

VIOCIN ACTION

Virgin Islands Olympic Committee Newsletter

IOC Injury Prevention Conference

Virgin Islands Olympic Academy was fortunate enough to receive an invitation to have a medical personnel attend the International Olympic Committee Injury Prevention Conference and the International Olympic Committee Advanced Team Physicians Conference. Virgin Islands chiropractor Jerry Smith was nominated due to his history working with VIOC athletes. Many new relationships within a global network of sports practitioners were forged. The conferences also covered injuries athletes can sustain during sports and training; from concussions to foot ailments. Prevention, proper diagnosis and care are key in keeping our athletes out of the doctor's office and in the competition.

Jerry Smith is working on an injury surveillance program that can be used with VI athletes to help track and prevent injuries. This system and its success was demonstrated at the convention.



VI Sailor Qualifies for Rio.

Coming off his Canadian Olympic Regatta win, Cy Thompson has sailed his way into the 2016 Olympic Games. The 26 year old St. Thomas native is no stranger to determination and prowess, he spent 1 month training with the Canadian Sailing team in Ontario. With a total of 15 scheduled races over 5 days, Cy's preparation primed him for a solid start, "I stayed consistent throughout the regatta, did the math going into the last day and knew I just had to beat my closest competitor in one of the 3 races," he said. Even with the setback of having his boat damaged before the race, Cy finished 38th which made him eligible to represent the Virgin Islands in the 2016 Olympic Games in Rio de Janeiro, Brazil and gives him another shot at gold. Cy sailed for Team ISV in the London 2012 Summer Games.



News: VI Boxer wins Gold



VI super heavyweight is gold.
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News: Youth Olympics in China



Virgin Islands Youth in Nanjing.
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News: CAC Games to Start



Athletes for 11 sports head to Mexico.
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Team ISV at the Youth Olympic Games in China

We sent five young Virgin Islanders to Nanjing, China this August to represent us at the Youth Olympic Games. Two sailors, one track athlete, one male beach volleyball team, three coaches, one young ambassador and the Chef de Mission travelled to China's "Southern Capital" to compete and participate in the Culture and Education Program (CEP). CEP is based around five themes: Olympism, Social Responsibility, Skills Development, Expression and Well-Being and Healthy Lifestyles. This program takes the Youth Games from a sporting event to an educational sporting event with the aim of forming well rounded sport ambassadors.

Around 3,500 athletes from over 200 different countries competed in 28 different sports based on the Olympic Games. Our athletes did a great job within their sports. Our Beach Volleyball Team ranked 31st. Athlete Ajai Sweeney said, "It was breathtaking, it was different; it was one of the best experiences of my life. I learned about different cultures, ate some crazy food; all of it was just amazing. The beach volleyball competition was pretty stiff; the level of play was really good. The court was amazing, and the other teams played hard. The highlight of attending the Youth Games was meeting all the different teams and learning about all the different cultures. To everyone at home; thank you for supporting me and the whole team."

Track athlete Eugene Kohun of St. John had times of 22.60 and 22.84 for running the Men's 200m. He said, "My experience in Nanjing was wonderful. The people were very nice and friendly; everywhere we went they said hi, hello, how are you. They made you feel like you were home. (In regards to the competition) I did my best, I gave it my all. Going up against the best in the world was very nice, I enjoyed it. My favorite thing about going to the Youth Olympics was interacting with the different cultures. I heard over 80 different languages. Everyone was out there having fun, meeting new people, making new friends, I had a blast. It's really nice to see people come together from all over the world. I would like to say thank you to the Virgin Islands Olympic Committee, for giving me this opportunity, my coaches Mr. Joseph and Ms. Potter, my family, my friends and everyone that was rooting for me. Thank You."

Our sailors, Scott McKenzie and Paige Clarke both had good competitions. Scott came out 14th in Men's Byte and Paige ranked 16th in Women's Byte.

The VIOC would like to thank all of our coaches, athletes, Federations, delegation members and the community for their support and participation during the Youth Olympic Games!



CAC Games in Veracruz, Mexico - November

The Central American and Caribbean Games have been held every four years (usually in the even year between Summer Olympic Games) since 1926. Team ISV has been part of these games since 1966 in San Juan, Puerto Rico. Due to the qualification standards, we typically send our largest delegation to these games. This year we are anticipating sending about 60 people to Veracruz Mexico for the Games in November. Athletes, coaches, medical personnel and VIOC Officials will make up this delegation. We have athletes from 10 different sport federations attending the games.

In alphabetical order, we have athletes from Athletics, Archery, Beach Volleyball, Bowling, Boxing, Golf, Sailing, Shooting, Swimming and Taekwondo representing the Virgin Islands. For more information on the Games in Veracruz you can check out their website (<http://veracruz2014.mx/>). The VIOC will be providing Team ISV updates via Facebook and Twitter

(www.facebook.com/VirginIslandsOlympics and @TeamISV).

In 2010, Mayaguez hosted the CAC Games, where Team ISV earned two Silver medals in Athletics. We are looking forward to having our athletes compete, and hopefully bring home some medals!



