



## Department of Youth, Sport and Recreation

# NEWSLETTER

THE COMPETITIVE EDGE ~ NOVEMBER 2020



Above: Junior athletes with Kristen Steffensen in preparation for a ride.



Above: Junior athletes participate in running and swimming drills.

### Bermuda Triathlon Association Highlights

During the October school break, Jack Maitland and Kirsten Steffensen of The Sports Ashram in the UK led a week long intensive triathlon camp in Bermuda. The purpose of the camp was to give the athletes a positive experience of a triathlon training camp and begin to form a group who can develop as a squad together. Eight athletes aged 13-17 years took part in the 4 sessions a day program which included swimming, cycling, running and yoga. Each session varied between skill work, aerobic

training, video analysis, and recovery work. The athletes even got to dabble a bit in the 'Swim Run' style of racing as Bermuda was ideal for multiple training locations such as the NSC pool/track, Clearwater beach and go kart track, numerous railway trails for running and the roads of Bermuda for cycling.

The athletes got a feel for the amount of training they could handle, the importance of aerobic training and how to include it into their week. Athletes also learned the

importance of developing and practicing skills and an understanding for how yoga can help them with strength, mobility and mental focus.

The week ended with a Super League style race which saw the athletes competing in super sprint triathlon races but switching up the order of swim, bike, run each time. Everyone had a lot of fun while learning many new skills from experienced and knowledgeable coaches.



GOVERNMENT OF BERMUDA

Department of Youth, Sport and Recreation

## Bermuda Football Association Highlights

### Youth Tournaments in November!

#### Gregory Grimes U-13 Tournament

On Friday November 6th, the U-13 Gregory Grimes Plate Final took place at the Clyde Best Centre of Excellence. The Plate Final saw North Village Reds take on Vasco Da Gama. North Village were victorious 6-0 and the 'Man of the Match' was Jayus Dill of North Village.

The Gregory Grimes Final saw Warwick Archers Bows take on Somerset Trojans. Warwick were crowned champions after a convincing 6-1 victory. Xahvi DeRosa and Jace Donawa both scored a brace in the match for the WA Bows with the remaining goals being scored by Nate Snelling and Nayan Grant. 'The Man of the Match' was awarded to London Robinson of Warwick while the Trojans 'Man of the Match' was awarded to Michari Tear-Deleon.

#### Charlie Marshall U-17 Tournament

PHC Zebras kicked off against the Warwick Archers in the final of the first annual Charles Marshall U-17 Tournament at the National Sports Centre on November 11th where they sealed victory with a 4-2. PHC went up 4-0 in the first half with two goals from Kynde Mallory and a goal apiece from Tyler Welsh and Zaire Weller. The two goals from Warwick Archers were scored by Caleb McDowall.

**Bottom Right:** North Village Reds celebrate their 6-0 victory over Vasco Da Gama to win the Gregory Grimes Plate Final.



**Above:** Warwick Archers Captain with the Gregory Grimes Trophy with (L to R) BFA President Mark Wade, Ron-Michel Davis & Department of YS&R Director Norbert Simons.



**Above:** PHC captain Zakiyah Lee with the Charlie Marshall Trophy with (L to R) Mark Wade, Charlie Marshall, PHC Secretary Joy Eve, & Minister of Youth, Culture & Sports Dr. Ernest Peets.



PHC Zebras celebrate their 4-2 victory over the Warwick Archers in the Charlie Marshall Final.



## Bermuda Volleyball Association Highlights



Members participate in the annual Referee Certification course.

The Bermuda Volleyball Association had a successful November. Throughout the month, we held various initiatives to ensure that volleyball in Bermuda remains a viable option for all residents, interested in playing, refereeing and/or coaching.

Firstly, we hosted our annual Referee Certification course at Warwick Academy. The course had a total of 12 participants that represented both referees with the intention of re-certifying and new recruits. Of those looking to learn the extensive rules of the game, half were players enrolled

in the Junior National Team Program. The course took place over 3 evenings, 1 of which included a practical where those that chose to apply for certification demonstrated their newly acquired skills and knowledge on the ref stand. Sophia Sontag, Referee Chair, said: "We look forward to seeing the participants out in the community helping educate others of the game!"

