



Curaçaoose Atletiek Bond

# Annual Report

2019



NOS ATLETISMO

*(Our Athletics)*

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# Preface

## Caimin Douglas

*Chairman CAB*

On behalf of the Board of Curaçaoese Atletiek Bond (CAB), I am pleased to present our Annual Report for 2019.

Since October 2019, I have been elected as the new president of CAB, and I am honored to have been given this opportunity to help strengthen and upgrade the track and field sport in Curaçao.

Based on my vision, written in the document “Visie 2023”, I want to work

towards a nation where “Nos Atletismo” (Our Athletics), becomes a household slogan.

As a former professional athlete, I believe that it is important to see talent as a human capital, but it is also important to recognize the youth as the foundation of this sport. Not only as the talented athlete, but also as the future coach and official.

I look forward to an interesting couple of years ahead, and I hereby would like to thank all who helped and contributed to a successful 2019.





# I. What we stand for

Curacaose Atletiek Bond is the national Track & Field Federation in Curaçao, which was founded in 1966. And it has a total of 12 affiliated Track & Field member Clubs.

The main goal of this federation is to promote the track and field sport, by:

- Organizing competitions and championships;
- Supporting all, when practicing the sport;
- Representing the interest of all members;
- Creating awareness;
- Creating collaborations with local and international organizations.

Seven Curaçao athletes, Churandy Martina, Taymir Burnet, Hensley Paulina, Christopher Garia, Denzel Comenentia and Nargelis Statia Pieter, were represented in the Dutch National team during the DOHA World championship 2019.

Most of these athletes started in one of the local clubs at a young age, and they gained experience in the different Caribbean championships and tournaments they participated in.

A good foundation was laid, when they were discovered in their early years and when they were guided locally. It is seen as an upward trend where more and more young talents of Curaçao are discovered early and make it professionally.



## a. Vision

*From good to better*

In a constantly changing playing field of trends and developments, of heroes and hypes, is adaptation and innovation essential for participation. And so, it is important to focus on those activities that make a difference and have an impact.

Therefore, initiatives that radiate ambition and energy need to be supported where collaboration is an obvious condition. Only then will it be possible to realize the ambition and thereby maintain and strengthen the upward trend of track and field in Curaçao.

## b. Mission

*Nos ATLETISMO!*

- Strengthen and innovate athletics in Curaçao, by organizing optimum championships;
- Tying other walking and running events and groups to the federation;
- Investing in world class success;
- Introducing a stable financial model.

## II. Our Team

CAB's board, since October 2019, comprises of 5 elected members. All board members undertake their role on a voluntary basis and are not remunerated.

Members of the board are:

Name	Title
Caimin Douglas	President
Glenn Dall	Vice-President
Tamara Salsbach	Secretary
Stacy Rene	Treasurer
Atilio Louisa	Member

CAB also has an **audit and finance committee** since October 2019 – The purpose of which is to assist the Board in discharging its responsibilities with respect to overseeing all aspects of financial and non-financial reporting, control and audit functions and organization risk.

Members of the committee are:

Maybenette Lourens  
 Sherilda Mercelina  
 Claudia Fuentes





# III. Our Members

*CAB has a total of 12 affiliated Track & Field member Clubs.*

**The 12 Club Members are:**

- Athletics Association Master Curaçao
- Batavus, A.V.
- Cheetah, A.V.
- Deportivo San Kristofel, A.V.
- Eagles, A.V. The
- Glory Runners, A.V. The
- Go Fast, A.V.
- New Revolution, The
- Olympic, A.V. The
- Sloke, A.V.
- Sparta, A.V.
- Trupial, A.V.





## IV. Championships

### a. Local

In 2019 a total of seven national championships were organized by CAB. These took place on:

- February 1 & 2, 2019
- February 15 & 16, 2019
- March 15 & 16, 2019
- May 3 & 4, , 2019
- May 17 & 18, 2019
- May 31st & June 1st, 2019
- June 21 & 22, 2019

### b. International

In 2019, Curaçao athletes participated in two international championships. These were:

- 1.The 2019 **CARIFTA** Games held in George Town, Cayman Islands from April 20th to April 22nd, 2019;
- 2.The **NACAC** age group Championships held in San Salvador from June 29th to June 30th, 2019.





## CARIFTA Games

*Cayman Islands, April 20th to 22nd. 2019*

On April 18th, 17 representatives of Curaçao headed to Cayman Island to participate in the CARIFTA games.

This group consisted of the following 13 athletes: Jaden Bernabela - Daniel Balentina - Nasya Ramirez - Shurianty Mathilda - Amina Schellekens - Gianisa Olbino - Vanessa Mercera - Liana Diaoen - Matthew Sophia - Quinton de Pool - Dineysha Martha - Kenjiro Pieterz - Deyvano Dall.

