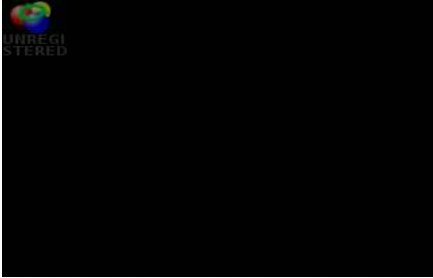


The Culture and Discipline behind Jamaica's Breakthrough Sprinting Success

A Beijing song by one of our most popular DJs



Brief history of Jamaica

- ❖ Discovered by Christopher Columbus 1494
- ❖ The country was settled by tianos Indians who were gradually exterminated
- ❖ They were replaced by African slaves
- ❖ Gained independence in 1962
- ❖ Population 2.8 million
- ❖ Native language English with a dialect Patios spoken

Geography of Jamaica

- Jamaica lies 90 miles south of Cuba 118 miles west of Haiti
- Jamaica is 146 miles long and 52 miles wide
- The highest mountain is the Blue Mountain, the peak goes up 7,402 feet
- The cockpit country is the most diverse part of the country

Cockpit regions

- Communities were formed in the Parishes of :
- Trelawny ; Usain Bolt, Veronica Campbell, Donovan Bailey, Ben Johnson, Michael Green, Marvin Anderson etc.
- St Elizabeth
- St Mary: Bev McDonald

Cockpit Regions

- Portland
- St Thomas

Geography of Jamaica

- Temperature in lowlands 25 degree Celsius to 30 degree Celsius
- Temperature in higher lands 15 degree Celsius to 22 degree Celsius

Specific Genetics

- Most of our top athletes their genes can be traced to the maroons
- The maroons developed excellent running skills because of how they survived
- They were run away slaves that lived in the most inaccessible regions of the country (Cockpit country)

Diet

- *Jamaican cuisine is healthy because it is made with many unprocessed foods, uses smaller portions of meats, has a high content of fish, beans, and vegetables, and, most of all, because it is an eclectic mix of the best that African, European, Indian, and Chinese cuisines have to offer.*

Diet

- *Moreover, Jamaicans have always been aware of the relationship between food and health. Perhaps Jamaican cuisine is healthy due to luck or happenstance.*
- *How else can anyone explain why some of the most highly rated medicinal herbs, e.g., ginger, garlic, all spice and hot peppers just happen to be the basic seasonings used in Jamaican cuisine.*
- Taken from eatjamaica.com

Diet

- Jamaicans diet are high in carbohydrates
- They consume a lot of local produce fresh fruits and vegetables
- The rural kids drink a lot of water
- There is less consumption of refined foods

Diet

- There is a lower caloric intake
- There is a feeding program present in the schools

Some of the foods we eat

cassava



yam



dasheen



ackee



Scotch bonnet
pepper



Diet

Bread fruit



calaloo



The nature of Jamaicans

- Jamaicans are very competitive in nature
- Example when Herb Mckenley got the baton behind and won gold 1952
- We strive off this motto "We little but we tallawah"

Athletic History

- First ever international gold medal at Olympics was in 1948 by Dr. Arthur Wint in the 400m
- 1952 Herb Mckenley, Les Laing, Arthur Wint and George Rhoden won gold in the 4x400m relay

Pictures of our Olympians

Herb Mckenley



Merlene Ottey



Rated 3rd in the 200m and 4th in 100m as a all time performer, she has 14 world medals

Pictures of our Olympians

Usain Bolt



Veronica Campbell



World junior double gold medalist, two consecutive 200m Olympic gold medals

Pictures of Olympians

Asafa Powell



Asafa Powell 60 legal sub 10

Donald Quarrie



1976 olympics 1st 200m, 2nd 100m 2nd and 3rd in the 200m in 1980

Pictures of Olympians

Lennox Miller



Silver in the 100m at the 1968 Olympics bronze in 1972

Raymond Stewart




Made the 100m finals in 1984 at the age of 19

Picture of Olympian

Deon Hemmings






Names of some Olympians

- Donald Quarrie gold in 200m, silver 100m in 1976
- Lennox Miller silver in the 100m in 1968 and bronze in 1972
- Grace Jackson : Silver in the 200m at the 1988 Olympics



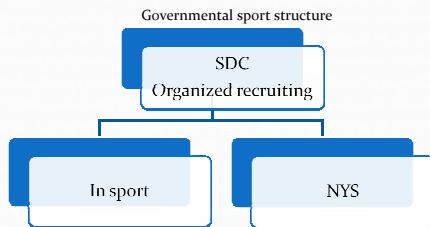
Names of Olympians

- Juliet Cuthbert 1992: Olympics silver in the 100m and 200m
- Raymond Stewart: made in the finals in 1984 at the age of 19, our first sub 10 sprinter
- Deon Hemmings our first ever female gold medalist contd



- Merlene Ottey, one of the most durable female at the world level in the sprints
- Juliet Cuthbert, silver in the 100m and 200m in 1992