The BVA also hosted our 2020 Level 1 coaching sessions with FIVB Coach, Trevor Theroulde at Warwick Academy on Monday evenings. 15 participants learned the skills to be successful coaches, such as court positioning, and volleyball terminology, skills and drills. They were also able to test their skills with practical experience during the Under 15s Paradise Hitters weekly practices. The BVA congratulates our newly certified coaches and we are encouraged by the continued level of interest for developing volleyball in Bermuda. Thanks

to the participants, to the under 15s coaches and players, and to Coach Trevor for a great course!

Lastly, we're happy to report that our winter indoor volleyball season has begun. Each year, we find it challenging to secure adequate gym time, and this year was no exception. In fact, it was even more challenging than in previous years. We're very grateful for the time Warwick Academy is able to provide us. Once again, we're running womens, mens and coed leagues, with ten teams each on the womens and coed nights, and just like last year we have six total mens teams. VP of Leagues, Chad Stoddard said: "It's great to have such a great turn out and to see people having fun and staying active! Here's to another successful season. We hope that as time progresses, COVID regulations will ease up and allow us to increase participation numbers."

## Bermuda Cricket Board Highlights

The Executive of the Bermuda Cricket Board (BCB) is pleased to announce the appointment of a new President, Mr. Arnold Manders. Mr Manders was elected President, winning 8-5 against Lloyd Smith during the BCB's Annual General Meeting held at Hamilton Princess yesterday evening. He has previously served on the Executive as the Vice-President, High-Performance Chairman, Development Chairman and as Head Coach for the U19 National Team. Ms. Kellie Smith has been elected as the first female BCB Vice-President and will replace Mr. Manders.

"To have the opportunity to be involved with the Bermuda Cricket Board at an administrative level is one that I most certainly do not take for granted," said Ms. Smith. "I appreciate the trust shown to me by the clubs and I am very much looking forward to working alongside our newly elected and deserving President Arnold Manders. I believe my experience with the governing body over the last eight years will be of great assistance in helping to reach the long-term goals for Bermuda Cricket.

"Having been a member of the BCB's Executive and having a direct interest in cricket development at the grassroots level, I feel that I have had a holistic view of the sport and the challenges we all need to tackle collectively. It is now about planning for the future, and that doesn't mean just for the next year or two but for many years to come to help revitalize the country's national sport." The BCB Executive and staff would like to thank Mr Lloyd Smith for his contributions. His achievements in cricket during his tenure as President are recognized and highly appreciated.

The AGM also saw the re-election of three Club Representatives in which Mr Irving Romaine, Mr Dennis Williams, and Mr. Peter Philpott will remain in their current positions. Treasurer, Andrew Griffith chose not to seek re-election but has agreed to stay on board in the interim until a new treasurer has been appointed up to January 31, 2021. The remaining BCB Executive members are 2nd Vice-President Mr Paul Ross, Secretary Mr Jaymo Durham, and Assistant Secretary/Treasurer Mr Steven Douglas.



## Bermuda Motorcycle Racing Association Highlights

**Objective:** To highlight the positive impacts of sports on the Bermuda society.

### Safer roads

The Bermuda Motorcycle Racing Association tackles road safety and positive riding habits in a uniquely engaging and exciting way.

In 2018, Oleander Cycles teamed up with the BMRA by sponsoring 3 retired rental scooters to be incorporated into their youth riding clinics. The cycles filled the void to offer a solution for preteen and teenage youth with a suitable motorcycle for training within the program. This addition has given new riders the ability to build a strong foundation in riding skills on a closed circuit.

The program impacts the makeup of Bermuda's public roads over time. Young riders learn essential skills such as hand signaling, the establishment of quick reflexes for maneuvering in busy and high-pressure situations, and attention to predictable and unpredictable hazards—including other road users, foot-traffic and slick surfaces such as paint in wet conditions.

Young riders train within the clinics from ages 7-16 on age-appropriate rental bikes, offering a unique leisure activity that has transferable benefits beyond the race track. Riders do not have to compete in the BMRA race series to join the clinics and can simply use the program as a foundation for

safe and confident riding preparation in the lead up to securing road licenses or for a high-energy pastime.

On island, an average of 100 people are treated at KEMH each month due to road accident injuries. This number could decrease if members of the public make a conscious effort to consider how they prepare and approach riding on Bermuda's roads. Steps including early motorcycle training and using adequate safety gear (full-face helmet, gloves, riding jacket and sturdy footwear) are just two easy ways to plan for a safer riding experience.

