Bermuda Cricket Board Highlights

The Bermuda Cricket Board is actively working and preparing for the 2022 cricket season. Starting with the launch of our 2022 – 2026 strategic plan, the BCB hosted a webinar on January 13, featuring President Arnold Manders, Executive Director Calvin Blankendal and ICC Americas Regional Development Director, Fara Gorski.

As discussed, this year a strong focus will be placed on developing girls and women in cricket with the implementation of four teams in each age group U8 – U16 and the continuation of our senior women’s team and the re-establishment of a women’s National Team.

The BCB will also increase the number of youth players by working in collaboration with local schools, assisting with resources and offering workshops to implement the ICC Entry Level Curriculum to all primary schools.

In 2022, the high-performance committee will continue to deliver educational resources and coaching courses, training and specialist camps, an U17 boy’s super-4 series and a women’s T10/20 competition.

There will also be changes in infrastructure, as each member club will be presented with an infrastructure report on their grounds after completed assessments. Grounds will then be selected for upgrades within the next five years with signed partnership agreements.



Kids practicing batting drills at cricket camp.

In addition, the BCB will work towards the increase in a number of corporate and individual donors to help facilitate and support both youth and senior programmes. As well as working to increase corporate and Government funding for operations, the BCB will launch an online merchandise store for revenue ahead of the next National Team tour.

To see the BCB’s full strategic plan document, visit: <https://cricketbermuda.com/2022-2026-strategic-plan/>

Bermuda Equestrian Federation Highlights

The Bermuda Equestrian Federation extends its congratulations to Bermuda Dressage National Coach, Angela Halloran Smith who successfully completed the Panam Sports High-Performance Coach Certificate 1. The course was held in partnership between Pan Am Sports and the Coaching Association of Canada with registration made through the Olympic Committees of each participating country. The 42-hour online course was held twice a month commencing in March 2021 and ending November 2021. Presenters included Wayne Parro, a Consultant with the Coaching Association of Canada, Jeff Krushell, a professional

Coach and Registered Kinesiologist and Shaunna Taylor, Performance Counseling. The bi-monthly sessions covered the following modular topics:

- Coaching Philosophy and Leadership
- Advanced Performance Planning
- Energy Systems and Physiology
- Strength and Conditioning
- **Sports Psychology:** Athlete and Coach Mental Preparation for International Competition
- Advanced Injury Prevention and Recovery Strategies
- High-Performance Analysis

Angela stressed that the comprehensive certification course demands a firm commitment from participants. At the end of each month, participants are required to write an examination with a pass mark of at least 80% before progressing to the next modular topics. Angela highly recommends the course and has already



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**Never underestimate your capability.
Take the limits off and TRY.**

~ Angela Halloran Smith

applied many of the useful theories into her daily coaching and training sessions. In addition to her role as Bermuda's Dressage Coach, Angela is a BEF Director and is Chairperson the BEF's Dressage Technical Committee. Angela is also the President of the Bermuda Dressage Group and is a member of the Bermuda Olympic Association's Women in Sport Committee.



◀ **Heidi Mello**
President of the Caribbean
Equestrian Association

.....
Anne Cherry ▶
Retired Honorary Secretary
of the CEA.

Bermuda's Heidi Mello was recently appointed as President of the Caribbean Equestrian Association (CEA). Heidi is a qualified FEI Level 3 Course Designer and a FEI Level 1 Judge. In addition, Heidi has extensive experience in officiating at numerous competitions in Bermuda and at prestigious overseas competitions. Heidi's wealth of experience and knowledge will serve to enhance the continued development of equestrian sport in membered countries of the Caribbean Equestrian Association.

After nearly 18 years of service, Anne Cherry has retired from her role as Honorary Secretary of the Caribbean Equestrian Association (CEA). The CEA was formed in 1997. Its objects include, inter alia,

the encouragement of equestrian activity within the Caribbean region, including the promotion of training for equestrian officials operating within the region, as well as the promotion of international or intra-Caribbean equestrian events. Bermuda has successfully competed in the annual CEA Regional Jumping Challenge and the CEA Regional Dressage Challenge on numerous occasions.



The Bermuda Equestrian Federation extends its sincere appreciation to Mrs. Cherry for her dedicated contribution to the development of equestrian sport not only in Bermuda but also in the Caribbean. Although Mrs. Cherry has stepped down from her CEA position, she will continue to voluntarily give of her expertise to manage the BEF office which involves not only membership registration, horseshow management, FEI related support but also a host of "behind the scenes" duties which enable the efficient management of the Bermuda Equestrian Federation.



