

Department of Youth, Sport and Recreation

NEWSLETTER

THE COMPETITIVE EDGE ~ APRIL 2023

Congratulations



TOP: Carifta Swim Team with Coach Ben Smith and Jr. Minister Kim Swan **INSET:** Elanna Fulton and Marleigh Howes

Bermuda Amateur Swimming Association

The Bermuda Carifta Swim Team traveled to Curacao for the 2023 Carifta Aquatic Championships held on April 6 to April 10, 2023.

The following athletes qualified and were selected for the team:

Adriana Argent (16)

Elanna Fulton (14)

Bella Howes (15)

Marleigh Howes (13)

Imojen Judd (15)

Myeisha Sharrieff (16)

Brandon Adkins (15)

Thomas Cechini (15)

Connor Hupman (13)



The coach for the team was Ben Smith and Shirene Fulton was the team manager. The entire team performed very well overall with many strong performances and personal best swims, and they proudly brought home a total of 8 medals.



GOVERNMENT OF BERMUDA

Department of Youth, Sport and Recreation



SPORTMATTERS



Bermuda Swimming Carifta Team

Medal Count			
	Gold	Silver	Bronze
	–	5	3
Personal Best	PB's		
	29		

Individual Medal Winners			
	Gold	Silver	Bronze
Bella Howes	–	1	–
Marleigh Howes	–	4	–
Elanna Fulton	–	–	1

Relay Medal – Women 15-17			
	Gold	Silver	Bronze
Adriana Argent, Bella Howes, Imojen Judd, and Myeisha Sharrieff	–	–	2



Women's Bronze Medal 15-17 Relay Team Adriana Argent, Bella Howes, Myeisha Sharrieff and Imojen Judd



Gymnastics Federation of Bermuda

Daytona Beach Open, Florida January 27-29, 2023

Ella Newton finished 3rd of 85 competitors in Level 7. Ella Younie was 4th in the same level.

Ben Mello brought home medals on 5 apparatus including a Gold on Vault.

Magical Classic, Orlando, Florida Feb 11-12, 2023

In a very competitive meet, Hayleigh Cherry was 4th overall in XG. We had 15 gymnasts representing Bermuda, many in their first international competition. They showed well.

Our best result was Tse Burgess in Level 8.

Presidential Classic, Orlando, Florida Feb. 17-20, 2023

Bermuda had 13 gymnasts competing at this prestigious competition with more than 4000 athletes. The highlight was Alyssa Andrews finishing second in Xcel.

Bermuda International Invitational March 18, 2023

1st Level 1 - Lily Hall

1st Level 2 - Annie Archibald

1st Level 3 - Elena Bortoli

1st Level 8 - Sean Lawrence

1st Xcel Bronze - Sophie Spencer

1st Xcel Silver - Eva Wright

1st Xcel Gold - Lexi Daniel

Next up is the **Burlington Spring Cup** in Toronto, Canada May 5-7, 2023.



TOP: 1st place Level 8 Tse Burgess with coach Anna Balada
INSET: 2nd place Alyssa Andrews in Xcel Gold



Bowling
Chandra-Lee Bascome
Jordan Bascome*

Alshauntae Symonds
 Carlton Thompson
 Tiannai Lowe
 Patrick Thomas
 Ciara Bell
 Wayne Smith*



Swimming
Chris Cunningham

Aaria Logie
 Exodus Somner
 Chevon Burrows



Equestrian
Jennifer Howard

Eden Woollery



Tennis
Brent Smith

Zafar O'Loughlin
 Bridget Marshall
 Micah Lambert



Athletics
Chayce Smith
Juanita Easton
Mujib Swan*

Kris Trott
 Laura Repose
 Kimo Robinson
 Solay Thomas
 Kemari Dill
 Jaime Brangman*

Delegation Coach
 Athletes Pictured l-r
 *Not Pictured in Group



SPECIAL OLYMPICS
WORLD GAMES
 BERLIN 2023

Qualifying Athletes

TEAM
BERMUDA



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- Scores, Lives, & Photos
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- and more!



CONTACT

bermudaspecialolympics@gmail.com

#Berlin2023
#UnbeatableTogether

Unbeatable

DELEGATION HEADS



Karen Woollery
HEAD
OF DELEGATION



Kemda Bean
ASST. HEAD OF
DELEGATION



Coach Q
HEAD COACH



SPECIAL OLYMPICS WORLD GAMES BERLIN 2023

SUPPORT STAFF



**Lacie
Williams-Hill**
MEDICAL



**Michelle
Lambert**
FAMILY LIAISON



**Sacha
Richardson**
PUBLIC RELATIONS

Bermuda Delegation



COACHES



**Chandra-Lee
Bascome**
BOWLING



**Jordan
Bascome**
BOWLING



**Jennifer
Howard**
EQUESTRIAN



**Chris
Cunningham**
SWIMMING



Brent Smith
TENNIS



Mujib Swan
ATHLETICS



**Juanita
Easton**
ATHLETICS



**Chayce
Smith**
ATHLETICS

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HSBC
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**Special Olympics
Bermuda**
• Delegation Highlights
• Scores, Lives, & Photos
• Pre- and Post- Games
Coverage
...and more!



