



Department of Youth, Sport and Recreation

# NEWSLETTER

THE COMPETITIVE EDGE ~ JULY 2021



Above: Senior Mens National team. Right: Zeiko Lewis celebrates scoring against Barbados  
Far Right: Nahki Wells celebrates scoring the opening goal against Barbados after 17 seconds

## Bermuda Football Association Highlights *Bermuda make History at Gold Cup*

The Bermuda Senior Men's National Team (SMNT) made history at the Gold Cup Preliminary Rounds. Nahki Wells scored the opening goal after 17 seconds to give Bermuda the lead—the fastest goal in the history of the competition. Wells in the Post match press conference said “Obviously I scored the goal but Bermuda scored

the fastest goal in Gold Cup history because it took everyone and it was a very well team-worked goal. I take a lot of pride in expressing that it is important that at we all take credit for that moment”.



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## Bermuda SWMT

Bermuda Senior Women's National team traveled on July 24th, 2021 and is scheduled to play Coppermines United Soccer Club, in Baltimore on Wednesday, July 28th, 2021. The Bermuda Women's National travel to prepare for the Concacaf Women's Gold Cup Tournament.

## Youth Futsal League Youth League Results

### Week 2 (July 18th)

**8-11 year old League:** RED 2 vs YELLOW 0, WHITE 2 vs BLUE 1, GREY 1 vs NAVY 0, YELLOW 1 vs BLUE 3, WHITE 0 vs BLACK 2, RED 1 vs NAVY 0, YELLOW 2 vs WHITE 1, BLACK 1 vs GREY 0, BLUE 0 vs RED 3, NAVY 0 vs WHITE 1.



**12-14 year old League:** WHITE 0 vs BLUE 1, BLACK 8 vs GREY 0, GREY 0 vs BLUE 2, YELLOW 1 vs WHITE 1, WHITE 2 vs GREY 0, RED 4 vs BLACK 1, BLUE 3 vs BLACK 2, RED 3 vs YELLOW 1, GREY 2 vs YELLOW 2, BLACK 1 vs RED 1.



Above: Action at the Youth Futsal League

## Bermuda Cricket Board Highlights

The 2021 Cricket Season kicked off at the end of June after a month-long delay due to the ongoing Covid-19 pandemic with the start of the T20 Domestic League, followed by our annual three-week 'Howzat! Action Cricket Camp' at Warwick Academy.

A great time was had by all, as Camp Director & BCB Vice-President Kellie Smith, Coach Clay Smith, Coach Damon Edwards and Coach Miriam Smith taught the boys and girls cricket skills and drills, trivia, theory, character building and more. Through the Bermuda Government's workforce development scheme, the Bermuda Cricket Board acquired three student-interns this summer, to assist during the busy season:

**Brandon Phillips**, 22, is a recent graduate of Doncaster University with a bachelor's degree in Sports Science and coaching in football. He is due to return to the UK to gain his teaching certification before returning to Bermuda as a Physical Education teacher.

*"Overall, my experience has been an eye opener. I have been able to gain experience in the working field where I have been working with two other interns. We have been able to show teamwork and communication very well. It has been a good experience and new experience to do things such as going on radio stations and talking to other people about my life experiences and how I was able to find something I enjoy outside of my specialized sport. I was able to learn more about exactly what they do from Monday to Friday. With the help from BCB Marketing & Fund Development Manager, Rajan Simons it's been easy to settle in for this summer internship."*

**Nekoda Bascome**, 18, is a recent graduate of The Berkeley Institute. He will be studying tertiary education in Bermuda at the Bermuda College to attain his Associates Degree. Nekoda also plays cricket for Flatt's Victoria Recreation club and is a right-arm off break spinner.

