



## **THE BARBADOS OLYMPIC ASSOCIATION INC.**

**P.O. Box 659, Bridgetown, Barbados, West Indies**

**Tel: (246) 429-1998, Fax: (246) 426-1998**

**Email: [info@olympic.org.bb](mailto:info@olympic.org.bb)**



### **REPORT OF THE NATIONAL OLYMPIC ACADEMY OF BARBADOS: JANUARY – SEPTEMBER 2022**

Despite the restrictions of the pandemic early in the year, we were able to deliver diverse and exciting programmes and realize many of the objectives identified in the annual plan of the National Olympic Academy of Barbados.

#### ***ATHLETE EDUCATION***

The Academy started the year with an athlete development workshop aimed at helping our junior athletes to develop an understanding of the intricacies of interacting with the media. This was subsequently enhanced with a two-day workshop on Communication in Sport when participants received practical experience as a means of improving their skills in handling interviews in various settings. This practical component of the workshops was conducted in authentic settings, and included the use of microphones and cameras rolling. It was rewarding to witness the growing confidence of the young athletes over the course of the training.

Anti-doping workshops were organized to ensure that athletes became aware of the WADA 2022 Prohibited List and to reinforce the Code and Guidelines. These were delivered by the Dr. Sasha Sutherland, Director, Caribbean Regional Anti-Doping Organization.

#### ***COACH EDUCATION***

Ms. Denise Alleyne, a local coach educator, attended a Training of Trainers workshop organized by the Caribbean Association of National Olympic Committees (CANOC) in preparation for the implementation of the revised Caribbean Coaching Certification Programme (CCCP). On her return, she conducted a workshop with six local coach mentors to prepare them to facilitate courses, using the more interactive methods being promoted by CANOC. These coaches will conduct a course in October this year with community coaches who work with the Youth Development Programme at the Ministry of Youth, Sports and Community Empowerment.

#### ***GAMES PREPARATION***

The Academy organized sessions for athletes attending multi-sport games held this year – Commonwealth Games and the inaugural Caribbean Games. At these seminars, athletes were familiarized with the playbook and discussed guidelines and procedures associated with the event. Athletes engaged in mental preparation activities, and presentations were delivered on topics including anti-doping (procedures, rights and responsibilities), athlete safeguarding, and

prevention of competition manipulation. Activities at the sessions also provided an opportunity for the athletes to get to know each other and build team spirit. In a motivational session, Mrs. Cherita O'dell, a former elite athlete, used her experiences to point out some of the self-derived obstacles to achieving success in competition and suggested strategies for combatting them. She encouraged the members of the contingent to be confident in their ability to achieve excellence.

### **IOA SESSIONS & MEETINGS**

The Main Topic for the Sessions was *"The Olympic Movement and Olympism in Digital Era"*.

Rohansonn Waithe was our representative at the 62<sup>nd</sup> International Session for Young Olympic Ambassadors held from 11 – 23 June. The Special Topic for this Session was *"The promotion of physical activity via digital engagement strategies and virtual sports"*. He described the experience as amazing, reporting that the lectures were "riveting and thought provoking and produced vigorous debates". In his opinion, the facilities were welcoming and reflect a commitment to the philosophy of the "balanced whole", while the camaraderie was refreshing. He asserted that the Session has left a life-long impression on him as he charts his life and career in Sport Administration and he is proud to call himself a Young Olympic Ambassador.

Unfortunately, a last-minute development prevented the Academy Director, Ms. Vaneisha Cadogan, from attending the 15<sup>th</sup> International Session for National Olympic Academies' and National Olympic Committees' Delegates in person. However, she attended the Session online, and benefitted from access to the lectures and discussions. The Special Topic was *"Digital strategies for the promotion of Olympic Values"*. Among the outcomes, the forum compelled participants to consider the dynamic possibilities for the delivery of Olympic Education in the future.

### **LEADERSHIP DEVELOPMENT**

The 2<sup>nd</sup> National Session for Young Participants (NSYP 2022) was convened on 20-21 August 2022. The 2-day conference for potential sport leaders (ages 20 – 30) engaged participants in dialogue on issues of relevance and provided them with an opportunity to make recommendations for the development of sport. The theme of NSYP 2022 was *Sport and The Pandemic: Challenges, Opportunities and Changes for Barbados and the Caribbean*. The Keynote Address, *COVID-19: A test of the resilience of sporting organizations*, was delivered by Mr. Brian Lewis, President of the Caribbean Association of National Olympic Committees (CANOC), while Mr. Ivar Sisniega, Secretary General, Panam Sports was invited to speak on the topic, *Reshaping Sports Federations for a Post Pandemic World*. One of our Olympians, Andrea Blackett OLY, addressed the participants on *The Impact of the Pandemic on Youth Athletes and their Future in Sport*. The representatives at the next International Session for Young Olympic Ambassadors will be selected from among the participants at the conference.

