



Dr Julio Maglione (left) and BOA president Steve Stoute.

Swimming official pays courtesy call

Dr Julio Maglione, president of the Pan American Sports Organization, recently paid a courtesy call on Barbados Olympic Association president, Steve Stoute and toured the Barbados Olympic Museum. Dr Maglione, who is also the president of the International Swimming Federation, was in Barbados to attend a General Assembly of the Central American and Caribbean Aquatics Association.

Maglione was accompanied by Andrew Kirby and Anthony Selby, president and secretary respectively of the Barbados Amateur Swimming Association.

The president was high in praise of the Barbados Olympic Centre and also of the Barbados Amateur Swimming Association, for their ability to organize the **CCCAN Swimming Championships** at very short notice. In turn the BASA officials thanked Stoute for the BOA's ongoing support of aquatic sport in Barbados.

Maglione, who replaced the late Mario Vasquez Rana as president of PASO, also discussed various aspects of the upcoming **Pan American Games** in Toronto and mechanisms by which FINA could assist the Barbados Amateur Swimming Association to develop water polo in Barbados. He noted that Barbados had a proud history in this discipline and would like to see Barbados' water polo once again be a prominent force within the region.

(PR)

Advice for athletes

WORKSHOP HELD TO HELP PREPARE FOR GAMES

The Barbados Olympic Association Inc. (BOA) this week hosted a High-Performance Workshop at the Barbados Beach Club for local athletes heading to this year's **Pan American Games** in Toronto, and **Youth Commonwealth Games** in Samoa. The goal of the workshop was to help prepare the athletes mentally for the rigours of these games.

The lead facilitators, sports physician and chief medical officer of the **Pan Am Games**, Dr Julia Alleyne and sports psychologist Dr Doug Misener of Canada, brought a wealth of international experience in sports medicine and performance psychology to the interactive two-day workshop. They sought to equip local athletes with the techniques required to build

their mental resilience and wellbeing both in the lead-up and throughout the **Games**.

BOA general manager Glynne Clarke said the BOA recognised that while local athletes were being prepared well physically for high-level competitions, they, however, lacked in their mental preparation. "We're proud to be able to offer this opportunity for the first time to our athletes. This workshop is our first step in creating a continuous programme to support mentally and prepare our athletes for multi-sport games — now, and into the future," he said.

Athletes were counseled on how to manage anxiety and emotions, deal with pressure and the media, set performance goals and the importance of sleep and nutrition. They also received coaching on relaxation and breathing techniques. A nutritionist and two team doctors were also on hand to give advice on managing injuries and proper nutrition.

Facilitator Dr Julia Alleyne said she was pleased with the level of sophistication of the Barbadian athletes.

"They are very knowledgeable, and it's made the workshop very interactive", she said. "They've been so honest and really put in the effort to make this workshop a success."

Barbados' 400m hurdles **Commonwealth Games** gold medalist, Andrea Blackett, was also a special guest presenter. She spoke to the athletes about positive mental health and

visualisation.

"Becoming an elite athlete first begins with a passion and intense desire to be the best you can be. This decision has to be made by you and no one can influence you or convince you to be great. This has to be something you want. And you have to want it more than you want anything else in life," she said.

Nadia Cummins, 400m track, and field athlete is attending her first **Pan Am Games**. She said: "I'm happy to have the chance to work on my mental preparation, and to have everyone together to create a positive team energy."

Ramon Gittens, 100m and 200m track and field athlete and Barbadian Olympian, echoed these sentiments: "Being based overseas, I have access to workshops like these but I'm very happy to see these kinds of opportunities now becoming available locally to Barbadian athletes," he said.

A total of 40 athletes will represent Barbados at upcoming **Games** — 32 at **Pan Am** and eight at the **Youth Commonwealth Games**. Ten sports will be represented at the **Pan Am Games** including athletics, swimming, boxing, golf, badminton, triathlon, tennis, equestrian (jumping), shooting, weightlifting; and six sports will be represented at the **Youth Commonwealth Games** — athletics, swimming, archery, tennis, boxing, and weightlifting. (PR)

Blatter says he has not resigned

Sepp Blatter has hinted that he may make a renewed bid to hold on to his position as FIFA president, by revealing that he has "not resigned" as top boss of football's world governing body.

The Swiss won a fifth term in charge of the scandal-hit organisation earlier this month, before announcing his decision to step down just four days later due to an ongoing investigation which has since engulfed FIFA.

On the back of the corruption scandal, Blatter seemed to state that he would remain in charge on an interim basis only, but would not seek re-election at the next Congress meeting.

However, in an interview with Swiss newspaper Blick, the controversial chief has now backtracked on these previous comments.

"I have not resigned," he said. "Rather, I have made my mandate available at an extraordinary congress."

A successor to Blatter was expected to be announced at an emergency meeting on December 16. (Reuters)

Facilitator Dr Doug Misener making a point to the athletes.