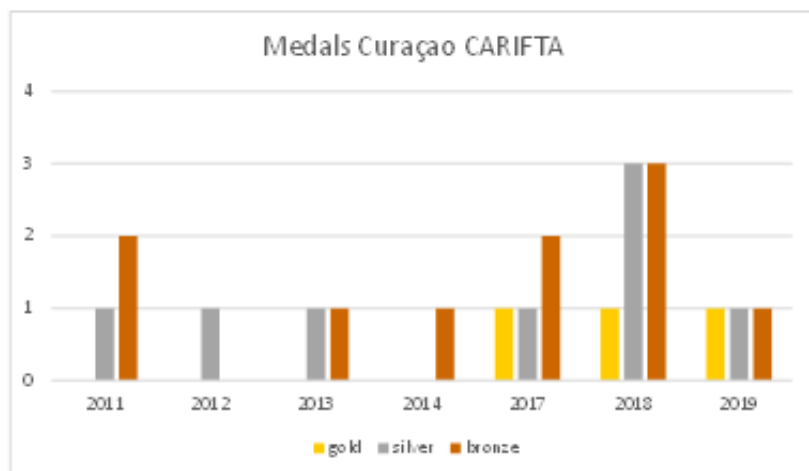
The group also consisted of a head delegate (Rudy Josepha), a head coach (Luis Varona Moret), an assistant coach (Ariaantje Obispo), and a masseur (Norvin Allee).

Curaçao received during these games 3 medals: 1 gold, 1 silver and 1 bronze.

*Matthew Sophia* received 1 gold medal for the High Jump event and 1 bronze medal for the 110 meters hurdles competition.

*Vanessa Mercera* received 1 silver medal for the High Jump event.

### Overview medals won since 2011





## NACAC

### *Age group Championship San Salvador*

On July, 24th 12 representatives of Curaçao headed to San Salvador to participate in the NACAC age group championship.

This group consisted of the following 8 athletes: Rodiënsly Ignecia - Savir Faneyte - Thaishanaira Valerius - Mariëndely Casper - Zsa Zsa Frans - Zäila Lemmens - Aryan Antonia - Adama Fahnbulleh.

The group also consisted of a head delegate (Vanesca Laker), a head coach (Angelo Bonevacia), an assistant coach (Arlene Bitorina), and a masseur (Dianne Winklaar).

Curaçao received during this championship 9 medals: 1 silver and 8 bronze.

*Zaila Lemmens* received 1 silver medal for Ball throw.

*Savir Faneyte* received 3 bronze medals for 80 meters sprint, 80 meters hurdles, and High Jump.

*Adama Fahnbulleh* received 2 bronze medals for High Jump and 1000 meter.

*Aryan Antonia* received 1 bronze medal for the Ball Throw event.

*Zsa Zsa Frans* received 1 bronze medal for the Ball Throw event.

*Rodiënsly Ignecia* received 1 bronze medal for the Ball Throw event.



## CAMC

*Central American Master Championship Guatemala*

On October, 9th 4 representatives of Curaçao headed to Guatemala to participate in the Central American Master Championship .

This group consisted of the following 4 athletes: William van Heyningen - Elfried Laker - Runy Vivas - Anneke Middendorp.

Curaçao received during this championship 14 medals: 6 gold, 4 silver and 4 bronze.

