



VIOC IN ACTION

Virgin Islands Olympic Committee Newsletter

Sophia Aubin on IOA Session

The 12th Joint International Session was held in May in Olympia. Sophia Aubin (VIOA) and Lyn Reid (VIOC) attended the weeklong program. Lectures focused on: respect, nationalism in sports and Olympic ethics. NOA representatives presented programs they were conducting in their countries such as: coloring books, workshops, radio programs and family sports days.

Regarding the session Ms. Aubin said; "It was wonderful to network with fellow NOA members and to share program ideas. Ms. Reid and I felt some programs discussed could be applied in the USVI, like art and writing contests related to sports and the Olympic Movement; and Meet an Olympian school programs. Ms. Aubin presented these and other ideas at the June VIOA board meeting.



Photo left to right
Sophia Aubin (VIOA)
Prof. Dionyssi Gangas (IOA)
Lyn Reid (VIOC)

2014 Olympic Day Run

The 28th Annual Olympic Day Run was held on both St. Croix and St. Thomas at the end of June. Turnout included VIOC members, National Federation members, past and present Olympians from a variety of sports, coaches, officials, volunteers as well as the general public. The Olympic Day Run promotes the participation in sports by men, women and children from all corners of the world and all walks of life, regardless of athletic ability. Special thanks to VI Pace Runners for all of your hard work! Be part of upcoming events!

Email us: vioa@virginislandsolympics.org.



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Introducing Our Virgin Islands Athletes for The 2014 Youth Olympics in Nanjing, China



Carlos Rosa and Ajai Sweeney - Beach Volleyball

How long have you been competing? We have been competing for about a year and a half.

Where do you train? How often? We train at the Frederiksted Pool six days a week.

What is the best thing about your sport? The best thing about Volleyball is that we get to make friends with a lot of young people throughout the Caribbean.

What other sport would you be interested in doing? The other sport we would be interested in playing is Basketball.

What athlete would you most like to meet? We would like to meet SinJin Smith.

What competition has been the most fun so far? The competition that we had the most fun at was the NORCECA Youth Olympic Games Qualification Tournament in Puerto Rico.

Scott McKenzie - Sailing

How long have you been competing? I started sailing when I was five and started to compete seriously when I was 11.

Where do you train? How often? I sail from my house and work with a private coach. I am lucky enough to live on the water. I train at least 2 days a week every week and will train 5 days a week before a big competition like YOG.

What is the best thing about your sport? It has taken me to some of the most beautiful places in the world. Yacht clubs are usually located in really nice places.

What other sport would you be interested in doing? I cross train with basketball, track and weight lifting.

What athlete would you most like to meet? Michael Jordan because he is more than a great basketball player, he is a role model for all athletes.

What competition has been the most fun so far? So far, being a part of Team ISV as an opti sailor for three years where I trained, traveled and competed with my best friend Chris Murphy and worked with Coach Santiago "Tino" Galan. I think YOG will be fun too and I am looking forward to that.



Jemille Viallet was nominated by the V.I. Swimming Federation to represent the Virgin Islands at the Young Ambassador Seminar in Nanjing, China. Young Ambassadors went from every country to test and give feedback on Nanjing's Cultural Education Program (CEP) for the Youth Olympics.

He spent his days there engaging in cultural activities which included some history lessons, traditional Chinese artwork, traditional Chinese games, kite flying, cooking lessons and Music for Stress Relief.

Upon his return he said, "I am determined to help "inspower" (inspire and empower) our athletes in the same way I was. I believe that everyone from the Virgin Islands, once they leave here, is an ambassador of our country. Through sport, we can change the myopic views of people around the world; this must take place one country at a time. It is my job to spread the Youth Olympic Games DNA to everyone I can, especially the youths." To the right, our Young Ambassador Jemille Viallet participates in a dragon dance during the Young Ambassador session for Nanjing.

Youth Olympics Athletes, continued...