*"Usually working as a summer intern, the establishment usually has you filing which makes your experience very boring, but my experience at The Bermuda Cricket Board working alongside two other interns Aidon Williams-Charles and Brandon Phillips gave me the opportunity to feel what the workplace is really about. Being that I am a young individual with an interest in social media marketing I had the opportunity to run the BCB's social media on Fridays and Mondays for the four weeks I worked with them. I also had the opportunity to plan a 'Match of the Day' initiative at Southampton Rangers on July 25th, 2021 with the help of Aidon and Brandon. I am thankful and appreciate that The BCB took my interests into consideration and gave me work that I would enjoy doing. I thoroughly enjoyed my time at the BCB I learned lots of new things and met amazing people."*

**Aidon Williams-Charles**, 17, attends The Vanguard School in Lake Wales, Florida. He will be in his senior year of high school in the fall and plans to continue his studies in America or England after graduation.

*"My experience at the BCB has been nothing but amazing. I like to work with statistics, and I feel like working at the BCB has helped me improve in that lane. I am also working with two other interns by the names of Nekoda Bascome and Brandon Phillips and we all work as a team to get everything done. These last three weeks have been great because I got to work with people I have not met before and made new friends. It was a great opportunity, and I would love the chance to work here again."*



Above: Kids participate at the Howzat! Action Cricket Camp  
Inset photo: Batting drills at camp

## Bermuda Hockey Federation Highlights

The BHF hosted the annual summer hockey camp for all ages at the end of June. Despite the heat, the weeklong camp was a huge success seeing our National Under 21 girls take the lead in coaching our upcoming hockey superstars. Big thanks to sponsors Butterfield & Vallis and volunteer coaching staff. In other news, Lauren Cardwell, Alyssa DeSilva and Sydney Fischer took part in the College Connection Showcase at Towson University in Maryland, USA for college selection. The girls trained and competed in front of scouts from across the nation and received offers from a range of universities. We wish them well in their future hockey careers.

Alyssa Desilva attended the Connecticut Field Hockey camp this month for training and exposure to university level hockey.

Training alongside U.S. national team players and Olympic team coaches, Alyssa excelled and continued her growth as player. Her performance helped her team emerge as victors and camp champions.

Also, the senior teams are back in action as mixed hockey summer league is under way. Being more of a social/recreational league allows a mix of players to join and have some fun on Tuesday evenings at 6.30 pm. All adults of any ability are welcome. It's a great way to meet new people and warm up for the upcoming season starting in Sept/Oct. For more information visit the website <https://www.bermudafieldhockey.com/> Lastly, the home of the BHF, the NSC pitch has also had a freshen up with new paintwork, scoreboards and shade sails for spectators so we are looking sharp!



Above: BHF Summer Camp  
Below: Kids at the BHF Summer Camp





Bermuda's Olympic rower, Dara Alizadeh



Junior Camp Rowers and Coach Jimmy



Adult learn to row course participants

## Bermuda Rowing Association Highlights

After a very difficult eighteen months with very little time spent on the water, the Bermuda Rowing Association (BRA) is very happy to report two exciting events: the return of our summer "Learn to Row" programme and a Bermuda rower at the Olympics.

The Bermuda Rowing Association is very fortunate to have been represented at both the current and the last Olympics; our female rower in 2016, Shelly Pearson and Dara Alizadeh in 2020. They provide great examples for new rowers and the BRA are really excited to have our summer Learn to Row programme underway once again. All of the uncertainties caused by the pandemic meant that we only committed to running the programme in early June, but we found a great coach in Jimmy Di Luzio who was a Junior world champion in a double scull, becoming the first British athlete to get a world gold medal in a sculling boat.

In addition to two junior camps we also have the adult 'Learn to Row' course in progress and we are looking forward to

welcoming new rowers to our club at the end of the course. Now that we are back rowing regularly we would like to encourage past members to participate; our regular recreational rows are taking place on Saturday and Sunday mornings at 9am and Tuesday and Thursday evenings and we have the benefit of our Coach until August 4th, so we would welcome any rowers to reach out for 'rust buster' private lessons.