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Together!

Bermuda Equestrian Federation

CODY REGO COMPLETES FLORIDA'S 2023 WINTER EQUESTRIAN FESTIVAL AND IS AWARDED A PRESTIGIOUS CHAMPIONSHIP!

The Winter Equestrian Festival is said to be the largest and longest running equestrian competition in the world. Held in Wellington, Florida it runs for 12 weeks from January through to March and attracts between 7,000 – 8,000 horses from around the world. In the final week of competition, Bermuda's Cody Rego continued his stellar performance that he has displayed consistently throughout the equestrian festival. Riding 'Ironman', Cody clinched four top placings! Cody was claimed 1st placed in WIHS Hunter Phase, 1st Place in the Dover Saddlery/USEF Seat Medal, and 1st place in the ASPCA Maclay (Section B).

Further, and in recognition of Cody's outstanding and consistent achievements throughout the 12-week equestrian Festival, Cody was presented with the prestigious 'Christy Conrad Perpetual' Trophy. This coveted trophy is awarded to the junior who has accumulated the most points in the USEF Medal, WIHS, USEF Talent Search, ASPCA McClay and the WIHS Overall equitation classes throughout the 12-week circuit.

Congratulations Cody on your outstanding performances and laudable achievements throughout the WEF circuit as well as attaining the Championship! In addition, Cody remains in the top spot, out of 100 riders on the WIHS Rankings; the finals of which will take place in October. Cody was a recipient Bermuda's National Junior Athlete Recognition and Sponsorship Award for 2022.



Cody Rego aboard Ironman

HARNESS RACING DRIVER, KIWON WALDRON AWARDED ROCKIE OF THE YEAR

With more than 25 wins, Bermuda's Kiwon Waldron was recently awarded 'Rookie of the Year' in Quebec, Canada. After an award winning first season, Kiwon's next goal is to compete as a full-time professional. In this regard, Kiwon has recently obtained his professional license. Congratulations Kiwon! Kiwon is a 2018 National Junior Athlete Sponsorship Programme recipient.



Kiwon Waldron

BERMUDA SHOW JUMPERS ACHIEVE STRONG RESULTS IN 2023 FEI JUMPING WORLD CHALLENGE

The FEI Jumping World Challenge (JWC) is indeed a highlight on Bermuda's equestrian calendar. The competition is unique in that it provides local riders an opportunity to compete internationally without having to leave their own country. Rather, riders from 10 different geographical zones compete over the same jumping course designed by an FEI appointed course designer. The Challenge provides for Individual classification per Country, per Geographical Zone and per height category. It also offers a Team classification per Geographical Zone. The best results from 2 of the 3 rounds of competition, per category, are applied to the Overall rankings.



Philip Correia on Junior Cardento

Bermuda's third and final round of the 2023 FEI Challenge was held at the National Equestrian Centre on Saturday 8th April. The results for the third round are as follows:

Category A: (1.20 – 1.30m)

The highest height division of the Challenge, **Philip Correia** riding his grey stallion, 'Junior Cardento' captured 1st place with accumulative 4 faults and time of 61.42.

Category B: (1.10 – 1.20m)

Tyler James and 'Cruise Control' sailed to top spot with accumulative 4 faults and time of 57.74.

Category C: (1.00m – 1.10m)

McKeisha Smith riding 'Da Vinci' claimed the top spot with an accumulative 4 faults and an impressive time of 54.12.

With the successful completion of the three requisite competitions that comprise the Challenge, Bermuda's OVERALL PROVISIONAL RESULTS for its top placing competitors, in each of the 3 jumping height categories, is as follows:

OVERALL PROVISIONAL RESULTS

Category A

Philip Correia riding Junior Cardento with an accumulation of 8 faults and time of 107.42.

Category B

Tyler James with 8 accumulative faults and time 118.81

Category C

Michael Rodrigues and Rambo with zero accumulative faults and time of 115.52.

With competitors in A, B, & C categories, Bermuda is also able to field a 2023 team comprising of overall top placing Philip Correia, Tyler James and Michael Rodrigues.

Competing countries have until December 31st, 2023 in which to complete their jumping competitions. As such, the final overall results will not be confirmed until early 2024. Judging Bermuda's final phase of the competition was FEI Level 3 Judge Cathy Harper of Canada and Bermuda's FEI Level 1 Judges Heidi Shelley Mello and Pam Mahoney.