Results of the Pan American Sports Festival

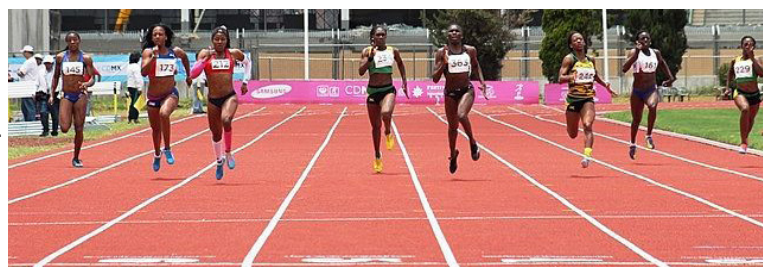
Team ISV had representation in three sports at this year's Pan American Sports Festival in Mexico this summer. The Pan American Sports Organization (PASO) hosted this event based in Mexico City. This was the first ever Pan American Sports Festival. It was developed by PASO to bring together coaches, athletes and international judges for competition and the transfer of knowledge.

PASO is the international organization that represents the NOCs of North America, Central America, South America and the Caribbean. They are the continental association of the Americas and are affiliated with the International Olympic Committee.

We had Virgin Islands bowlers, swimmers and track and field athletes in Mexico for the competitions.

Swimming was a tough challenge due to the high altitude of Mexico City and a showing of 200 competitive swimmers. Both Jamaris Washshah and Tony Hendricks made finals for their key events.

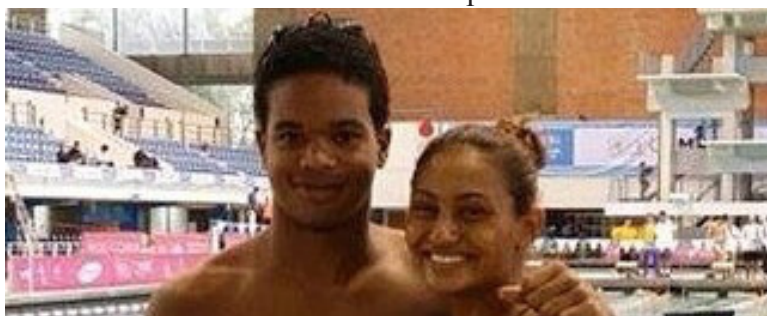
The Bowling team reported a great competition and knowledge transfer. They said it was a great preparation for the team going to the CAC Games.



Allison Peter in the 200m 3rd to right.

Track and Field had great results with three medals! Allison Peter won the silver medal for the 200m event. Eddie Lovett won the bronze in his event, the 110m hurdles, with a time of 13.62. Leslie Murray, our third track and field athlete in the games, finished 5th in his event, the 400m hurdles.

The Virgin Islands Olympic Committee thanks our athletes, coaches and volunteers for their help with our participation and success at the Pan American Sports Festival. We look forward to the next one!



What does the Olympic motto Citius - Altius - Fortius mean?

Answer: Faster - Higher - Stronger

VIOC Beach Clean Up on St. Croix

Earlier this year the Virgin Islands Olympic Committee joined with the community and cleaned up Brewers Beach on St. Thomas. It was a success bringing athletes, VIOC Board members, volunteers and Federation members together for the environment. On October 4th, the VIOC participated in CoastWeeks with a Beach Relay and Clean-up at Ha Penny Beach on St. Croix. Eleven different teams took part in the relay race. The St. Croix Dolphins gave the V.I. Pace Runners a run for first place prize by having the lead for the majority of the 2 mile race. After the fun, team members, volunteers, parents and officials had a beach cleanup - removing bags and bags of garbage from the beach. A special thank you to our volunteers and the V.I. Pace Runners for making this day possible.

Join us for the next clean up! Sign up for our Newsletter on our website (www.virginislandsolympics.org).



Super Heavyweight Wins Gold for USVI

In August, US Virgin Islanders Clayton Laurent, Tiffany Reddick and Jose Pegura travelled to Bogotá, Colombia to participate in the Central American and Caribbean Championships for amateur boxing. Everyone got great competition experience, however, Laurent got the gold. In his first match he knocked out Jose Castro of Nicaragua in the first 18 seconds. The following day his opponent Edgar Munoz of Venezuela walked out of the match leaving Laurent with his first gold medal as an amateur boxer.

He told the Virgin Islands Olympic Committee that his preparation was tough. He did a lot of running, strength training and sparing with boxer and coach Julius Jackson and fellow amateur boxer Jose Pegura in order to get ready for the match. Coach Julian Jackson wanted him prepared for anything, and it paid off in a win.

Laurent said of the experience, "It was humbling and needed. The temperature was low, in the 50s and the elevation was 3,000 plus feet above sea level. These were challenges I needed to face."

About winning, "It was great to have everyone respect the Virgin Islands and raise the flag and sing our anthem. I hope to have a repeat of that at the Central American and Caribbean Games."

We do too Clayton.

Citius - Altius - Fortius



Upcoming Events

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

Pan American Games, Toronto, Canada - July 2015

Youth Winter Olympic Games, Lillehammer, Norway 2016