### William van Heyningen:

Gold	High Jump
Gold	Triple Jump
Gold	Long Jump
Bronze	10km Racewalk

### Anneke Middendorp:

Gold	5km Racewalk
Gold	10km Racewalk
Gold	1500m Run

### Elfried Laker:

Silver	10km Racewalk
Silver	Shotput
Silver	5km Racewalk
Bronze	400m
Bronze	200m

### Runy Vivas:

Silver	10km Racewalk
Bronze	5km Racewalk



# V. Highlights

## a. Awards



*Vanessa Mercera*  
*Female Youth*  
*FDOK 2019*



*Glenka Antonia*  
*Overall winner + athlete of the Year*  
*FDOK 2018*



*Jayden Bernabela*  
*Male Senior*  
*FDOK 2018*



*Vanessa Mercera*  
*Female Youth*  
*FDOK 2018*



## b. Records

Event	Year	Athlete	Location	New record	Old Record
U-17 Female Shot Put (5.0kg)	March 17 <sup>th</sup> 2019	Marely Balentina	Willemstad, CUW	12.94	
U-17 Male 110 Hurdle (1.06m)	April 23 <sup>th</sup> 2019	Matthew Sophia	Georgetown, GCM	13.64	14.38
U-17 Male Discus Throw (1.75kg)	January 19 <sup>th</sup> 2019	Daniel Balentina	Willemstad, CUW	46.73	46.25
U-15 Female 60 Hurdle (0.76m)	July 20 <sup>th</sup> 2018	Liana Diaoen	Willemstad, CUW	9.62	10.15
U-17 Female Javelin (600g)	March, 17 <sup>th</sup> 2018	Marely Balentina	USA	46.73	
U-17 Male Discus Throw (1.5kg)	July 6 <sup>th</sup> 2018	Daniel Balentina	Willemstad, CUW	52.30	
U-17 Male High Jump	March 11 <sup>th</sup> 2018	Jaden Bernabela	Trujillo, PER	2.10	2.05



## c. Training

### *Coach training level 1*

September 27th, 6 trainers from different member clubs of CAB received, their certificate of Coach training level 1.

There were 14 participants, of which many already received their certificate in the past, but had the necessity to refresh their memory on the different topics.

The trainers, coach Wendell Prince and coach Lenny Bitorina, gave both theoretical and practical sessions, with the goal to enhance & upgrade coaching skills in the field.

This 10-days course consisted of topics focused on the age group.

*The topics covered were:*

- Coaching philosophy
- Coaching skills
- Developing the athlete
- Developing physical Fitness
- Developing a plan
- Developing technical skills
- Developing mental skills
- Developing a safe environment
- Developing a healthy diet
  
- Kids Athletics
- Relays
- M/L Distance
- Sprint & Hurdles
- High Jump
- Long Jump
- Sprint & start
- Ball throw
- Shot put



## VI. Contributors & Partners

CAB is extremely grateful for the following contributors and partners, who believe in and support the track & field sport.



**Stichting Organisatie Atletiekevenementen**

STOA



## VII. Ambition 2023

It is essential that all who in one way or the other is involved with the track and field sport in Curaçao, understands the importance of the slogan: "Nos ATLETISMO!" (Our Athletics!). Only by believing that it is everyone's responsibility, it will be possible to bring athletics to a higher level.

The most valuable part of the athletic sport in Curaçao, is the talented human capital. There are not only talented athletes, but also talented trainers, administrators of the various associations, officials, employees and strategic partners.

Therefore, it is of the utmost importance to start investing in the youth who makes the foundation of this sport.





# Future plans

## *2020 & beyond*

- Work towards a more **involved** fan base;
- Bring **athletic heroes** to the fans;
- Search for the **talented** athlete, trainer, administrator, officials, and strategic partners;
- Guide and support talents so they can reach their **full potential**;
- Look for strategically strong **partnerships**;
- Recruit **youth trainers**;
- Make the effect of and route to top sport successes, **visible**;
- Invest in **awareness**, where lifelong exercise is seen as pleasure;
- Foster **talent development**;
- Organize 1-day **international** track and field **championships**;
- Bring runners and walk event **closer** to CAB;

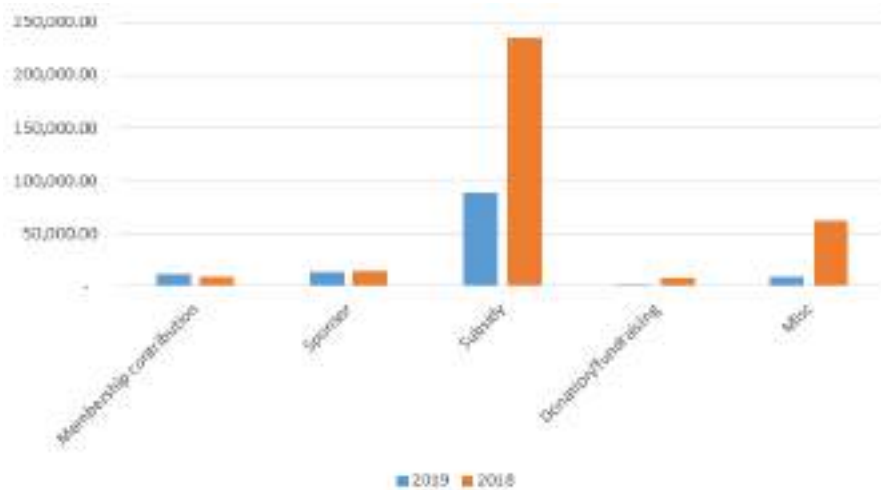






# VIII. Financials

Financial overview of operating REVENUE



*\*Governmental subsidy is specifically allocated to participation of athletes in International Championships. This subsidy has been reduced*

Financial overview of operating EXPENSES

