



NORTH AMERICAN, CENTRAL AMERICAN AND CARIBBEAN ATHLETICS ASSOCIATION

**ATHLETICS**

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## THIS WEEK IN NACAC

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### EDITORIAL

#### **NACAC Athletics congratulates NAAATT on VII Commonwealth Youth Games 2023**

NACAC Athletics has expressed congratulations to its member federation of Trinidad and Tobago, NAAATT, on the latter's involvement in the country's hosting of the VII Commonwealth Youth Games, which began on Friday 4 August, with an engaging, history-filled Opening Ceremont at the refurbished Hasely Crawford Stadium in the nation's capital city, Port of Spain.

President of NACAC Athletics, Mike Sands, wrote NAATT's President, George Comissiong, stating, *"NACAC Athletics is delighted to congratulate the NAAATT on its engagement in the hosting of the athletics component of the VII Commonwealth Youth Games 2023 (CYG2023).*

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CYG2023 was originally scheduled to take place in August 2021. Unfortunately the onset of the dreaded global pandemic, Covid-19, derailed the preparations enough to force its postponement by two years. The NAATT was prepared then and it is now and NACAC Athletics is extremely proud of the role that its member federation is playing in the realization of a successful edition of this event.

Athletics is one of the seven sports of this year’s CYG2023.

President Sands concluded his letter to Comissiong by stating, *“Kindly convey our most sincere congratulations to the Commonwealth Games Association of Trinidad and Tobago on their historic hosting of the VII Commonwealth Youth Games, only the second Caribbean nation to do so. We wish them every success and commit our continued support in future endeavours, through your organization, the NAAATT”.*

### **Athletes delight at Pan Am Juniors 2023**

Mayaguez, Puerto Rico, came alight as the member federation hosted the XXI Pan Am Junior Championships over the past weekend.

The athletics track in Mayaguez, host to the athletics component of the Central American and Caribbean (CAC) Games in 2010 and the Central American and Caribbean (CAC) Senior Athletics Championships one year later, proved yet again to be a stomping ground to athletes over the weekend.

When the dust had settled, athletes from the USATF emerged runaway champions amassing 30 gold, 18 silver and 14 bronze medals.

Ellie Shea of the USA, won both the 1500m and 3000m in fine style while her compatriot, Christine Mallard, achieved gold in the 400m (51.88).

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Sharon Herrera, of Costa Rica, won the 10,000m race walk. Nicaragua's Gabriel Alvarado, won the men's 10,000m race walk with 43:04.46.

The Pan Am Junior Championships was the brainchild of Canadian Sports Journalist, Cecil Smith, who nurtured it for many years through to his death.

### **Coaches' Corner – Chester Morgan, Director, NACAC Coaches and Camps**

The World Championship in Budapest is fast approaching, and it is crucial for our coaches and athletes to address the major concern that most of them encounter, which can significantly impact their performance: jet lag.

To fully comprehend the concept of jet lag, we turn to the insights of a reputable medical professional from the Cleveland Clinic, dated June 13, 2021. Jet lag is a temporary sleep disorder that arises when an individual's internal body clock becomes misaligned with the time zone, they find themselves in, following extensive travel across multiple time zones, particularly during long-haul flights. This phenomenon occurs due to the disruption of the body's natural circadian rhythms brought about by the abrupt changes in time zones.

When traversing time zones swiftly, the body's internal clock, responsible for regulating vital physiological functions such as sleep-wake cycles, hunger, and body temperature, requires time to acclimate to the new timetable. This misalignment can result in symptoms such as weariness, insomnia, difficulty concentrating, digestive disturbances, and an overall sense of unease.

Overcoming jet lag poses a common obstacle for athletes and coaches journeying across time zones for international competitions like the World Championships. Having thoroughly examined and scrutinized various sources, one can utilize these recommendations as effective strategies for tackling this matter at hand:

**1. Gradual Adjustment:** It is highly advisable to initiate a gradual adjustment of your sleep schedule a few days prior to your departure. Aim to shift your sleep and wake times to align more

closely with the time zone of your destination. This strategic approach can significantly facilitate your body's adaptation process.

**2. Light Exposure:** The importance of exposure to natural light cannot be overstated in terms of regulating your internal body clock. It is recommended to spend ample time outdoors during the day, particularly in the morning hours, while consciously avoiding bright lights during the evening. This deliberate practice can effectively contribute to the synchronization of your circadian rhythm.

**3. Maintain Optimal Hydration:** It is of utmost importance to ensure that you remain adequately hydrated before, during, and after your flight. It should be noted that dehydration can significantly exacerbate the adverse effects of jet lag. Therefore, it is strongly advised to consume an ample amount of water to mitigate such effects.

**4. Optimize Your Sleep Experience on the Aircraft:** It is highly recommended to make an earnest attempt to obtain a sufficient amount of sleep during your flight, particularly if your arrival time aligns with the nocturnal hours of your destination. To enhance your comfort levels, consider utilizing earplugs, an eye mask, and a travel pillow.