Our Olympic rower, Dara Alizadeh, was Bermuda's flag bearer and we know he was both excited and honored to have had this role. Dara began his rowing in high school in the United States and rowed with the Bermuda Rowing Club when he was home during his summer breaks. We have followed his rowing career with great interest, from his recruitment to the University of Pennsylvania varsity team, to his winning a silver medal at the 2015 under 23 world rowing championship as part of the U.S. men's crew. In 2018 and 2019 we cheered him on in his role as the Captain of the Cambridge University Boat

Club and his part in the winning Cambridge crew at the Oxford and Cambridge Universities 'Boat Race'.

Whilst all of Dara's competitive rowing has been as part of a sweep boat crew, when he expressed an interest in representing Bermuda in the single scull, the BRA was only too happy to support his ambitions.

After a three month switch to sculling, Dara described his first sculling race performance in Linz 2019 as "a humbling experience". "Being in the shell on your own: you're totally in charge of everything you do and anything that doesn't happen is your own fault". The postponement of the 2020 Olympics allowed Dara the time he needed to adapt his new rowing style away from the spotlight of competition and he successfully qualified for his place at the Olympics in Rio in March 2021.

By the time this goes to press the Olympics will be underway and Dara's campaign will have begun. All our support and good wishes go with him. Check us out to us on [www.BermudaRowingAssociation.com](http://www.BermudaRowingAssociation.com)

## Bermuda Sanshou Association Highlights

Twelve Bermuda athletes are taking part in the 2021 International Kungfu Taiji Online Tournament with the deadline for submissions on July 4th. The event is sanctioned by the Pan American Wushu Federation (PAWF) and United States of America Wushu-Kungfu Federations, Inc. (USAWKF) and organized by the National Tai Chi Wellness Foundation. Formerly known as the Golden State International Wushu Championships, the competition has been held for twelve consecutive years and has hosted large-scale international tournaments such as the U.S. National Wushu Team Trials, National and International Championships as well as the Pan American Wushu Championships. The 2021 competition which is being held online features Taiji, Kungfu, Wushu. Bermuda has entrants in all of the above categories with Wing Lam Kung fu School under the tutelage of Sifu David Simons fielding athletes of all ages in taiji and kung fu including Talia Iris who finished with a third place in the China-Latin American and Caribbean States Taijiquan Online Competition earlier this year. Nine year-old Errin Cann is the first athlete after President, Garon Wilkinson, to ever compete in a modern wushu event sanctioned by PAWF. Cann is one of Bermuda's promising young development wushu athletes pushing towards qualification for the 2026 Youth Olympics in Senegal.

**Below:** Wing Lam competition team  
**Inset photo:** Errin Cann competing in Changquan

The International Wushu Federation (IWuF) Congress typically takes place during the World Wushu Championships every other year. With the 16th World Wushu Championships that were initially scheduled to take place in Dallas, Texas this year being postponed, an Extraordinary Congress was held virtually to officially postpone the world championships until 2023 as well as to approve minor amendments to the constitution.

Garon Wilkinson, who serves on the Pan American Wushu Federation Executive Committee, joined a panel discussion entitled "Getting Past COVID-19 across the Pan American Wushu Community" that formed part of USAWKF's Online Summer Wushu Seminar series. The Discussion Leader was Jerry Silva of the US and Garon was joined by other distinguished guests from Brazil, Canada and Costa Rica. The discussion provided great insight into how the pandemic has affected the sport of wushu in various countries in the region and the steps that have been put in place to move beyond the pandemic.

Government Sports Achievement Award Winner Krista Dyer was invited to conduct a kick-boxing class with the iSwim Summer Camp students. The kids learned how to stand in a proper fight stance all the way through to throwing a kicking and punching combo. It was a fun session and the kids were very keen on learning martial arts skills.



## Bermuda National Athletics Association Highlights

The BNAA held the National Track & Field Championships July 9<sup>th</sup> & 10<sup>th</sup>. There were some great performances by our Junior and Senior athletes. Our Elite athletes performed very well and we had a few international athletes adding to the excitement of our Championships. We took this opportunity to showcase what the Carifta Games would have looked like by decorating the stadium.