Paige Clarke - Sailing

How long have you been competing? I have been competing since I was 11 years old. My first regatta was Scotiabank International Regatta held at the St. Thomas Yacht Club. I have also competed in Chile and Argentina for Optimist South Americans, California and Bermuda for Optimist North Americans and Italy and the Dominican Republic for Optimist Worlds. Last summer I moved out of the Optimist and I am currently competing in the Byte CII, Laser, and 420.

Where do you train? How often? I currently have my boat in Coral Bay, St. John which is where I live. I have a two-hour commute to school every day and it is difficult to find time to train in the Byte CII. This month Coral Bay held the 15th Annual Commodore's Cup where I sailed 22 miles two days in a row. When the race times were calculated, I won my

class and competed in the Laser "sail-off." I definitely had an advantage because I am acclimated to sailing dinghies which helped lead to my victory. I am out on the water as much as I can be and when possible I work out with my trainer, Jude Woodcock.

What is the best thing about your sport? In my opinion one of the best perks of sailing is being able to travel around the world and meet new people. I consider myself lucky to have been able to experience such a wide variety of cultures by the age of 15.

What athlete would you most like to meet? I would love to meet Bethany Hamilton because she is not only an incredible surfer but also an inspirational figure. Her drive to overcome what many may consider devastating has helped her emerge on the top. I can only wish that if I was in a similar situation I could handle it as well as she has.

What competition has been the most fun so far? The Renaissance Invitational Regatta in Bermuda is my favorite competition to date. I loved the atmosphere the regatta organizers created and it did not hurt that we got to watch some of the best match-racers in the world.

Kohun Eugene - Track

How long have you been competing? I started in the 2nd grade when our coach in St. Lucia approached me to participate in the Inter-primary school event.

Where do you train? How often? I train at Eudora Kean almost daily with my coaches.

What is the best thing about your sport? It's an individual sport, even including relays, you're as good as your slowest teammate.

What other sport would you be interested in? I'm also good at cricket, and if track didn't work out for me, it would be something I would look into pursuing.

What athlete would you most like to meet? I would love to meet John Cena from the WWE, I've always looked up to him as a child growing up and he inspires me to keep being respectful to others and never give up.

What competition has been the most fun so far? My first actual competition on an oval shaped track where I had to run a relay. I think it's safe to say now I had no idea what was going on. I was to run the second leg and ran past both the first leg and the anchor, maintaining that first place position. As embarrassing as it sounds, that was the most fun I had at a competition.



What year were the first Summer Youth Olympics held?

Answer: 2010

Olympic Committee Clean Up at Brewers Bay

On the morning of April 19th, a group of volunteers cleaned up Brewers Bay Beach. Over a dozen volunteers came out representing the VI Olympic Committee, VI Olympic Academy, some of the sports Federations and athletes. You can get involved with the next clean up by signing up on our website: <http://www.virginislandsolympics.org/>, contacting us on Facebook <https://www.facebook.com/VirginIslandsOlympics> or emailing us at vioa@virginislandsolympics.org. Many thanks to all of our volunteers!



Coach Keith Smith Reports on Attending the Long Term Athlete Development Course

Coach Keith Smith traveled to the Dominican Republic to participate in the Long Term Athlete Development (LTAD) hosted by CANOC. There were 17 participants from 15 Caribbean countries. LTAD was established in Canada to assist in the sports development of the general population from birth to the grave. The benefits for developing an active lifestyle in any community are numerous, from a more productive economy to decreased cost of health care to longer athlete careers.

We were able to begin shaping the framework for our own LTAD program based on the model developed in Canada. It is currently being tested in 7 different countries and the state of Utah. We are working with the technical director in analyzing the structure, rules and calendar to decide whether the program will support the athlete development we would like to see in our own country.



Upcoming Events

Pan American Olympic Festival: Mexico, June/July 2014

Youth Olympics: Nanjing, China, August 2014

Central American and Caribbean Games: Vera Cruz, Mexico, November 2014

Pan Am & Para Pan American Games: Toronto, Canada, July/August 2015

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