**5. Strategic Napping:** The implementation of brief napping sessions, lasting approximately 20-30 minutes, can prove to be advantageous in reducing fatigue and augmenting your overall alertness, all without interfering with your regular nighttime sleep routine.

6. Please ensure that you seek guidance from a healthcare professional prior to considering any melatonin supplements. Melatonin is occasionally recommended to assist in regulating sleep patterns and mitigating the effects of jet lag. If your healthcare professional advises it, take melatonin at the bedtime of your destination.

7. It is advisable to limit your consumption of caffeine and other stimulants, especially in close proximity to your intended bedtime.

8. Engaging in light physical activity or stretching upon arrival can prove beneficial. It can help sustain your energy levels and facilitate a smoother transition.
9. When planning your training and competition schedules, it is crucial to take jet lag into account. Allocate additional time for rest and recovery, particularly during the initial days following your arrival.
10. Kindly remember that it may take a few days for your body to fully acclimate to the new time zone. Practice patience and grant yourself the necessary time for adjustment.

Bear in mind that individual responses to jet lag can vary, so it is paramount to discover what methods work best for you. Seeking guidance from a sports medicine professional or a travel expert can provide personalized advice on effectively managing jet lag.

### **Around NACAC Athletics**

#### **Trinidad and Tobago Track and Field Athletes garner medals as country hosts CYG2023**

On the opening day of the athletics component of the CYG2003 at the Hasely Crawford Stadium, the NAATT was pleased with the performance of their athletes.

Janae DeGannes won the silver medal in the Women's Long Jump while her compatriot, Sanaa Frederick, took home the bronze medal in the Women's 100m.

Hasely Crawford, the nation's first gold medallist, was on hand to witness the first day's competition and expressed delight with the extensive refurbishing that had been undertaken by the government in preparation for CYG2023.

The athletics competition which began earlier today, 7 August, continues through to Thursday 10 August.

### **Virgin Islands**

The Virgin Islands Track and Field Federation has good reason to celebrate the country's young hurdler, Michelle Smith. This time, competing at the Pan Am Juniors being held in Mayaguez, Puerto Rico, Michelle won winning the silver medal in the 400mH in a time of 57.99 .

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Michelle's medalling winning performance in Puerto Rico completes her competitive season for the year.

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### **Deleite de los atletas en Pan Am Juniors 2023**

Mayagüez, Puerto Rico, se encendió cuando la federación miembro organizó el XXI Campeonato Panamericano Juvenil durante el pasado fin de semana.

La pista de atletismo en Mayagüez, sede del componente de atletismo de los Juegos Centroamericanos y del Caribe (CAC) en 2010 y de los Campeonatos Centroamericanos y del Caribe (CAC) de Atletismo de Mayores un año después, demostró una vez más ser un lugar de apoyo para los atletas de más de el fin de semana.

Cuando el polvo se asentó, los atletas de la USATF emergieron campeones desbocados al acumular 30 medallas de oro, 18 de plata y 14 de bronce.

Ellie Shea de los EE. UU., ganó tanto los 1500 m y los 3000 m con gran estilo, mientras que su compatriota, Christine Mallard, logró el oro en los 400 m (51,88).

Sharon Herrera, de Costa Rica, ganó la carrera de 10.000 m marcha. Gabriel Alvarado de Nicaragua, ganó la carrera de 10.000 m de hombres con 43:04.46.

El Campeonato Panamericano Juvenil fue una creación del periodista deportivo canadiense Cecil Smith, quien lo alimentó durante muchos años hasta su muerte.

### **El Rincón de los Entrenadores: Chester Morgan, Director, Entrenadores y Campamentos de NACAC**

El Campeonato del Mundo en Budapest se acerca rápidamente, y es crucial para nuestros entrenadores y atletas abordar la principal preocupación que la mayoría de ellos encuentran, que puede afectar significativamente su rendimiento: el jet lag.

Para comprender completamente el concepto de jet lag, recurrimos a las ideas de un profesional médico de renombre de la Clínica Cleveland, con fecha del 13 de junio de 2021. El jet lag es un

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trastorno temporal del sueño que surge cuando el reloj corporal interno de un individuo se desalinea con la zona horaria en la que se encuentra, después de extensos viajes a través de múltiples zonas horarias, particularmente durante vuelos de larga distancia. Este fenómeno ocurre debido a la interrupción de los ritmos circadianos naturales del cuerpo provocada por los cambios abruptos en las zonas horarias.

Al atravesar zonas horarias rápidamente, el reloj interno del cuerpo, responsable de regular las funciones fisiológicas vitales como los ciclos de sueño-vigilia, el hambre y la temperatura corporal, requiere tiempo para aclimatarse al nuevo horario. Esta desalineación puede provocar síntomas como cansancio, insomnio, dificultad para concentrarse, trastornos digestivos y una sensación general de malestar.