A sport leadership component was included in some of our programmes this year as a strategy to build leadership capacity among the youth. The objective is for young sport leaders to develop the ability and confidence to assume leadership roles and make a difference in their communities. An example of this was associated with the International Day of Sport for Development and Peace 2022. Young sportspersons from the parish identified as the venue for the event, and who showed leadership potential or interest, were recommended for training. Sixteen potential young sports leaders (under 25 years of age) were engaged in leadership training in the lead up to the activity. They subsequently assisted with organizing and managing at the IDSDP 2022 event. Training is ongoing with those who show the commitment and propensity to grow. This has been bearing fruit as some of those in training have begun to assist with, or plan programmes within their communities and have been outstanding participants in other projects organized by the Academy.

### **MUSEUM**

The protocols in place limited our ability to host guided tours of our museum for most of the year. However, we managed to facilitate thirty-two children and thirteen adults in the latter part of the period of this report, when restrictions were reduced. Visitors received information on Olympism, history of Games and Barbados' involvement over the years as they viewed and interacted with the artefacts and memorabilia on display. Officials from the government department responsible for tourism marketing were also taken on a tour of the museum and we will continue to discuss plans to have the facility included in the island's promotional drive. Visitors to the island were included among those touring the museum.

### **CAPACITY BUILDING**

In January, an online Forum was organized for representatives of National Federations (NFs) to provide detailed information about (1) opportunities available for developing capacity within their organization and the established procedures for accessing these opportunities, and (2) programmes to be offered by the NOA. This also allowed us to obtain feedback on the performance of the NOA and ideas for programmes that may be offered to meet the needs of the NFs.

### **OLYMPIC SOLIDARITY SCHOLARSHIPS**

A number of persons have benefitted from support offered by Olympic Solidarity.

- Three coaches are currently pursuing high-level training courses under the Olympic Scholarships for Coaches programme. The sports represented are Track and Field, Sailing and Water Polo.
- One member of the Barbados Sports Medicine Association has just started the IOC Diploma in Physical Therapies.

- A Volleyball sports administrator began MEMOS XXV in September.
- The Academy Director is currently pursuing the IOC Certificate: Safeguarding Officer in Sport Course in preparation for assuming the role, and leading the NOC's thrust to implement its Safeguarding Policy.

These scholarships are contributing significantly to the realization of our strategic goals in the areas of athlete development and capacity building of administrators.

### **PROMOTION OF OLYMPIC VALUES**

Presentations on Olympism and the Olympic Values were delivered to one hundred and forty-five children and seventeen teachers from primary and secondary schools. Using the theme, *Building A Better World: Living the Olympic Values*, the presentations raised awareness of the Olympic Core Values and helped the children to understand how values apply in physical activity and sport settings and in their daily lives.

On International Women's Day, the Academy hosted an online discussion on "Gender Portrayal by the Media in Sport" to highlight an ongoing issue of concern, and in keeping with the IOC goal of raising awareness in this area. The panel discussion, moderated by the Chair of the Women In Sport Commission, Ms. Ytannia Wiggins, included three sports journalists and an athlete, Ayanna Morgan, who was an IOA Young Participant in 2021.

### **GLOBAL CELEBRATIONS**

A decision was made to organize some activities for global celebrations in rural communities with objectives which included introducing young people to new sports and involving communities in fun and friendly physical activity in an atmosphere of peace.

### **INTERNATIONAL DAY OF SPORT FOR DEVELOPMENT AND PEACE (IDSDP) 2022**

This was an all-day event in a rural parish involving six sports, novelty events, and a display booth. Four new sports were introduced to persons from the surrounding communities – Badminton, Handball, Tag Rugby and Goal Ball. The latter, a team sport played by the blind and visually impaired, was meant to showcase disabled athletes and emphasize equality and inclusion.

There was a short, informal Opening Ceremony, during which participants raised their white card for peace. The Secretary-General, Mr. Erskine Simmons, and the Director of the National Sports Council, Mr. Neil Murrell, made brief remarks, emphasizing the significance of the day, the contribution of sport to promoting peace in communities and the general benefits of participating in physical activity.

The morning session was limited to children who were under 16 years. The first event was a demonstration of Goal Ball by a group of players from the National United Society of the Blind. It was inspiring to see the skill displayed by this group of disabled players and the enthusiasm with which they played the game. The children were divided into teams and they played four sports on a rotation that ensured that they had a chance to participate in all of them. The sports were Basketball, Goal Ball, Handball and Tag Rugby. A “rolling substitution” system was used in all games to give every child adequate playing time. During the Goal Ball games, the children’s eyes were covered to give them an authentic experience. The intention was to help them to understand the challenges faced by the disabled to participate in sport and some regular daily activities and ultimately, develop empathy for members of the disabled community. This was reinforced in discussion after the game.