McKeisha Smith on Da Vinci
Photo Credit: Andy Gibbs

Bermuda Bicycle Association

BRCC Hosted another Successful Ronde van Sint George Race

St. George, Bermuda – April 16, 2023 – The Bermuda Rouleurs Cycle Club (BRCC) successfully organized the latest edition of the Ronde van Sint George criterium cycling race this morning, which was sanctioned by the Bermuda Bicycle Association (BBA). Renowned for its technical demands, the race was held on one of the most unique courses on the road cycling calendar.

The criterium race is a timed lapped competition on a closed circuit set. The course in St. Georges, with its Water Street cobbles and tight turns, was ideal for criterium racing as it required great skill and power from the riders to maintain speed and float over the obstacles. The races were hard-fought in every category, with the competitors pushing themselves to the limit.

The BRCC would like to express their gratitude to the team at the Corporation of St. George and the people of the town for hosting the race and providing invaluable assistance. Their support made it possible for the BRCC to organize an event that is a favorite with both riders and spectators.

Bermuda Cyclists Impress in Pan American Championships U23 – Road Race

Bermuda's **Nic Narraway** and **Liam Flannery** delivered strong performances at the Pan American Championships U23 – Road Race (CC) held today. The challenging 153.6 km race in Panama saw early breakaways by powerful riders which held for most of the race, leaving Nic and Liam in the peloton over three minutes behind the leaders.

However, the duo's patience and strategic play paid off in the last 24 km when they started to pull back the leaders. Although the first four cyclists had already crossed the finish line, Nic and Liam, who finished in 11th and 19th place respectively, managed to close the time gap with the peloton only 39 seconds behind the leader.

The intense heat and tough conditions didn't stop the Bermuda cyclists from putting on a remarkable display of sportsmanship and determination. Their performance in this challenging race serves as a testament to their skills and resilience, making Bermuda proud. The success of Nic Narraway and Liam Flannery at the Pan American Championships U23 – Road Race was not only a result of their hard work and dedication but also due to the invaluable support they received from Team Bermuda on the ground.

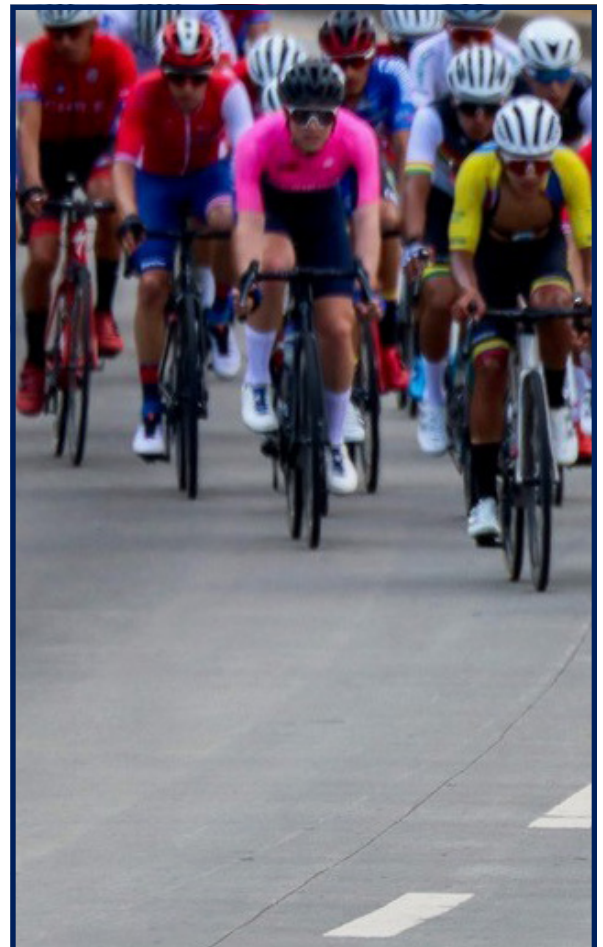
Peter Dunne and **Chequan Richardson** played a crucial role in providing strategic guidance and support to the cyclists throughout the race. Additionally, the other members of the team who assisted in the feed zones ensured that Nic and Liam were well-nourished and hydrated, allowing them to perform at their best. Without the collective effort of Team Bermuda, Nic and Liam would not have been able to achieve such an impressive result in this highly competitive race. Their success is a testament to the importance of teamwork, and the supportive environment fostered by the Bermuda cycling community.



