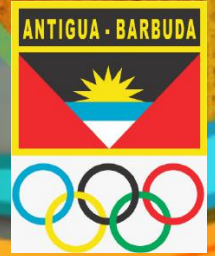


OLYMPISM

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**Tahje
Browne**



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Hon. E.P. Chet Greene



President
Antigua and Barbuda
National Olympic
Committee

ABNOC PRESIDENT'S MESSAGE:

Celebrating Black History and Our Sporting Heroes



Dear ABNOC Community,

As we celebrate Black History Month, we honour the profound impact that sports have had in shaping the identity and history of the African diaspora, the Caribbean, and our beloved Antigua and Barbuda.

Throughout history, Black athletes have used sports as a platform to challenge social norms, inspire change, and demonstrate excellence in the face of adversity. From pioneers like Jackie Robinson and Muhammad Ali to modern legends like Usain Bolt, the world of sports has always amplified the voices of Black excellence and resilience.

In Antigua and Barbuda, we are fortunate to have a rich legacy of athletic achievement that reflects the strength, talent, and spirit of our people. Our very own sporting heroes—such as the legendary Sir Vivian 'Viv' Richards, whose cricketing prowess transcended borders, and Sir Curtly Ambrose, known for his formidable fast bowling, have set a high bar of excellence. We also celebrate the achievements of Sir Richie Richardson, a distinguished batsman who, like Sir Viv, captained the West Indies cricket team, and Sir Anderson 'Andy' 'Fruity' Roberts, the first Antiguan and Barbudan to be selected to the West Indies team and a fierce and hugely effective fast bowler.



In track and field, 'Sprint Queen' Heather Samuel-Daley, along with Daniel "Bakka" Bailey, have represented us on the international stage. Additionally, Paris 2024 qualifiers, sprinters Joella Lloyd and Cejhae Greene have both distinguished our nation with their performances.

These athletes, along with numerous others, have not only brought honour to our nation but have paved the way for future generations. Today's emerging athletes are following in the footsteps of these trailblazers, continuing to raise the bar, and inspiring even younger generations. The sporting community in Antigua and Barbuda is evolving, and we see the promise of continued greatness in the young talents who are ready to take their place on the global stage.

As we celebrate Black History Month, let us also honour our athletes and reaffirm our commitment to supporting them as they strive for greatness. Sports remain a powerful tool for social progress and national unity, and together, we must continue to use it to build a stronger, more inclusive future for all.

Let us not only admire our athletes from afar but actively support them by attending events, encouraging the next generation, and promoting local talent. Together, we can help build the future of sports in Antigua and Barbuda.

Let us continue to inspire and uplift one another as we move forward with pride and determination. Our athletes are not just competitors—they are symbols of hope, resilience, and the future of Antigua and Barbuda.

Athlete Spotlight:

Tahje Browne

Cycling's Rising Star

Tahje Browne, a 17-year-old cyclist from Antigua and Barbuda, is rapidly making his mark in the world of competitive cycling. A three-time consecutive Junior National Champion of the Antigua Barbuda Cycling Federation, Tahje's talent and passion for the sport are undeniable. His journey began at just 12 years old when he joined the Wadadli Cycling Academy, quickly rising to prominence within the local and regional cycling scene.

Tahje's 2023 season was one for the books. He made history by winning the John T. Memorial Race for the second consecutive year, an achievement no other Antiguan cyclist had reached in over two decades. Later that year, at the Junior Caribbean Championship in the Dominican Republic, he placed fourth in both the Individual Time Trial and the road race, setting a national record with an impressive average speed of 26.2 mph.

His exceptional abilities led him to compete in categories above his age, where he remained unbeaten, securing both the Inet Individual Time Trial Championship and the Top-Ranking Individual Road Race Championship. Competing in the Open Elite category, he placed third in the National Inet Individual Time competition and fourth in the 66-mile road race.

2024 was a standout year for Tahje. He kicked off the season in Aruba by claiming the junior category championship jersey and went on to excel at the UCI youth camp in Trinidad. His remarkable performance continued back home in Antigua, where he broke his own local record and became the youngest ever National Individual Time Trial champion at just 16 years old.