The session after lunch was open to the general public. There were two sports played at that time – Air Badminton and Road Tennis (an indigenous game) – along with a number of fun events, which included Catch the Water Balloon, Roller Race, Musical Hula-hoops and Racquet & Ball Obstacle Race. The final event of the day was a Zumba and Aerobics session led by a well-qualified and well-known instructor.

Included on the day’s programme was an anti-doping and anti-drugs promotion. Representatives from two organizations, the National Anti-Doping Commission (NADC) and the National Council on Substance Abuse (NCSA), were on hand throughout the day to speak with the children in particular, and answer questions. Activities included quizzes and engaging games, particularly as NCSA used the creative and interactive approach of their *SPORTS – Not Drugs!* campaign to spread the message.

The day’s activities were well received by all of the persons who participated, especially the children, who reluctantly left each activity area. Some continued to engage in some form of physical activity even after the event had officially ended. Both the children and adults were particularly happy to have an event of this significance brought to their community and this showed in the keenness of their response and the level of participation. The Member of Parliament (MP) for the parish attended during the afternoon session and addressed the gathering. He expressed his pleasure at having the event in the parish and has initiated discussion about collaborating on similar events in the future.

All of the participants and volunteers were presented with an IDSDP branded shirt and water bottle, and other memorabilia. Members of the public received shirts, and memorabilia which were randomly distributed.

One community leader has reported that he has finally realized a longstanding dream of getting girls from his community to show an interest in Basketball and added that there has been a slight increase in the number of boys playing the sport. The national federations associated with the new sports introduced on the day have signalled their intention to develop their respective sport in the parish.

### *OLYMPIC DAY (OD) 2022*

We celebrated an Olympic Week again this year as has become customary over the past few years. The celebrations began with a Virtual Week-Long Walk from Monday, 20 to Friday, 24 June, as we sought to involve the wider community in physical activity. Persons used an app to register the distances they walked each day in their quest to win attractive prizes. The competition was keen as positions on the leaderboard were constantly changing, except for the overall winner who held on to that position from the second day of the event. Prizes were available for the top three finishers (female/male) and the oldest male/female participants.

On Wednesday, 22 June, a panel of six was invited to discuss the topic, *ESport: Is it Sport?* The moderator was former national athlete and international sportscaster, Ms. Alex Jordan. The aim of the activity was to uncover attitudes about this emerging form of sporting competition. This was a Twitter space discussion which was also streamed on Facebook and YouTube. Not surprisingly, opinions varied widely as panelists and participants deliberated on issues such the definition of sport and the impact of esports on physical activity. The discussion was lively and engaging and participants were disappointed when the time expired.

On Olympic Day (OD), the message from the IOC President was posted on our social media platforms. It was also sent to local media houses for publication. Our celebration on that day, #Move For Peace, highlighted the new OD pillar “Together For A Peaceful World”. This was an evening of physical activity challenges and aerobics led by representatives from the Senior National Netball Team, Bajan Gems. National Federations and the public were invited to participate. Every challenge included a focus on the number 60, in celebration of the 60<sup>th</sup> anniversary of the NOC’s participation in Olympic sports. Participants were provided with Olympic Day T-shirts in national colours and at one stage during the workout session, they formed the number 60 while showing the peace sign. The evening was very enjoyable, with the participants asking for more when it ended.

A 2K Fun Run was held on Saturday, 25 June in a rural parish to generate increased interest in sport and physical activity in rural communities. To maintain our goal of highlighting our Olympians, Stevon Roberts OLY was invited to start the race. More than 100 persons completed the race. Prizes were awarded to the top three finishers (female/male) and every participant received an Olympic Day certificate.

Following the Fun Run, a number of activities were organized at a Fun Evening. Eleven stations were set up, allowing participants to engage in their activities of choice at any time throughout the evening. These included Basketball Shooting Competitions, Road Tennis, an indigenous sport, and several novelty events, such as Hopscotch, Physical Tic-Tac-Toe and Musical Hula-hoops. The Fencing Federation organized a demonstration of their sport, and provided participants with an interactive and engaging opportunity to try their hand at the sport. Participation was high and some individuals registered their interest in learning the sport. The highlight of the evening was the Ninja Challenge, which saw participants being tested to complete a course that required some fitness and agility. The evening ended with a short aerobics session. At least one participant in each activity received a prize or gift and all participants were presented with an Olympic Day certificate.

A partnership with the organization, Save Soil, enabled us to heighten awareness of an environmental issue. Dozens of the members participated in the Fun Run and subsequent Fun Evening activities. A branded selfie board encouraged participants to take photos and provided an opportunity for members of Save Soil to engage them in conversation. During the prize giving at the end of the evening, the leader of the organization addressed the audience on the environmental issue. Save Soil has produced a video of their involvement in the evening's activities.

## **CONCLUSION**

The outcomes of our programmes have been pleasing and we effectively achieved most of our objectives. Our plans for the remainder of the year include courses for sport administrators and coaches, and we will continue to promote Olympic Values in schools.