We also used this opportunity to honor our past Carifta athletes holding a relay, beginning at Stevedoring Services in Hamilton and ending at the National Sports Centre each person running or walking and handing over the baton. We then presented the 33 athletes with an honorary Carifta medal.

We had our Elite athletes home to compete in the Championships and we took this opportunity to present 2 of our top athletes, Tyrone Smith and Jah-Nhai Perinchief with an appreciation plaque. We wanted to celebrate their achievements over the past several years.

Tyrone Smith has represented Bermuda in the Triple Jump in 2008, 2012 and 2016 Olympic Games making the finals in 2012. He competed in 3 Commonwealth Games, 3 Pan Am Games, 3 CAC Games placing 1<sup>st</sup> in 2010 and setting a new CAC Games Record. He competed in numerous indoor and outdoor World Athletics Championships representing Bermuda. Tyrone holds the Bermuda National Record in the Triple jump with a leap of 8.34m. With this being his last year of competition, the BNAA wanted to celebrate Tyrone's track & field career and his accomplishments.

Jah-Nhai Perinchief has been one of our Elite athletes from a junior to now one of our Senior athletes. Jah-Nhai began representing Bermuda at the Carifta Games, placing 2<sup>nd</sup> in the High Jump in 2014. He has continued to perform well in University unfortunately having to deal with multiple injuries and having to change his event from High Jump to Triple Jump. This year he performed as we always knew he would, by winning the Triple Jump in the SEC Outdoor Championships representing the University of Tennessee. He then went on to place 2<sup>nd</sup> in the NCAA Championships with a leap of 17.03m just missing out on the Olympic Qualifying standard of 17.14m. Placing in the top 3 in the NCAA is no small feat ranking in the top 3 of all Universities in the USA. We the BNAA wanted to celebrate Jah-Nhai's performances and we look forward to his future in the sport.

We also wanted to upgrade the look of the BNAA and had a new logo and new uniforms designed. Both the logo and the new uniforms were designed by young Bermudians, Domico Watson – logo and Mstira Weeks – Uniform and they were unveiled prior to the National Championships.



**Above:** Sponsors were presented with an honorary Carifta medallion.



**Top Right:** BNAA stadium



**Bottom Right:** Showcasing Bermuda at the Carifta Games.

**Left:** Tyrone Smith



**Right:** Jah-Nhai Perinchief



**Above:** Upgraded BNAA logo and uniforms which were designed by young Bermudians Domico Watson (logo design) and Mstira Weeks (uniform design).



Above: Minister Ernest Peets and Senior Sports Development Officer Jekon Edness attend the final day of BBA's Advanced Youth Clinic

## Bermuda Basketball Association Highlights

Thanks to the Dept. of Youth & Sport, the BBA conducted an Advanced Youth Clinic from July 19-23 at CedarBridge Academy gymnasium. The BBA was able to bring in **Mr. Jamaal Jackson**, Head Coach of Kentucky State University (Division II – HBCU). The intent of the clinic was to introduce a select group of high school players to basketball training at the next level. Players were shown new aspects to the fundamentals of basketball (ie.

ball handling, shooting and passing). They were also introduced to some of the team strategies used on offense and defence at college level. Assisting Coach Jackson were local coaches, **Ralph Scott** (former Men and Women's National Team coach) and **Kent Tacklyn** (current U-19 Men's Head Coach). BBA Treasurer, Mr. **Tommy Johnson**, was also on hand to receive Minister Peets and Mr. Jekon Edness during a visit on the final day of the clinic.

## Ones to Watch

### Aiden Lopes – Motorcycle Racing

Aiden Lopes, current championship leader in the Scooter Mart KTM 125 Class, has been a consistent frontrunner in all races so far this season and is one of the BMRA's most promising young road racers. Lopes joined the Bermuda Motorcycle Racing Association (BMRA) during its summer riding clinic in 2016 when he says that he "instantly found my passion for the sport." He continued, "I was able to quickly grasp the racing techniques over the summer and started racing in the 2017 Minibike Class on a Pitsterpro 90cc where I finished third overall."