Contact the BMRA at [bmra.bda@gmail.com](mailto:bmra.bda@gmail.com) to get your child involved in their youth riding clinics.



Junior riders get ready to compete at the Rubis Southside Motorway.

## Bermuda Amateur Swimming Association Highlights

The BASA Winter Age group championships was the first Championship meet that we have been able to hold since March of this year. With the cancellation of Spring Championships and National Championships along with Carifta and CCCAN it was really great to finally have all of the levels of swimming at the same venue competing. Having the exemption for 150 people allowed for us to have coaches, swimmers and officials on deck in order to have a very successful meet. The parents were not able to spectate but the swimmers cheered each other on and supported each other to fast swims.



Logan Jones in action.

## Bermuda Equestrian Federation Highlights

### CEA Dressage Challenge

The Bermuda Equestrian Federation is pleased to advise that, despite the current global pandemic, Bermuda was able to participate in the CEA 2020 Dressage Challenge.

There were fears that this event would be cancelled as the global pandemic made it impossible for foreign judges to travel to each competing Caribbean Island. Not

to be deterred, *Roberta Foster, President of the Caribbean Equestrian Association* came up with an innovative means to host this year's CEA competition. Rather, each competing country is to forward video coverage of the dressage tests of competing riders to this year's officiating overseas judge, Heather Stalker. This format avoided the need for the judge to travel to each competing Island.

### 2020 CEA REGIONAL JUMPING CHALLENGE

The Bermuda round of the 2020 Caribbean Equestrian Association **Regional Jumping Challenge** took place at **National Equestrian Centre on Saturday, 14<sup>th</sup> November**. The Caribbean Equestrian Federation (CEA) seeks to encourage equestrian sport within the Caribbean regions by the promotion of international and/or intra Caribbean events. Bermuda has been a proud member country of the CEA since 1999. Other Member Countries include *ANTIGUA, JAMAICA, BARBADOS, CAYMAN ISLANDS, HAITI as well as TRINIDAD & TOBAGO*.

The format of this competition provides an excellent opportunity for Bermuda equestrians to measure their equestrian

jumping skills against riders from other Caribbean countries, without incurring the expense or logistics of having to travel overseas. Rather, participating riders compete in their own country, over an identical jumping course at heights of .70m, .85m or 1.00 m.

The Bermuda team comprises the competitors securing 1st place in each of the aforementioned jumping height categories. Members of the 2020 Bermuda CEA Team are:

*Lily Butler riding Storm Watch .70m category*

*Tyler James riding Happy Feet .85m category*

Thus, under beautiful sunny conditions, the Bermuda round of the CEA Dressage Challenge was held on Saturday 7<sup>th</sup> November 2020 at the National Equestrian Centre. Judge Stalker will release the overall results once ALL participating Caribbean countries have held their competitions. Countries have until December 2020 to do so.

### *Mackenzie James riding Up Up & Away 1.00m category*

Participating countries have until December 2020 in which to hold their competitions and thus the overall results will not be announced until thereafter. Bermuda has held the championship for the past 3 years. Of further news is that jumping courses for this year's competition were designed Bermuda's own **Heidi Shelley-Mello**. Heidi is a **FEI Level 3 Course Designer**. This will mark the first occasion that a member of the Caribbean region has been invited to design the jumping courses for the CEA Regional Jumping Challenge. Congratulations are extended to Heidi Shelley-Mello on this achievement.



**FEI Level 3 Course Designer:** Heidi Shelley-Mello

CEA Dressage Challenge  
**Left:** Grace Lightowler on Just Pete.  
**Right:** Michael Rodrigues on Domino Effect.



CEA Regional Jumping Challenge Bermuda Team from Left to right: Lily Butler on Storm Watch, MacKenzie James on Up Up & Away and Tyler James on Happy Feet.



## Bermuda National Athletics Association

As a consequence of the COVID-19 Pandemic, the year 2020 has been filled with disruption for most sporting events. This has not only impacted Bermuda but has had a global impact, most notably with the rescheduling of the Tokyo 2020 Olympics. Despite this the BNAA felt the need to salvage one of the signature events for the 2020/2021 sporting season.