BRCC St. George's Crit Race



BRCC St. George's Women's Crit Race





ABOVE: Liam Flannery at the U23 Pan American Championships in Panama
BELOW: Nicolas Narraway and Liam Flannery in the peloton



Bermuda National Athletics Association

The 50th Carifta Games, Nassau Bahamas

The 2023 CARIFTA took place April 7 – 10, 2023 in Nassau, Bahamas and the 50th edition of the games was nothing short of spectacular. With 28 countries from the Caribbean represented, we had our work cut out for us.

Bermuda's team of 29 athletes were some of the youngest fielded amongst the island competitors. One thing is for certain, our island may be small in size but the fight and determination displayed from our athletes was anything but!

Prior to the event, The Minister of Youth, Culture and Sport Senator Owen Darrell stated, *"CARIFTA has always seen some incredible performances by our young athletes. These games have launched the sports careers and dreams of many of our young Bermudian athletes. Bermuda's track and field and swim teams recorded amazing results at last year's Jamaica games. This year, we have an equally talented 2023 CARIFTA Team, and I am confident we will accumulate more gold, silver and bronze medals during this week's Games."*

The prediction was certain to come true only days later with Bermuda's team bringing home 5 medals, numerous PBs (personal bests) and athletes who described their experience as priceless!

Please join us in congratulating Bermuda's Carifta Team who left nothing but their bests on the track at the Thomas A. Robinson National Stadium in Nassau!

Under-20 Boys

Bermuda's first medal came on the opening day of competition with **Khazi Sealy** finishing as runner-up in the 1,500 meters. Sealey would then go on to add to his collection by acquiring a second silver medal in the 5,000 meters, and would share the podium with compatriot **Jake Brislane** who clinched bronze. **Kallan Richardson** also competed in the 1500m, keeping pace with the many competitors. The 5000m race showed what true teamwork was about as the duo raced side by side throughout, working together to ensure both keep pace for medal contention over the multi lap event.

Bermuda's octathlon athlete, **J'Auza James** clinched a bronze, after the 17-year-old sealed his podium finish with a gutsy performance in the final event (1500m). Despite enduring an injury from the prior high jump event, James led the way at a grueling pace for the majority of the 1500m race and would ultimately finish second behind St. Kitts & Nevis. James's accumulated points throughout the 8 events (over 2 days) proved enough to earn Bermuda a bronze in the octathlon.

Of honorable mention is **Sancho Smith**, who looked set to win a medal in the 800 meters, but was caught on the finishing straight and narrowly missed out on a podium position by three tenths of a second.



CARIFTA Track Team Arrival

Honorable mention is also extended to **Denver Tucker** who competed in 100m and 200m. Tucker, competing against athletes 2-3 years his senior, and will have more opportunities in years ahead. **Seer Carey** competed in the 400m and 4x400m relay medley, giving it his all on the track.

Razai Garland competed in the shot put as Bermuda's sole male thrower and performed well!

Under-20 Girls

The U20 girls comprised of **Shayla Cann** who competed in the 400m, 800m and 4x400m relay, **Sanaa Rae Morris** who competed in the 200m and 4x400m relay, **I'aura Golding** who competed in the 110m hurdles, and 4x400m relay and **Zenji Washington** competing in the 100m, 200m and 4x400m relay. Our U20 girls gave it their all across their respective events and combined forces in the relay.

Kesay Bell competed in the shot put and javelin. Bearing much pressure as Bermuda's sole female thrower, Bell competed well during the multi day event.

Under-17 Boys

As the honorable mentions continue, you'll see just how stiff the Carifta competition is and how close Bermuda was in multiple occasions to podium position.

Of honorable mention was **Tajahri Rogers**, who finished just outside the podium position in the 1,500. **Miles Outerbridge**, **Daylen Scott**, **Tajahri Rogers** and **Kyah Richardson** together made up the U17 Boys 4x100m relay. The team, most of whom were competing for the first time at Carifta, gave an impressive performance and narrowly missed out on advancing to the finals by 1 tenth of a second!

Cameron Adkins took part in the 3000m, also competing in his first Carifta games and gave a valiant effort in the multi lap event.

Under-17 Girls

Bermuda's fifth medal came from the U17 girls 4x100m relay team. **J'Naz Richards**, **Pria Wilson**, **Arima Turner** and **Lashee Jones** ran a time of 48.12sec.

Of honorable mention was **Jaeda Grant**, who finished fourth in the 1,500 meters. Grant would go on to compete with her compatriot **Fenella Wightman** in a challenging open division 3000m race. The two ran a strong race amongst athletes who were 3-4 years their senior; they'll have an additional 4 years of competition in the open bracket so stay tuned!

Also of honorable mention, is **Ellise Dickinson** who demonstrated sheer toughness and tenacity, advancing to the semi-finals in the 400m event and the final of the 200m event, where she placed seventh.

