

Report XVIII Central America and the Caribbean Junior Championship

2nd – 4th July 2010 / Dominican Republic

The Team:

- I. Dillon Simon U20 Boys, Discus and Shot put
- II. Andre Bazil U20 Boys, Javelin
- III. Mitchel Davis U20 Boys, 200m and 400m
- IV. Mac Naguirre Soares U20 Boys 800m and 1500m
- V. Simon Lawrence U20 Boys 200m and 400m
- VI. Godwin Dorsette Manager and Coach
- VII. Kaysanda Alexander U20 Girls 800m and 1500m
- VIII. Shanika Yankey U17 Girls Javelin, Shot put and Discus
- IX. Tabique Lockhart U17 Girls 400m and Long Jump
- X. Chelsey Linton U17 Girls Heptathlon
- XI. Estaliter Audain Chaperon/Assistant Coach

Depature Date: 29th June 2010, 7am

Return Date: 6th July 2010, 5pm

Objective: That the members of the team would represent Dominica to the best of their ability and be true ambassadors for their country.

Performances:

- 1 Gold
- 1 Silver
- 2 National Records
- 5 Personal Best



Chelsey Linton



Miss. Chelsey Linton of Marigot, member of the Wesmar Ranger A.C, also Student of the N. E. C. S has bounced back from her Carifta Games disappointment and fractured wrist to take Gold in the under 17 girls Heptathlon.

With a total score of 4505 points she was more than 400 points from her closest rival and the points accumulated would placed her second in the Under 20 girl's event.

She had personal best performances in:

- 100m Hurdles → 15:31sec
- Long Jump → 5:44m
- Javelin → 30.77m

Chelsey has demonstrated great courage and strength as she has overcome her fears that came with her accident in the hurdles event during the 2010 Carifta Games in the Cayman Islands in April, the makings of a true Champion.

Shanika Yankey

Miss. Shanika Yankey from the village of Woodford Hill, student of the N.E.C.S and member of Wesmar Rangers A.C, under the weather with a fever stood out the time and took the Silver medal in the under 17 girls Javelin with a throw of 38.96 m.

Minutes later she threw her personal best performance in the Shot Put pushing a distance of 10.67m, placing 6th in the event before retiring for the rest of that day and the following day.

She however came to life on the third day in the Discus and placed 7th with a throw of 32.71m.



Tabique Lockhart

Miss. Tabique Lockhart from the village of Woodford Hill, student of the N.E.C.S and member of the Wesmar Rangers A.C repeated her performance of the Carifta Games and qualified for the 400m, Under 17 girls. There was no disqualification this time and Tabique's time of 58.06 sec took her to the final where she clocked 58.68 sec placing 6th.

With 58.06 sec she broke 2 National Records:

- Under 17 girls 400m - 59.08 sec set by herself during an international meeting in Guadeloupe this year
- Under 20 girls - 58.38 sec set by Dawn Williams in 1991, that's before Tabique was born.



Due to her qualification for the final she was taken out of the Long Jump which was scheduled before the finals of the 400m.

Dillon Simon

Mr. Dillon Simon from Roseau, student of the D.S.C and member of the Olympians A.C, did his personal best in the Under 20 boys Discus lancing for his first time over 50 m.

50.11 m gave him 5th place as this event ended with a games record of 62.35 m.

Earlier in the games he competed in the Under 20 boys Shot Put where he placed 6th with a throw of 16.43m. The size of the Shot Put used was not the normal size (6.25k)



Mac Naguirre Soares

Mr. Soares from the town of Roseau, student of the D.S.C and Member of the Pioneers A.C, broke the barrier of 2 minutes in the 800m. He clocked a time of 1.58:34 sec which was his Personal Best time in the event, Nevertheless he failed to qualify for the final of the same.

His earlier performance in the 1500m was disappointing as errors in the communication had him running with his road running shoe on the track which took away all his energy as he was fighting to keep up with the pace.

Andre Bazil

Mr. Andre Bazil from Goodwill and member of the Olympians A.C did not cross the 60m mark as he struggled to get his sequences in his technique.

He placed 6th with a throw of 59.11m



Mitchel Davis



Mr. Mitchel Davis from the city of Roseau, student of the D.S.C and member of the Olympians A.C seemed frightened as he took his mark and really never got out as he can and should have. He clocked a time of 50.22 sec in the 400m Under 20 boys and 22.7 sec in the 200m, which in each case he failed to reach the final.

He complained of injury to his back which was dealt with through the medical services available, the pain persisted and was becoming a concern for his participation at the World Juniors in Canada.

Simon Lawrence

Mr. Simon Lawrence from the village of Woodford Hill, student of the N.E.C.S and member of the Wesmar Rangers A.C suffered equal fate as Mitchel and failed to qualify for the second round of events, 400m and 200m. Falling from the block he was left behind and as he fought to catch up he lost his technique, clocking a time of 50.86 sec and 23.4 respectively.

Both Simon and Mitchel have in the last weeks broken the 50 sec mark in the 400m, 49.03 and 49.48 respectively.

Kaysanda Alexander

Miss. Kaysanda Alexander from the village of Woodford hill student of the N.E.C.S and member of the Wesmar Rangers A.C seemed to have aggravated her earlier injury of her shoulder and did not make it known.



At the start of the Under 20 girls 1500m it was noticed that she was uneasy and thus had to pull out of the race. Determined to compete she requested to be entered in the 800m where she failed to make the final running a time of 2.33.3.

Comments

your link to final results; www.cacacathletics.org



The competition was held among 27 countries Jamaica top the tables in all counts while Mexico and Trinidad share the second places, one each. Dominica took 12th place in the points table and 15th in the medal table. Really this was a very good showing of the National Junior team. We have seen over the past weeks that our athletes have been moving and it is evident that there is great improvement in our results.

Our children are crying for the conditions that the others are blessed with so as to be able to stand up to the might of Jamaica, Trinidad and Bahamas to name a few. As we continue to work and show development on the track, I think we must give greater attention to the throwing events as to ensure all club posses the equipment for training

The athletes are seriously in need of regular medical attention with great inclination to sports medicine. To train and prepare for the sport of track and field is very hard the athletes are in need of timely and constant medical attention. Competing at the international standard makes it even more important since every little situation could mean a win or a lost.

Early selection is needed as too often there is difficulty with bookings and the team is forced to leave earlier than normal causing greater expense on the DAAA.

Acknowledgements

- XII. Many thanks goes to The DOC for covering the cost of this Championships - without their help we would not be able to attend as was the case with the PAN AM Juniors in 2009.
- XIII. The Government of Dominica for the special time off given to the officers so that they could attend the games as well as the special arrangement for tax exemption.
- XIV. The M.D.C and Island Producers Ltd as they continue to support Miss. Chelsey Linton in her education and training needs.
- XV. Coaches of the DAAA who from day to day undertake this massive role of Mentor for our athletes while handling their jobs. You are hard workers and need greater recognitions I feel your pain when you are asked to be Coach, administrator and official at all time. This work is too great to be rewarded on earth but it will come anyway.
- XVI. Mr. Jeffery Charles; sir you have taken away the worries of the parents when you put at the service of the north east your bus to ensure the athletes are taken home on time and safe - you have played your part in the results attained.



All those who have gave of themselves to assist the DAAA in its endeavour to make Dominica proud and place our athlete among the best. We say thank you and do continue to work with us in taking our Children forward.

THANK YOU!

Mr. Godwin Dorsette
Manager / Coach
CAC Junior Championship 2010