Flora Duffy at the renaming ceremony.

Bermuda National Athletics Association

In a family-friendly evening under the lights at the Flora Duffy National Stadium, the BNAA resumed competitions on the track, with its first-ever, Mile Reloaded race. Traditionally, this time of the year runners would have taken to the track in an effort to qualify for the front street mile.

However, with the cancellation of the Bermuda Triangle Challenge, BNAA decided to get a head start on the track season by hosting a mile race in its place. This event was opened to the community, with BNAA inviting road runners, triathletes and weekend joggers and all other athletes to come out and test their skills.

The Primary schools Girls (U-10) winner was Pacers' **Riana Robinson** in 6:39.55 followed closely by **Solae Zakari Goater** 6:42.07 and **Elena Bortoli** 6:42.57 both representing DNA.

Primary School Boys (10) champion was DNA's **Chavi Pacheco Hill** in a time of 5:40.22. **Harrison Estwanick** 5:56.90 and **Max Parry** 5:57.30 both of MAAC finished 2nd and 3rd.

In the middle school division, featured one of the most exciting races as **Jaeda Grant** gave herself the perfect thirteenth birthday present as she clocked a winning time of 5 minutes, 34.57. **Ava Butterfield** 5:55.48 and **Arabella Newport** Derbyshire 5:55.48 were 2nd and 3rd respectively.

Jaeda's time equated to a 5:11.71 time over the 1,500-meter distance, making her the first local athlete to reach a qualifying standard for next April's Games in Jamaica.

Declan Reardon took the 11-13 boys crown in a time of 5:11.96, finishing ahead of MAAC team-mates **Cameron Adkins** and **Tom Hyland** in 5:23.27 and 5:24.80.

Fenella Wightman of Bermuda High School claimed the senior school girls (14-19) title with her time of 5:44.35, with **Shayla Cann** of Bermuda Pacers second in 5:55.93.

The Senior School boys' race had an exciting finish, with **Tommy Marshal** 4:50.70 of DNA demonstrating strength and speed as bested his teammate, **Tajahri Rogers** 4:51.16 for the title. **J'auza James** of the Pacers was 3rd in a time of 4:57.51.

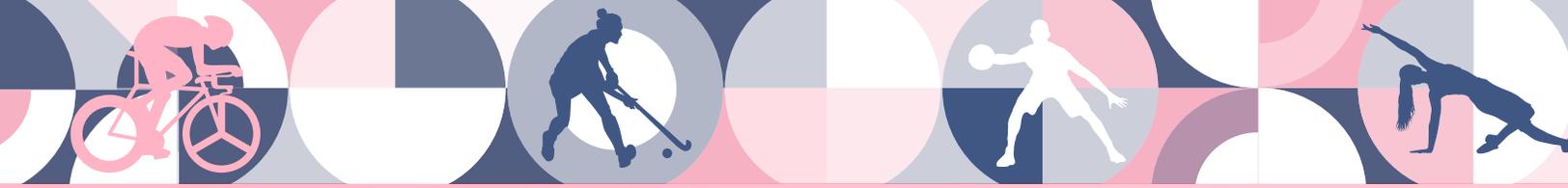
Gayle Lindsay won the women's open race in 5:33.62, while **D. M. Salter** was the women's senior open winner in 7:23.62.

In the final event of the evening, the open men and senior open men, **Teddy Shum** took full advantage of the absence of **Dage Minors** who withdrew because of illness and raced to 1st place finish in a time of 4:47.51. **Domico Watson** finished 2nd in a time of 5:06.58 and **Anthony Furbert** Place 3rd.

In the senior open, **Chris Parry** 5:10.17 outpaced John Thompson 5:16.00 for the championship. While **Sean Kelly** earned the last podium spot in a time 6:24.03.

BNAA resume track events on January 15th at the National Stadium.





2022 UPCOMING EVENTS

Bermuda Triathlon Association

NO	DATE	NAME	LOCATION
1.	10 April 2022	Good Friday Home Event	Harrington Sound
2.	24 April 2022	Gnosis Super Sprint Team Relay	St. George's
3.	12 June 2022	Sprint Event	Clearwater
4.	15 June 2022	National Hero's Day Home Event	Harrington Sound Dock
5.	18 June 2022	Clarien Iron Kids Triathlon	Clearwater
6.	7 September 2022	Labor Day Home Event	Harrington Sound Dock
7.	25 September 2022	AON Sprint National Championship	Clearwater
8.	23 October 2022	Butterfield Olympic National Championship	Clearwater
9.	5 November 2022	World Triathlon Sprint Distance	Hamilton





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