Finalizing our U17 girls is **Azari Jones** and **Amaris Munya**, both of whom competed in the 800m along with the relay medley demonstrating admirable perseverance. Jones and Munya accompanied Dickinson and Grant in the 4x400m relay and finished 4th narrowly missing a podium position.



CARIFTA Track Team Arrival

The Future Is Ours!

While Bermuda's five-medal haul may pale in comparison with the region's powerhouses of Jamaica, Trinidad and the host nation Bahamas, it's imperative that we understand the stats!

When looking at the medal haul per population Bermuda is well ahead!

- **Bermuda 0.008%**
- Bahamas 0.006%
- Trinidad 0.001%
- Jamaica 0.001%

The statistics don't lie and show just how much of a force Bermuda is in the track and field arena. Well done Bermuda, remember to trust the process, and the future shall be ours!

National Archery Association of Bermuda

Archers Achieving Personal Best

Gold Point Archery held its Triangle Indoor Tournament on the 1st April, 2023 with a great turn out of Archers from 7 to 61 years of age were registered to shoot in the last indoor event of the season. Two details with one starting at 9 am and the other at 1 pm were held at the St. George's Community Centre. Participants shot at

9m up to 9 years of age and 18m from 10 years and older. Congratulations to the winners of their respective categories and some had a Personal Best (PB) achieved. For many of our youth participants this was their first archery tournament and we are overall pleased with the results.



Gold Point Archery Indoor Tournament

Name	Gender	Division	Distance	Target Size	Score
Scarlet De Roulet	Female	Yeoman Compound	9m	80cm	354/600 PB
Oliver De Roulet	Male	Bowman Compound	9m	80cm	481/600 PB
Braeden Fraser	Male	Bowman Barebow	18m	40cm	319/600 PB
Jordan Peterkin	Male	Cub Recurve	18m	40cm	222/600 PB
Elektra Smith	Female	Cadet Recurve	18m	40cm	370-600 PB
Robin Selley	Female	Junior Recurve	18m	40cm	531/600
Ashley Weekes	Female	Senior Recurve	18m	40cm	454/600 PB
Jamie Fraser	Male	Senior Barebow	18m	40cm	267/600 PB
Camerin Pickering	Male	Senior Recurve	18m	40cm	550/600

Pickleball Association of Bermuda

It is with great pleasure that we introduce to you, the Pickleball Association of Bermuda's (PAB) strategic plan for the next five years. We have seen the incredible growth and popularity of this wonderful sport, and the team is very proud to say that we have made significant advancements to become the established National Sports Governing Body (NSGB) for Pickleball in Bermuda. This strategic plan will build on our past achievements and set a clear path for the future growth and development of the sport in our community.

Over the next five years, our primary focus will be on six key areas: raising awareness, increasing participation, developing a long-term athlete development plan, promoting high-performance programs, and enhancing the organization's governance and management structures. These areas have been identified as critical to the success of our association and the growth of Pickleball in Bermuda. We believe that by investing our resources and energy into these areas, we can ensure that the PAB remains at the forefront of Pickleball development in Bermuda.

The PAB will continue to work closely with our partners and stakeholders to ensure that we provide the best possible

environment for Pickleball players of all ages and skill levels. We recognize that Pickleball is more than just a sport; it is a way of life that promotes healthy living, social interaction, and community engagement. Our association is committed to making Pickleball accessible to everyone and creating a vibrant and inclusive Pickleball community in Bermuda. As such, we have created four new dedicated public courts at WER Joell Stadium that will be available on April 1st.

The PAB invite you to join us on this exciting journey as we continue to grow and develop the sport of Pickleball in Bermuda. We are confident that our strategic plan will guide us towards achieving our goals and fulfilling our vision of making Pickleball a household name in Bermuda. Together, we can make this vision a reality, and we look forward to working with you all towards a successful future for the Pickleball Association of Bermuda.



Bermuda Boxing Federation

Thanks to the National Junior Athlete Scholarship Program and the Department of Youth, Sport & Recreation, Bermuda students were recently delighted to receive Dorian Bostic for a week-long visit and boxing clinic in March.

Bostic is a professional boxer [13W-0L-0D] fighting out of Baltimore, Maryland who recently was signed to Don King Promotions. He goes by the moniker "The Educated Boxer", as he is currently working towards a PhD. in Human Services. Once attained, Bostic will be the first African-American professional boxer to earn such accolades. Bostic works in social service and is also the author of "Why I Fight", an autobiography of his life. His first visit to Bermuda was in 2017, where he faced then amateur national champion Andre Lambe.