As you would be aware the 2021 Bermuda Triangle Challenge (BTC) has been cancelled as a result of the COVID-19 pandemic. Consequently, this cancels the Front Street Mile, a signature event on the BNAA calendar. This event is a long-standing favorite for our athletes specifically our aspiring junior athletes who look forward to it. They also use this event to prepare for International events such as, the Carifta Games. As one of the BNAA's mandates, we strongly support the development of the youth of Bermuda and aspiring athletes and feel it necessary to find alternative solutions that continue to foster their development in the sport of Athletics.

As a result of numerous requests from our athletes and coaches, the BNAA Executive Committee met and discussed our options. After careful consideration and recognizing that we would be able to stay within the COVID-19 guidelines, the decision was made to move forward with the Mile event.

Recognizing that due to the Government issued COVID-19 guidelines for sporting events, we could not host the traditional "Front Street Mile", we have re-branded the event and titled it **"The Mile RELOADED 2021"** with sponsorship from Butterfield & Vallis.

Each category will remain the same: Primary, Middle and High School, Open, Masters & Senior Masters. The event will be entirely local and as a result we will not have an Elite Category. The trials will be held as was originally scheduled, Friday, December 11<sup>th</sup>, 2020 at the National Sports Centre and the top 20 in each category will qualify for the finals.

The finals will be held in an undisclosed location on Saturday, January 16th. We plan to make the unveiling of the location into a contest for athletes to see who can identify the location of the finals. Clue #1: it will not be held on Front Street. Follow social media pages for clues as the date of the Mile RELOADED approaches. We are excited and pleased that we will be able to salvage at least one of our signature events for 2020/2021. We continue to look forward with hope towards our 2021 season.

You can register for the trials at <https://www.trackie.com/online-registration/find-event/>

Stay tuned for more on The Mile RELOADED 2021!

**\*Side Note: 'The Mile Reloaded' has been postponed.**

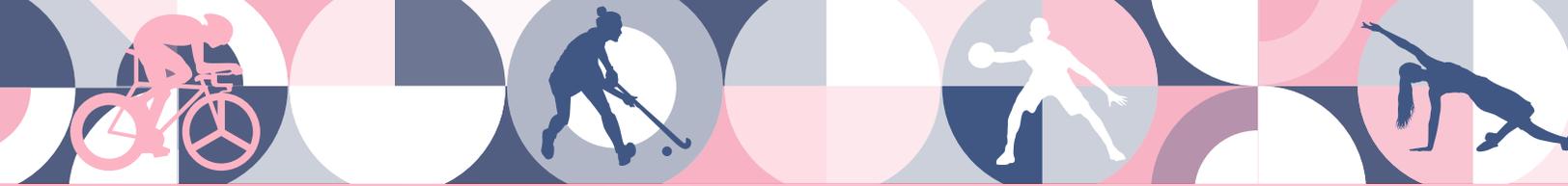
## Bermuda Boxing Federation Highlights



**Bermuda Boxer:** Tyler Christopher with film crew.

London based film production company 'Outsider' is returning to the island this December to shoot new material for their documentary on Bermuda Boxing, entitled 'Nuffin for Nuffin' (slogan of the late great Forty Rego). Filming began back in 2018 following the paths of Andre Lambe and Tyler Christopher, then National Team boxers now both professional fighters, who's sights were set on Olympic glory. This time they'll be meeting

and interviewing with new Olympic hopeful Adrian Roach as he cuts his path towards the Olympic qualifiers in spring 2021, and hopefully onto Tokyo for the main games next summer. The feature documentary, directed by Tom Day, will have great benefit for Bermuda Boxing, Bermuda Tourism and sport as a whole on island, is due for release in the first half of 2021.



# 2020 UPCOMING EVENTS



**PLEASE NOTE:** The 'Mile Reloaded' Trials has been postponed

THE MILE JANUARY 16  
**RELOADED** 2PM

LOCATION: **UNDISCLOSED**  
TRIALS DATE: **DECEMBER 11**

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**RELOADED** 2PM

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Sports has an amazing and unique way of making a positive impact in society and it's no different in Bermuda. The local sporting scene has adapted well to the complexities of hosting sporting events during these unprecedented times. In an effort to raise awareness of the many positive sporting lights permeating through our country, it is the perfect opportunity for Department of Youth, Sport & Recreation to partner with National Sports Governing Bodies to share exciting news and highlights within all sports in Bermuda monthly.