Tahje Browne's rise in the cycling world is a testament to his dedication, perseverance, and drive. As he continues his journey toward becoming a professional cyclist, we eagerly await the future achievements of this inspiring young athlete.



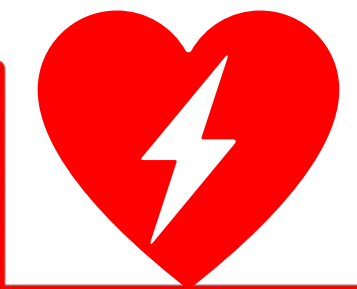


ABNOC Strengthens Sports Safety with Coaches CPR and First Aid Training

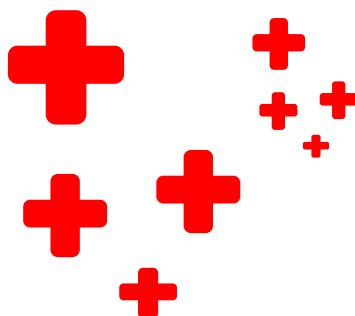
As part of its ongoing commitment to athlete welfare and capacity building, the Antigua and Barbuda National Olympic Committee (ABNOC) recently hosted a Coaches CPR and First Aid Certification Course on January 25, 2025. This initiative aimed to equip national sports coaches and representatives with life-saving skills essential for managing emergencies during training and competitions.



Held at the Mini Conference Room, Multipurpose Culture Centre, the course was facilitated by the Antigua and Barbuda Emergency Medical Services (EMS) and covered critical topics such as CPR techniques, first aid for injuries, medical emergencies, and the proper use of an Automated External Defibrillator (AED). Through hands-on practical sessions, participants gained the confidence to act swiftly in medical crises, enhancing safety protocols across sporting disciplines.

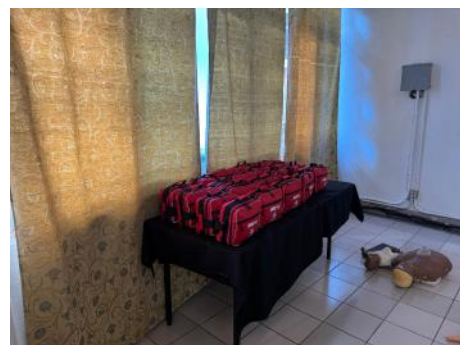


ABNOC President, Hon. E.P. Chet Greene, underscored the organization's broader vision of strengthening National Federations (NFs), emphasizing the need for improved administrative structures, enhanced coaching education, and athlete development programs. "By equipping our federations with essential skills and knowledge, we are laying the foundation for Antigua and Barbuda's future sporting success, with the ultimate goal of reaching podium finishes at international games," he stated.



ABNOC extends its gratitude to the Antigua and Barbuda EMS team for their expert facilitation, the St. John's Development Corporation for their assistance in providing the venue, and most importantly, to the dedicated participants who recognized the value of this training.

With this successful course, ABNOC continues to position itself as a leader in sports development, education, and safety, ensuring that Antigua and Barbuda's sporting community is well-prepared for the challenges ahead.





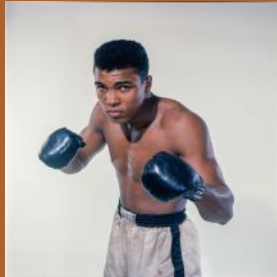
Winston Benjamin



Sir Viv Richards



Sir Alex Ferguson 'Ancient' Robert



MUHAMMAD ALI

(USA) - Boxing

The legendary heavyweight boxer and cultural icon, famous for his boxing skills and activism.



MICHAEL JORDAN

(USA) - Basketball

Known as the greatest of all time, six-time

DIDIER DROGBA

(Ivory Coast) - Football (Soccer)

The legendary Chelsea striker, who also had a significant influence on football in Africa.



LEWIS HAMILTON

(UK) - Formula 1 Racing

A seven-time Formula 1 World Champion, known for his skill on the track and activism outside it.



CLAUDE MAKELELE

(France) - Football (Soccer)

A former professional footballer, Makelele was a key defensive midfielder known for his work with Chelsea.