As part of his visit, Bostic spoke to the young people in the Cedarbridge Academy Boxing Club and at the Family Center 'Beyond Boxing' program about his struggles growing up in the U.S. foster care system. Bostic discussed avoiding gangs and violence and about being resilient. The reality of gun violence, however,

struck for Bostic even whilst in Bermuda as minutes before he was due to engage students in the boxing clinic he learned of the death of a friend and colleague, fellow professional boxer Ernest Hall who was killed in a mass shooting incident in west Baltimore. Bostic remained resolute, urging students to strive for success.

The Bermuda Boxing Federation also hosted a successful webinar entitled "Becoming a Champion of Life" alongside the Association of Sports National Governing Bodies (ANSGB) and the Family Centre, where Bostic again spoke. Also participating in the forum was host, Earl Basden of islandstats.com, professional boxer Nikki Bascome, retired police inspector and sailing administrator Mark Clarke, football coach Dennis Brown and counselor Latoya Bridgewater of the Family Centre. This panel discussed the role of sport and mentorship.

For more information about the Bermuda Boxing Federation, to donate to our programs or volunteer please see www.bermudaboxing.com or follow us on Facebook and Instagram.



Pro Boxer, Dorian Bostic with National Coach Jerrel Woolridge, Youth Coach Jaylon Roberts and students of Cedarbridge Boxing Club.



Bermuda Football Association

FA Cup Final

Earlier this month on Sunday, Apr 2, 2023, we witnessed an exciting U-17 game between Dandy Town Hornets and Somerset Trojans, with Somerset securing the win with a 2-0 score. Following that match, PHC Zebras and NVCC Rams battled in the FA Cup Final. PHC was leading the game at halftime, but the tides turned and NVCC equalized, ultimately securing their win with an own goal by Daren Usher. Kudos to both teams for putting up a great game!

Congratulations to Paget Football Club for winning the 2022-2023 First Division League Title and to Pembroke Hamilton Club for winning the 2022-2023 Premier Division League Title. Overall, it has been a fantastic season with some impressive performances from all the teams.

Women's U20 National Team

Our National Teams are also quite busy this year, with the most recent being our U20 team's campaign in Nicaragua. Bermuda's Under-20 team traveled to Managua, Nicaragua, to compete in the Concacaf Women's Under-20 2023 Championship Qualifiers. It was a tough road for Bermuda, as we lost our matches against Honduras and Jamaica. However, in their last match against Anguilla, the U20 Lady Gombey Warriors bounced back and won the game with a 3-1 score, thanks to goals scored by Robin-Valana Pearman, Jahni Simmons, and Azari Easton. Samantha Davies also had stellar performances as goalkeeper in the second and third matches when she made some impressive saves.



BFA Awards

The 2022-2023 BFA Awards Weekend was a huge success as we celebrated the achievements of Bermuda's top footballers at the Senior and Youths Awards. Fire Wayne opened the Senior Awards on Saturday, April 22, 2023, and MC Mr. Fotogenik kept the crowd laughing through the evening. On Sunday, April 23, 2023, Precious Smith, and Taijuan Talbot gave the rising stars of Bermuda football words of encouragement to continue their athletic journey playing or officiating the beautiful game. Overall, it was a weekend full of appreciation and recognition for our players' hard work and dedication. Congratulations to all the winners! The full list of awardees for the senior awards can be viewed [here](#), while the Youth award winners can be viewed [here](#).



Senior Player of the Awards- Antwan Russell (Paget FC),
Micheal Trott (President PHC), Marco Warren (PHC)

Women's League

Currently, we are now gearing up for the upcoming Women's and U23 Leagues, which are set to take place this summer. The Women's League is scheduled to begin on Friday, May 5, 2023, while the Under-23 Men's League is scheduled to begin during the week of May 15, 2023. Be sure to join the BFA's email community to get updates.

Additionally, with the introduction of the Women's and U23 leagues last year, we need at least 20 new referees to join the ranks. We need people who are ready to jump right in and prepare for the upcoming season. If you're passionate about football and want to be part of the action while earning additional income, then becoming a referee is the perfect opportunity for you. Please download and return a completed application form to the BFA Office.





2023 UPCOMING EVENTS



&



Bermuda Football Association

As we strive to reach our strategic goal of enhancing coach education and instruction for local players, we are thrilled to announce the dates for the 'D' Diploma and 'C' Diploma Coaching Courses. The 'D' Diploma Course will be conducted in two parts, with **Part 1** running from May 12 to 14 and **Part 2** taking place from July 14 to 16.

Similarly, the 'C' Diploma Course will be held in two parts, with **Part 1** taking place from May 15th to 21st and **Part 2** from June 26th to July 2nd. All weekday sessions are scheduled from 5:30 PM to 9:30 PM, while the weekend sessions will commence from 9:00 AM to 12:00 PM. To pursue a career as a football coach, you can register for the D Diploma Course [here](#). For those who have already completed the D Diploma Course and have been continuously coaching for at least a year, you can sign up for the C Diploma Course [here](#).



