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FOR IMMEDIATE RELEASE

Training For CARIFTA 2020 Squad Begins This Weekend

Basseterre, St. Kitts, 22nd November, 2019- The St. Kitts Nevis Athletics, formerly St. Kitts Nevis Amateur Athletics Association, through its coaches commission will begin hosting its weekly training sessions on Friday with over 30 athletes from St. Kitts and Nevis in preparation for the 2020 edition of the CARIFTA games.

In addition to the weekly trainings the athletes will participate in sessions on nutrition, recovery methods, interview skills, public speaking, time management, conflict resolution, team bonding, national pride, and anti-doping.

SKN Athletics intends to have 25 athletes qualify for the CARIFTA Games and is preparing to improve the overall performance of the delegation through this training program.

Shirmon Caines, chairperson of the coaches commission, said that preparation of the delegation will be managed by some of the federation's top coaches, he asked the athletes to use the program to improve their athletics abilities.

“As athletes you need to be consistent and disciplined with your training,” Caines said. “You should look towards the standards for 2020 CARIFTA Games and IAAF World Junior Championship to set goals for your athletic season.”

Delwayne Delaney, acting president of SKN Athletics congratulated the athletes on making the squad and urged them to use the opportunity to become professional athletes and to obtain scholarships to universities.

“It is not a trivial thing to make a national squad, and it will be an honour to be part of a national team,” Delaney said. “Use the training sessions to qualify for the CARIFTA team but also use it as a stepping stone to propel yourself in athletics and education.”

The training program will continue until April 2020 and will be facilitated by twelve coaches from the federation namely Roatter Johnson, Llewelyn Pyke, John Heyliger, Terrance Rouse, Shirmon Caines, Stewart Joseph, Kurvin Wallace, Timothy Morton, Hugh Mathew, Lonzo Wilkinson, Dwayne Warner and Timothy Caines.

The squad was chosen by a selection committee comprising of members of the coaches’ commission; however, athletes can still qualify for CARIFTA based on their performance during the athletic year.

The 49th staging of the CARIFTA game will be held in Bermuda from Friday 10th April to Monday 13 April 2020.

More about SKN Athletics

SKN Athletics, formerly SKNAAA, is the governing body for track and field in St. Kitts and Nevis and is responsible for the promotion and control of the sport of athletics. The association also organizes and regulates the sport in accordance with the rules and regulations of the International Association of Athletics Federation (IAAF).

The association was formally established in 1977 and is managed by an Executive of eleven (11), with its Secretariat located at Sprott Street, Basseterre. The association is a member of the IAAF, and the North American, Central American and Caribbean (NACAC). SKN Athletics is a founding and important member of the St. Kitts & Nevis Olympic Committee.

For more information please contact SKN Athletics at athleticsskn@gmail.com.

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