Superar el jet lag plantea un obstáculo común para los atletas y entrenadores que viajan a través de zonas horarias para competiciones internacionales como el Campeonato Mundial. Después de haber examinado y examinado a fondo varias fuentes, uno puede utilizar estas recomendaciones como estrategias efectivas para abordar este asunto en cuestión:

**1. Ajuste gradual:** Es muy recomendable iniciar un ajuste gradual de su horario de sueño unos días antes de su partida. Trate de cambiar sus horas de sueño y vigilia para alinearse más estrechamente con la zona horaria de su destino. Este enfoque estratégico puede facilitar significativamente el proceso de adaptación de su cuerpo.

**2. Exposición a la luz:** La importancia de la exposición a la luz natural no puede ser exagerada en términos de regular su reloj corporal interno. Se recomienda pasar mucho tiempo al aire libre durante el día, especialmente en las horas de la mañana, evitando conscientemente las luces brillantes durante la noche. Esta práctica deliberada puede contribuir eficazmente a la sincronización de su ritmo circadiano.

**3. Mantenga una hidratación óptima:** Es de suma importancia asegurarse de mantenerse adecuadamente hidratado antes, durante y después de su vuelo. Cabe señalar que la deshidratación

puede exacerbar significativamente los efectos adversos del jet lag. Por lo tanto, se recomienda encarecidamente consumir una gran cantidad de agua para mitigar tales efectos.

**4. Optimice su experiencia de sueño en el avión:** Se recomienda encarecidamente hacer un esfuerzo serio para obtener una cantidad suficiente de sueño durante su vuelo, especialmente si su hora de llegada se alinea con las horas nocturnas de su destino. Para mejorar sus niveles de comodidad, considere utilizar tapones para los oídos, una máscara para los ojos y una almohada de viaje.

**5. Siesta estratégica:** La implementación de breves sesiones de siesta, que duran aproximadamente 20-30 minutos, puede resultar ventajosa para reducir la fatiga y aumentar su estado de alerta general, todo sin interferir con su rutina regular de sueño nocturno.

6. Asegúrese de buscar orientación de un profesional de la salud antes de considerar cualquier suplemento de melatonina. La melatonina se recomienda ocasionalmente para ayudar a regular los patrones de sueño y mitigar los efectos del jet lag. Si su profesional de la salud se lo aconseja, tome melatonina a la hora de acostarse de su destino.

7. Es aconsejable limitar su consumo de cafeína y otros estimulantes, especialmente cerca de su hora prevista para acostarse.

8. Realizar actividad física ligera o estirarse a su llegada puede resultar beneficioso. Puede ayudar a mantener sus niveles de energía y facilitar una transición más suave.

9. Al planificar sus horarios de entrenamiento y competición, es crucial tener en cuenta el jet lag. Asigne tiempo adicional para el descanso y la recuperación, especialmente durante los primeros días posteriores a su llegada.

10. Recuerde que su cuerpo puede tardar unos días en aclimatarse completamente a la nueva zona horaria. Practica la paciencia y concédete el tiempo necesario para el ajuste.

Tenga en cuenta que las respuestas individuales al jet lag pueden variar, por lo que es primordial descubrir qué métodos funcionan mejor para usted. Buscar la orientación de un profesional de la medicina deportiva o un experto en viajes puede proporcionar asesoramiento personalizado sobre el manejo efectivo del jet lag.

### ***Los atletas de pista y campo de Trinidad y Tobago obtienen medallas como país anfitrión del CYG2023***

#### **Alrededor NACAC Athletics**

##### **Trinidad and Tobago**

En el día inaugural del componente de atletismo del CYG2003 en el estadio Hasely Crawford, la NAATT se mostró complacida con el desempeño de sus atletas.

Janae DeGannes ganó la medalla de plata en salto de longitud femenino, mientras que su compatriota, Sanaa Frederick, se llevó a casa la medalla de bronce en los 100 m femeninos.

Hasely Crawford, la primera medallista de oro de la nación, estuvo presente para presenciar la competencia del primer día y expresó su satisfacción por la extensa remodelación que había llevado a cabo el gobierno en preparación para CYG2023.

La competición de atletismo que comenzó hoy, 7 de agosto, continúa hasta el jueves 10 de agosto.

##### **Islas Virgines**

La Federación de Atletismo de las Islas Vírgenes tiene buenas razones para celebrar a la joven vallista del país, Michelle Smith. Esta vez, compitiendo en los Panamericanos Juniors que se llevan a cabo en Mayaguez, Puerto Rico, Michelle ganó la medalla de plata en los 400mH con un tiempo de 57.99



*Michelle Smith*

La actuación ganadora de medallas de Michelle en Puerto Rico completa su temporada competitiva del año.

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