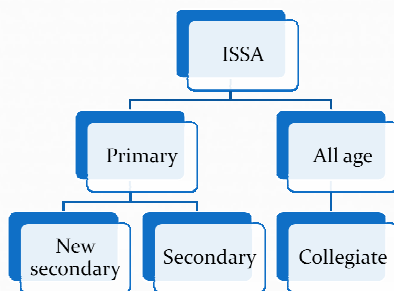
The relationship between Jamaica's education system and track




Relationship between Track and Education

- The Social Development Commission was the first organized structure that was involved with recruiting
- Institute of Sports became even more organized with coaches being deployed to the different Parishes
- National Youth Service persons who were good in sports went into the schools to gain teaching and coaching practical experience


School structure






School structure

- Inter secondary School Association the first organized school body dealing with track and field
- Primary school there is competition at that level
- All age, New secondary school and collegiate organized competition are planned



Culture of the Sprint Success

- Track and field is ingrained in Jamaica as majority of the schools have a track program
- The National Boys and Girls Championships is the primary event where athletes showcase their skills
- A lot of the athletes live in rural areas
- They use this as a way out of poverty
- There is the hard line discipline generated from the colonial era
- There are not too many distractions




School system and sports

- In 1980 GC Foster sports college was donated by the Cuban government
- Teachers and coaches were trained
- They were dispersed all over the Island
- Athletes were recruited through the primary system



High school track in Jamaica

- This attracts the biggest support both in terms of media and excitement
- The meet is held at our national stadium
- The meet is held over four days
- The total amount of spectators can amount to over 50,000
- On the final day spectators can amount to 20,000




High school track

- There is a strong link between past students and their schools
- The fact that Holmwood Technical are seven times national champions we have developed a strong crowd support
- The prominence of the school help in getting students scholarships etc.




High school track

- Students are motivated to excel in order to break the poverty cycle
- There is no budget for sports in the schools
- The sport is mainly funded by past students
- The facilities and equipment are very modest




High school track

- Students are most times extremely discipline
- Discipline is maintained because of the relationship between parents and school
- Parents are not as involved because of finance and other issues
- A lot of the responsibilities is left to the coaches



High school track

- Before 2008 parents were not involved in the decision making process of the athletes
- Since Beijing parents have now realized the finance potential of the sport
- We have seen now where some parents are now making decisions that are not in the athletes best interest



Disciplined nature of our athletes

- This is inculcated from the high school level
- At the high school the standards are high and competition fierce
- Our colonial past has assisted the process
- The pride in competing starts at the high school level and this is then carried to the national level

Controversy and Politics

- Of late there has been a lot of controversy
- Athletes are now more business orientated
- The JAAA are mainly volunteers and the organization is still an amateur one
- At the senior level it is now difficult to get athletes to camps

Controversy and politics

- The JAAA tries to promote camaraderie, while the athletes are focusing on their professional interest
- Our savior in terms of relay performances is the fact that most of the athletes either went to the same school or they ran together at the junior level
- The JAAA greatest contribution is in the area of assisting in the certification of coaches

Usain Bolt

- Born 21st May 1986 in the Parish of Trelawny
- PR 9.58 in the 100M, 19.19 in 200m, 45.28 in the 400m
- Ran 20.58 at 16, and 45.35 at age 17

My personal experiences with him

- I saw him for the first time in 2000 at a developmental track meet at Kirkvane
- I was his head coach for his first national trip, he went to Debrecen in Hungary
- Ran 21.73
- Next experience was 2002 World Juniors (never liked to train)

Personal experiences

- Went to 2004 Olympics but did not run
- Helsinki 2005 picked up an injury (was vilified)

What makes him special

- He has the dangerous combination of frequency and stride length
- He has developed the uncanny ability of learning to relax under pressure
- He is a great fan of dancehall music
- He loves to enjoy himself and stay carefree

What makes him special

- He has a cult like following
- He gives back to his community

Bolt success and his family

- He has been able to assist his family financially
- They are now invited to most official functions

How much faster can he go?

- I think he can run 18.99, the .19 off the 19.19 can be taken off with getting the 400m down to 45.00
- His start can become more consistent
- He can get physically stronger(not able to do 2 sets of 40 abs)

His strengths

- He enjoys running
- He is carefree
- Physical attributes of stride length and stride frequency

Bolt and Asafa



Bolt and Beijing

- He was very early for the camp
- He spent a lot of time listening to his mp3 player and playing video games
- Never saw him lift any weights

Bolt entering the Olympic village



Celebration in Jamaica



The future of Jamaican sprinting

- This lies in the future of our junior program
- We may have become complacent
- There is need for improvement in the male 400m
- We have very talented young sprinters male and female

Facts about Jamaican track and field

- Jamaica have the prestigious honor of having the most success per capita of any country in track and field
- There is an abundance of sprinting talent
- The convenience of a lifestyle that caters to track and field (food, topography, climate and tradition).

Facts about Jamaican track and field

- Only four hard surface tracks in a population of 2.7 million
- Hardly any proper gym facilities
- The need for better access in relation to injury rehabilitation