Bermuda Basketball Association

2023 Annual Summer Basketball Camp

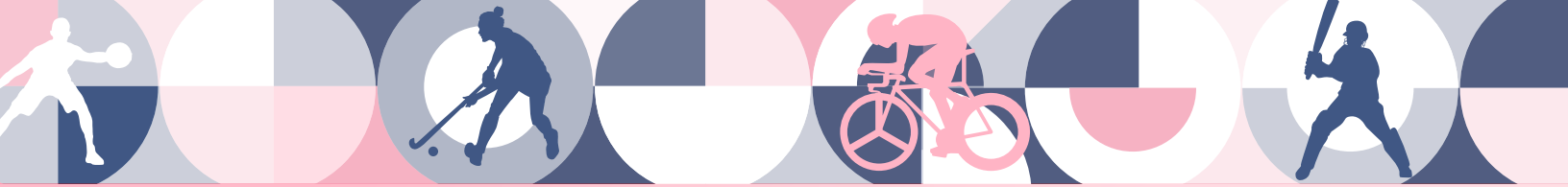
Times: 9am – 12 noon (10yr–13yrs old)
1:00pm – 4:00pm (14yr – 17yr)

Venue: CedarBridge Academy gymnasium

Register: www.bermudabasketball.net

For more information contact bermudabasketball@gmail.com or (441)332-0392

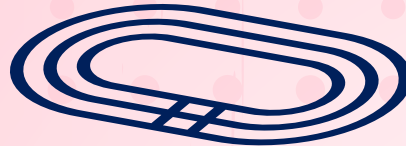




2023 UPCOMING EVENTS

Bermuda National Athletics Association

BNAA and BTA proudly announce the return of the USATF Bermuda Grand Prix. Now in its second year, the USATF Bermuda Grand Prix boasts a robust, sprint-heavy list of events.



The men's and women's 100, 200, 400, and 4x100, men's 1500 and 110 hurdles, and women's 100 and 400 hurdles are scheduled for the track, while field events on the docket include the men's and women's long jump and men's triple jump.

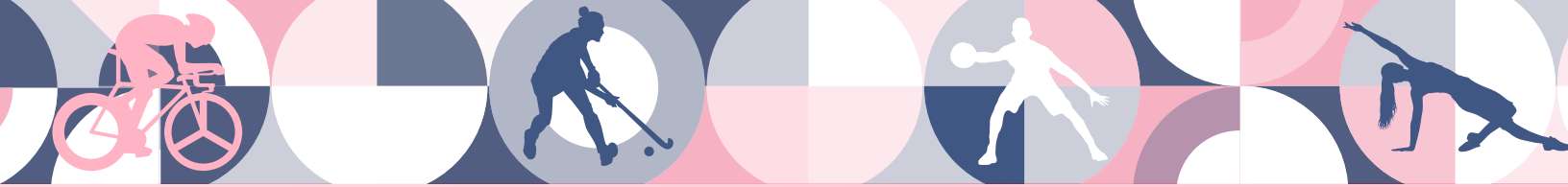
Bringing further excitement to the event will be the inclusion also feature a men's and women's 4x100 relay. BTA, USATF, and BNAA will announce the global track and field stars who will participate in this event soon, however, it is safe to say that world-class talent will be returning to Bermuda for the second year in a row!

"We are excited to return as the main sponsor for the second annual USA Track and Field Bermuda Games," said Natasha Scotland Courcy, Chief Executive Officer and General Counsel of Athene Life Re. "As the sponsor for last year's inaugural year, we were impressed with the world-class talent showcased at this event and look forward to supporting Bermuda's local track athletes again this year."

"Partnering with USATF to bring a world-class track and field event to Bermuda is a testament to the sports capabilities we exhibited when delivering the inaugural event. Like a relay race, it has taken a collective effort from the BTA, Bermuda National Athletics Association (BNAA), sponsors, and residents to ensure the event reaches the finish line," said three-time Olympian Hazel Clark, BTA Director of Global Sales & Business Development and former USATF athlete.

This year, the event will once again engage the youth of Bermuda with its "Run, Jump, & Throw" program, a hands-on learning program that gets kids excited about physical activity by introducing them to the basic running, jumping, and throwing skills through track and field. The activity will take place at Flora Duffy Stadium on May 20 from 9:00 am to 10:20 am. On the same day, Bermuda's talented youth will also get to partake in the Athene Fastest Kid on the Rock race to find the island's quickest talent.

