

#### **HIGH PERFORMANCE**



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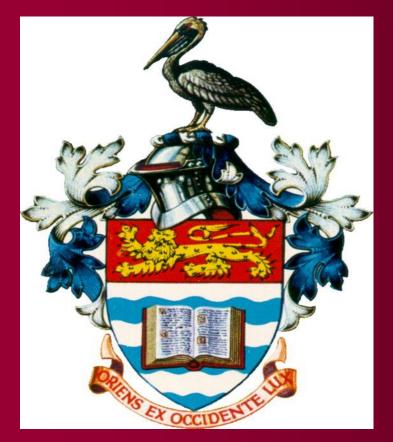
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## WEST INDIES is not a country!



### WEST INDIES

#### **University of the West Indies**



#### **Cricket West Indies**







#### JAMAICA



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

Gold	Silver	Bronze	Total
22	33	22	77

#### NOT JUST ATHLETICS





#### High Performance System

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#### High Performance Centre



## 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 0f 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!!