



Curaçaose Atletiek Bond

Annual Report

2  2  *Covid year*



NOS ♥ ATLETISMO
(We ♥ Track & Field)

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Preface

Caimin Douglas

Chairman CAB

2020 was a challenging year, where the COVID-19 pandemic changed the life of everyone. Sport around the world felt the impact, since many athletes had to stay fit and motivated, while not being able to train optimal nor compete on a local and international level.

Nevertheless, we organized 4 competitions and managed to realize improvements and structure in the competition's chronology. We upgraded the federation's procedures and organized workshops for our coaches. We enhanced our social

media activity for more exposure. Volunteer management was introduced and we compared different competition administration software in order to introduce one, which fits our needs in 2021.

We are grateful for all the volunteers helping us through thick and thin, during this unfortunate period.

In 2021 we will work harder to make “Nos Atletismo” (Our Track & Field), the household slogan. And we will continue to strengthen and upgrade the track and field sport in Curaçao.

On behalf of the Board of Curaçaoese Atletiek Bond (CAB), I thank you all for your commitment to the advancement of track and field in Curaçao.



I. Achievements

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

Since October 2019, the new elected board members worked hard to accomplish its vision and mission to namely make the track and field sport in Curaçao from **good** to **better**. Thereby, strengthening, innovating, and organizing optimum championships.

A workshop was also organized for the trainers and coaches on video and data analysis to detect flaws, focus on strategies, and develop techniques for the athlete to perform better and avoid injuries.

This board is currently working hard on reorganizing and running a stable financial model. Furthermore, it is upgrading procedures and policy on different aspects regarding the federation's decision-making process.

Progress was made on volunteer management and the board is excited for the introduction of a new competition administration software in 2021. With the introduction of this new software, the board is able to make the effect of and route to top sport successes more visible.

At last, with the investment in social media and digitalization a more involved fanbase for track and field is targeted.

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

Even though many competitions were cancelled due to the covid-19 epidemic, CAB was able to organize four local competitions in 2020. These took place on:

- January 17th & 18th, 2020 | 159 participating athletes
- February 7th & 8th, 2020 | 169 participating athletes
- October 2nd & 3rd, 2020 | 137 participating athletes
- November 7th & 8th, 2020 | 156 participating athletes

All international competitions, such as CARIFTA were cancelled.



IV. Highlights

a. Sports woman 2020

Meet **SPORTS WOMAN of 2020**, miss. Vanessa Mercera. Vanessa is seen as a talent in the track and field sport. She won silver medals in the CARIFTA games 2018 and 2019 for the high jump events.

She is a very talented and an all-around athlete. She always qualifies in the top three in almost all events and thereby winning several medals in the local competitions. Vanessa also won the female junior athlete of the year from Sport and Olympic Federation Curaçao (FDOK) 4 times in a row.



b. FEMALE & MALE JUNIOR ATHLETE OF THE YEAR 2020

During the gala celebration by Sport and Olympic Federation Curaçao (FDOK), miss. Vanessa Mercera and mr. Raminge de Windt were declared winner of respectively female and male junior athlete of the year 2020, based on their accomplishments made in 2020.



c. Records

Event	Year	Athlete	Location	New record	Old Record
U-7 Female 60m	November 6th, 2020	Carolina Ny-an	Willemstad, CUW	11.12	
U-7 Female 400m	November 7th, 2020	Carolina Ny-an	Willemstad, CUW	1:37.80	
U-7 Female 600m	October 3rd, 2020	Carolina Ny-an	Willemstad, CUW	2:36.70	
U-7 Female Long Jump	November 7th, 2020	Withme Sophia	Willemstad, CUW	2.57m	
U-7 Female Baseball Throw	November 6th, 2020	Withme Sophia	Willemstad, CUW	17.56m	
U-7 Male 60m	November 6th, 2020	Emmanuel Levenstone	Willemstad, CUW	10.13	
U-7 Male 600m	November 7th, 2020	Emmanuel Levenstone	Willemstad, CUW	2:28.32	
U-7 Male Long Jump	November 7th, 2020	Emmanuel Levenstone	Willemstad, CUW	2.97m	
U-7 Male Baseball throw	October 2nd, 2020	Emmanuel Levenstone	Willemstad, CUW	18.51m	
U-9 Female 600m	October 3rd, 2020	Ramazan, K-Gaeny	Willemstad, CUW	2:22.37	
U-9 Male 60m	November 6th, 2020	Jeronn-Jeevan Tile	Willemstad, CUW	9.43	
U-9 Male Long Jump	January 18th, 2020	Jeronn-Jeevan Tile	Willemstad, CUW	3.38m	
U-9 Male Baseball throw	October 3rd, 2020	Jeronn-Jeevan Tile	Willemstad, CUW	42.92m	
U-11 Female Long jump	October 3rd, 2020	Mishely Lindeborg	Willemstad, CUW	3.55m	
U-11 Female Baseball throw	October 3rd, 2020	Jahdrienne Mercera	Willemstad, CUW	39.16m	
U-11 Male Long Jump	October 3rd, 2020	Davey-Jay Rijke	Willemstad, CUW	4.08m	
U-11 Male Baseball throw	November 7th, 2020	Davey-Jay Rijke	Willemstad, CUW	64.75m	
U-13 Male 60m	October 30th, 2020	Raminge de Windt	Willemstad, CUW	7.93	8.20



d. Training

Kinovea + Dartfish training

On November 28th different trainers from CAB's member clubs, gained an insight on usage of programs such as Dartfish and Kinovea to film and analyze the movements of the athlete in track and field.

Many coaches film their athletes and during the workshop they received information on how to better interpret the footage they have.

Not only were the theoretical aspects covered, but the coaches did hands-on training with footage they have from their athletes.

The first session was a success and the coaches requested for a more in-depth information on both software.

On December 19th the second workshop took place. Not only did coaches attend, but many athlete youngsters participated to get a better insight on both software.

With this training CAB works toward professionalizing the track and field sport in Curaçao and thereby foster talent development so the athlete can reach its full potential.

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

The ambition is to bring track and field in Curaçao to a higher level and realize a sustainable growth of the sport on the island of Curaçao. However, 2020 became best known for its pandemic and it seemed that the progress was put on hold.

Nevertheless, collaborations were initiated and the board focused on activities, which have an impact on the athlete. For example, upgrading the current competition administration software.

An ambition is to have all athletes, coaches, officials, judges and volunteers perform on a higher and more professional level. Therefore, 2021 and beyond will focus on their training and development. Focal point is also to further professionalize the federation and seek local and international partnerships that share the federation's vision and desire to accomplish the goals. Only with a strong backbone, the goals can be achieved.

This federation aspires to bring home more medals won on the international platform, than in previous years.

Track and Field in Curaçao needs to grow and it can only be realized by targeting school children. As soon as the pandemic permits, more initiatives in this regard will be undertaken.

Organize competitions on an international level.



a. 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;