This was a great accomplishment for his first season in the championship. He followed it up in 2018 by again placing third in the championship after missing numerous race days due to also competing in international sailing regattas which at times conflicted with the BMRA's race dates.

Lopes travelled to California in April 2018 to participate in an M1GP riders clinic and race weekend where he competed against international riders, an experience he says he will remember for a long time.

After outgrowing the Minibike Class, he moved on to compete in the Scooter 4T Class in 2019. At the age of 15, Lopes was the youngest entry into the class and won the championship on his 230cc Yamaha Cygnus.

In 2021, Lopes is again leading the way in the Scooter Mart KTM 125 Class. "I had to learn to adjust to the GP style of riding from a scooter. The plan is to eventually move up to a 390cc class. I enjoyed all the different race classes that I've competed in so far as they each present different challenges."

Lopes' short-term goal is to win the KTM class this season with a long-term goal to compete internationally. "I feel that racing at the track over the years prepared me to be a safer rider on the public roads. I also learned how to work on the bikes and now, at 17 years old, I have decided to pursue automotive mechanics."



## Ones to Watch

### Tommy Marshall – Triathlon

Tommy's love of running and cycling led him naturally into the sport of triathlon, and the popular Iron Kids triathlon was his first race experience. Tommy, who just turned 17, has been an active participant of the Bermuda Junior Triathlon (Tri-hedz) training sessions and Bermuda Triathlon Association tri camps since he was 8, and is now a member of the Bermuda Triathlon Association Junior Training Squad.

Having secured his qualifying time for the 2021 World Triathlon Age Group Championships Sprint Distance in both of the recent local qualifying races, Tommy's goal this summer was to develop his triathlon skills and gain valuable race experience overseas against a large and competitive field of triathletes. Thanks to funding received from the Department of Youth, Sport & Recreation, Tommy was able to do that this month. Tommy is grateful he got this opportunity by participating in a USA Triathlon Junior Elite Select Camp in Massachusetts and the USAT Flatlands Junior Elite Cup in Des Moines, Iowa.

Tommy previously competed for Bermuda at the Carifta Games Triathlon and Aquathlon Championships in 2018 and 2019 but this was his first USA triathlon race. The USAT Flatlands Junior Elite Cup is a draft legal race for 16 to 19 year olds, and one of five races in the Junior Elite series, with athletes trying to qualify for one of the 75 spots in the USAT Youth Elite and Junior Elite National Championships in August.

Tommy reflects on his recent race experience – “Lining up at the beach start line with nearly 70 other triathletes, I was nervous as this was the first time I had competed in such a large and strong field of triathletes. However, I felt well prepared, having kept up a solid training schedule since coming out of injury in May, as well as having spent the week prior to the race practising various swim, bike and run drills at the triathlon camp. It also helped that I arrived in Des Moines a few days before the race to familiarise myself with the race course”.

“The swim leg is usually the hardest part of a triathlon for me, and swimming in such a large group of strong swimmers was particularly tough. Although I came out of the swim with a fairly decent time, for the first half of the cycle leg I had to push hard, working with one other athlete, to catch up to the pack ahead. By the end of the second lap of the four lap bike course, we had caught up to the pack ahead. In the third lap, I sat in the pack to recover for the last lap, during which there was a lot of movement, trying to get a good position going into the final transition. I came into transition near the front of my pack and got out on the run ahead of most of the athletes in my group. I had a strong run, overtaking a number of athletes to finish in 24<sup>th</sup> position overall. A number of athletes were disqualified as they were lapped by the lead athlete. I felt strong throughout the race and I was very

happy with my performance given that it was my first draft legal junior elite USA triathlon. My result also qualified me to compete in the USAT Junior Elite National Championships next month. I'm extremely thankful for this experience and to those who helped make this happen”.

“For the rest of the summer, I'm focusing on training for the Carifta Games Triathlon and Aquathlon which hopefully will go ahead in the Bahamas later this year and most excitingly, the World Triathlon Championships here in Bermuda in October!”



Tommy Marshall: Competing in the USAT Flatlands Junior Elite Cup



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