BLACK HISTORY IN SPORTS

Anderson
dy' Fruity'
erts



Sir Richie
Richardson



Sir Curtly
Ambrose

JORDAN

est basketball player
NBA champion.



SERENA WILLIAMS

(USA) - Tennis

One of the greatest tennis players of all
time, with 23 Grand Slam singles titles.

KIRANI JAMES

(Grenada) - Track and Field

The first Grenadian to win an Olympic
gold medal, James is a two-time
Olympic medalist and World Champion
in the 400m.



PELÉ

(Brazil) - Football (Soccer)

Regarded as one of the greatest
footballers of all time, with three
World Cup titles.



USAIN BOLT

(Jamaica) - Track and Field

The fastest man ever, holding
world records in the 100m and
200m.

HISTORY
N
RTS



Technical Tips 'n Tidbits

Episode 1: Fundamentals of Creating a Yearly Training Plan

As we continue our series on maximizing success through Yearly Training Plans (YTD), this first full episode delves into the essential steps and considerations for crafting an effective training plan that aligns with an athlete's competitive goals and personal development. A well-thought-out YTD is crucial for systematic improvement and achieving peak performance during major competitions, such as the Olympic Games.

Understanding the Athlete

- **Assessment:** Begin with a comprehensive evaluation of the athlete's current physical condition, skill levels, psychological state, and overall performance metrics. This assessment should be thorough and form the basis of the personalized training plan.
- **Goals Setting:** Work with the athlete to set realistic yet challenging short-term and long-term goals. These goals should be specific, measurable, achievable, relevant, and time-bound (SMART).

Structuring the Plan

- **Periodization:** Divide the year into phases, each with specific objectives such as endurance building, strength training, skills enhancement, tapering, and recovery. Periodization helps manage the athlete's training load to peak at the right time.
- **Integrated Training Elements:** Include not just physical training but also mental conditioning, nutritional plans, and recovery strategies. Each element should complement the others, creating a balanced approach that covers all aspects of the athlete's development.

Implementation Strategies

- **Adaptability:** While the plan should be detailed, it must also allow flexibility. Be prepared to adapt the plan based on the athlete's progress, health status, and external factors such as changes in competition schedules.
- **Monitoring Progress:** Establish a system for regularly monitoring the athlete's performance against the plan. Use tools and metrics suited to the sport, such as time trials, strength tests, and psychological assessments.

Communication and Support

- **Feedback Mechanisms:** Regular feedback sessions with the athlete are essential to discuss progress, address concerns, and adjust the plan. This two-way communication ensures the athlete remains engaged and committed to the objectives.
- **Team Collaboration:** Involve other team members in the planning process, including coaches, nutritionists, psychologists, and physiotherapists. A collaborative approach ensures that all aspects of the athlete's preparation are harmonized and optimized.

Case Study: Success Through Planning

- **Real-Life Example:** Provide a case study of an athlete who has successfully used a YTD to achieve their goals. Discuss the challenges faced, how they were overcome, and the key takeaways that can be applied by other coaches and athletes.

This episode of "Fundamentals of Creating a Yearly Training Plan" lays the groundwork for coaches and athletes to understand the critical components of a successful training strategy. By following these guidelines, you can ensure that the athlete not only reaches their peak performance at the right time but also engages in a training journey that is both sustainable and rewarding.

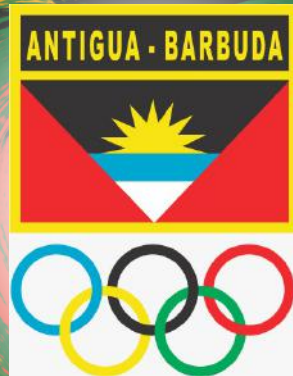
Stay tuned for our next episode, where we will explore how to achieve balanced athlete development through innovative training methodologies. Together, we can turn potential into exceptional performance, paving the way for success at the highest levels of competition.

Questions or comments?

Email: tdo@antiguabarbudanoc.com

CELEBRATING BLACK

EXCELLENCE IN SPORTS



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