The weekend's schedule will also include Move More Bermuda, the inaugural Seniors Games, an inclusive initiative encouraging the island's seniors to participate in more athletic activity. Taking place on May 20, the activity is open to all persons 50+ to compete in 100m, 200m, 400m, 1500m, and 3000m races, as well as the long jump and shot put. Additionally, seniors will have the opportunity to participate in The Fastest Fox on the Rock on the same day.



2023 UPCOMING EVENTS

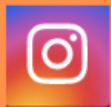
PERFORMANCE MINDSET SERIES: SPORTS PSYCHOLOGY FOR NEXT LEVEL RESULTS



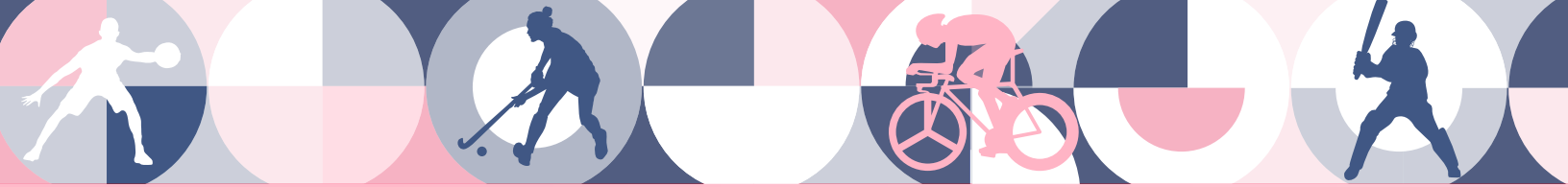
This series is brought to you by Five Rings, an organization led by Jenny Smatt, dedicated to the development and performance enhancement of athletes in Bermuda and beyond.

Five Rings is fortunate to have partnered with Impact Sports Lab and Dr. Tony Tucci, PsyD of My 360 Mindset to offer a range of in-person workshops, one on one and group sessions to athletes, parents and coaches.

For more information or to register visit:
<https://runsignup.com/Race/BM/Devonshire/MindsetMattersSeries>



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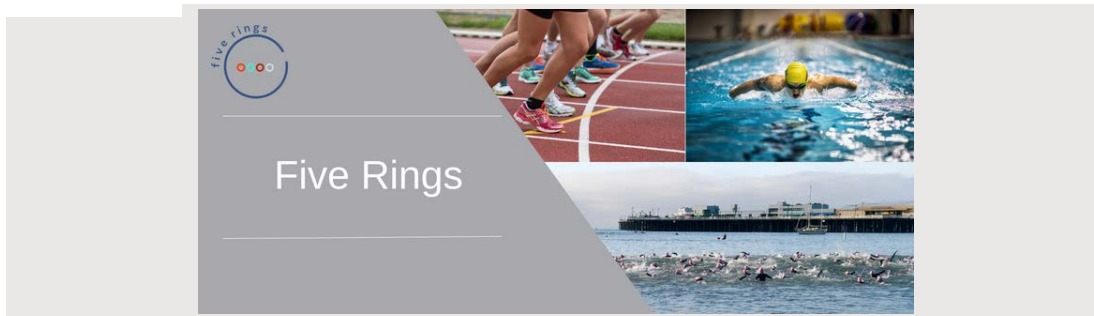


2023 UPCOMING EVENTS



Performance Mindset Series: Sports Psychology for Next Level Results

**Partnering with you on
your journey to success**



EXPERTS SAY THAT ACHIEVING STRONG PERFORMANCES IN SPORT IS BETWEEN 80-90% MENTAL AND THE REST IS PHYSICAL.

Despite this, mental skills are often overlooked or omitted from an athlete's training plan. At Five Rings, we believe that mental skills give athletes at all levels the strategies and confidence to optimize their performance and be the best versions of themselves in sport, school and beyond. We call this the Performance Mindset.

PERFORMANCE MINDSET WORKSHOPS | MAY 5th-7th

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DR. TONY TUCCI. PsyD

Backed by years of experience and research from a team of coaches, My360Mindset was created out of Impact Sports Lab, a leading performance training center dedicated to helping athletes achieve consistent peak performances.

Impact Sports Lab focuses on athletic development, performance nutrition, mental skills training and athlete data, however, we quickly saw the need to expand our mental skills training for students, athletes, schools, teams and businesses, by creating programs accessible in person and online for individuals across the globe.

Dr. Tony Tucci is a fully licensed psychologist, specializing in clinical performance psychology with over 11 years of clinical experience, and over eight years of trauma-informed care in the education system.

For more information or to register visit <https://runsignup.com/Race/BM/Devonshire/MindsetMattersSeries>

Audience:

Athletes, Parents, Managers, Coaches and Administrators

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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.



GOVERNMENT OF BERMUDA

Department of Youth, Sport and Recreation