

# JAMAICA

## HIGH PERFORMANCE



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# WEST INDIES is not a country!



# WEST INDIES

**University of the West Indies**



**Cricket West Indies**



# JAMAICA



# JAMAICA



- Olympics since 1948
- 1956 1964 no medal
- Best placing 13<sup>th</sup> 1952
- Top 20 six times

<b>Gold</b> 22	<b>Silver</b> 33	<b>Bronze</b> 22	<b>Total</b> 77
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# NOT JUST ATHLETICS



# High Performance System

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# High Performance Centre



# TEAMWORK

# ATHLETICS

- Pre 1980s
  - Sports De novo
  - High School Based
  - In keeping with world standards
- 1980s – 2000s
  - Professionalization of Amateurs
  - US Scholarships
- >2000
  - Home grown



# CHAMPS

- High School Athletics Championships
  - 107 year old
- Bedrock of Champion Athletes
- System starts early and long
  - 2 yr old crawl
  - Weekly meets
- National euphoria
  - School ties



# UNABLE TO CAPATALIZE

- Champs attended by scouts
- Times are amongst best in world
- Not monetized
  - Challenge meets
- Merchandizing



# POST 2000

- Athletes stayed at home
  - Made conscious decisions – Usain the cricketer
- Local conditions improved but lagged
- Schedules became controlled
- Community became involved
  - Nation

# “BEIJING”



# ANTIDOPING

- Ben Johnson
- Jamaicans at home
  - Implicated with supplements
  - Contaminated
  - Not banned
  - Pain killers
  - NO ANABOLIC AGENTS

# HIGH PERFORMANCE

## **MVP Track Club**

- Set up by professionals who left their executive jobs
- Believed in Jamaica
- Produced results
- Based in local University
- >15 Olympic medals
- Attract overseas athletes

## **Racers Track Club**

- Set up by Coach Glen Mills
- Based in Univ. West Indies
- Produced results
- > 18 Olympic medals
- “5 out of 6 sprint”
- Have facility support
- IAAF High Performance Center

# MVP TRACK CLUB

- Asafa Powell
  - World Record
- Shelly Ann Fraser
  - 100m x 2
- Elaine Thompson







# RACERS TRACK CLUB

- Usain Bolt
- Yohan Blake
- Kemar Bailey Cole
- Warren Weir



# TEAMWORK



- Bitter Rivals
- Compete together
- Differing styles
- Same national pool
- Varied resources



# TEAMWORK?



**Glen Mills**



**Stephen Francis**



# HIGH PERF. SYSTEM

## WHAT MAKES JAMAICANS SO FAST

- Genetics
  - West African
- Environment
  - Not unique
- System
  - Informal to
  - Formal



# UWI MONA FIELD





# USAIN BOLT UWI TRACK

- Laid in 2010
- Usain Bolt UWI Partnership

# SUPPORT

- Sports Medicine
- Nutrition – Traditional
- Biomechanics – Sparse
- Coaching – Excellent
  - Institutional knowledge
    - Testing
    - Injury mechanism



# UWI SPORTSMED. CLINIC



# UB UWI SPORTS MED CEN



# WEST INDIES

- Regional Phenomenon
- Bahamas, Grenada, St. Kitts, Trinidad and Tobago
- Not just sprints
  - Cycling
  - Swimming

# UWI FACULTY OF SPORT

## 4 CAMPUSES

- Mona, Jamaica
- St. Augustine, Trinidad
- Cave Hill, Barbados
- Open Campus

## Academy of Sport

- Academic Programme
  - Length and Breadth
- High Performance
  - Elite teams
  - Elite athletes
- Intramural activities

# UWI FACILITIES

- Mona
  - Usain Bolt Track
  - Sports Medicine
- St. Augustine
  - SPEC
- Cave Hill
  - 3Ws Cricket field
  - Sports Sciences
  - Member of ASPC



# TEAMWORK

- Pre participation Evaluation
- Sports Science
- Sports Psychology
  - Nation / Region Psychology
    - WI Cricket
    - Jamaica Sprint 2005 – 2017
- Pooling of resources – UWI
- International Cooperation



# TEAMWORK!



Van Neikerk at Bolt Track  
Thank you!!