

The Nassau Guardian SPORTS

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The Miami Herald
SPORTS
INSIDE

SATURDAY, NOVEMBER 7, 2009

Country's first certified gymnastics coaches honored

GYMNASTICS

By SPORTS WRITER
For the Guardian

Bahamas Gymnastics Parent Booster Club (BGPBC) in conjunction with Bahamas Star Gymnastics (BSG) organized a certification course with USA Gymnastics University. A team of 10 persons traveled to Ann Arbor, Michigan where the Professional Development Certification Program was conducted November 1-2.

As a result, The Bahamas now boasts of some of its first certified coaches in the sport of gymnastics. Claudia Kremtscher and Brian Zook, owner and head coach,

respectively, of GymAmerica in Ann Arbor were the course instructors. Both instructors have over 20 years of coaching, facilitating and instruction in gymnastics.

The course covered Level 1-4 skills development, sports psychology, coaching 101, event rotations on uneven bars, balanced beam, vault, floor exercise, spotting and tumbling clinics. The 12-hour course is mandatory for member gyms of USA Gymnastics, the governing body of gymnastics in the United States. It is hoped that eventually The Bahamas will adopt parallel standards to ensure the safety of athletes

■ See Coaches on C8



■ COACHES: Kneeling are Nicola Thompson, Tenille Thompson and Dr. Anita Dean. In the middle row are Vernon Rodgers, Claudia Kremtscher, Brian Zook, Andrea Knowles and Anishka Wallace. In the back row are Samuel Strachan and Rufus Swann.

File Photo

CORRECTION

In the Thursday November 5 edition of *The Nassau Guardian*, it was reported that coach Obie Roberts of the John Bull Jets said "The Pros (referring to the Orry J. Sands Pros) is a dead organization." Roberts was misquoted and said only that the team is no longer the way it once was. *The Guardian* apologizes for any embarrassment caused to Mr Roberts.



Pros' helmets

The Nassau Guardian

REVIEW YOUR AD

RUGBY TEAMS PREP FOR MEXICO

■ From C12

The Bahamas will play out of Pool A with Guyana and the Cayman Islands. Playing in Pool B will be Trinidad and Tobago, Mexico, Barbados and St. Lucia. Pool C consists of Bermuda, Jamaica, Martinique and St. Vincent and the Grenadines. For the first time, The Bahamas will enter a women's squad. The team is

expected to play against host country Mexico, which will also be entering a women's team for the first time. Other teams include Trinidad and Tobago, the Cayman Islands, Jamaica and Guyana.

Thompson added: "The ladies team has come together quite well. Obviously this is their first exposure, to any level of competition so it is going to be tough.

"Since their first exposure is on the international level, the core of the ladies team

has been working hard for the last three months or so. I think, it will be a good experience for them to learn exactly what is necessary to compete at the regional level, and internationally as they go forward."

Unlike the men, the NACRA is not regarded as a qualifier for women. According to Thompson, the team will not have any qualifier in the near future. But it is a possibility that NACRA tournament can be a qualifi-

er for them (women).

COUNTRY'S FIRST CERTIFIED GYMNASTICS COACHES HONORED

■ From C12

and the proper progressive coaching in the sport.

Among the participants were Vernon Rodgers, a former gymnast and current coach of Bahamas Star Gymnastics. Also in attendance was Tenille

Thompson, a fifteen-year-old gymnast and Level 7 member of BSG's competitive squad. Other attendees from BGPBC were Samuel Strachan, President, Anishka Wallace, Vice President and travel manager; Andrea Knowles, Public Relations Officer; Dr. Anita Dean, Secretary; Rufus Swann, Treasurer; Eleanor Johnson, Chaplain; and Nicola Thompson, Consultant. Bahamas Star Gymnastics

will be participating in this year's FAMFest the weekend of November 13-14. Members of the public can stop in at their booth to obtain additional information about their program.

BSG plans to organize many more courses in collaboration with the parent club, BGPBC, to empower and educate its athletes, parents and support group with the goal of attaining world-class training, facilities and results.

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