

Weekly Griffin Sports Digest

IT WAS A SPECTACULAR WEEK FOR OUR GRIFFINS AS OUR TEAMS DOMINATED THEIR VARIOUS COMPETITIONS LAST WEEK.

Football

Manning Cup U19

The manning cup team advanced to the second round of the manning cup competition where they will play a home and away fixture with Eltham High. On Saturday they went to Eltham High and wasted no time in dispatching them after 13 minutes to take a 2-0 lead thanks to Jaydn Johnson and Tarique Jones, Amarlie King ensured the defending Manning Cup champions would leave Eltham with the dub adding to the score line in the second half. The Boys will now come home on Wednesday November 1st at 3pm to play the second leg with a 3-0 advantage over Eltham. Come out and support the boys.

U16

Last year semi-finalist seem to be in business mode already after securing their first victory at home in the season opener on Tuesday against Bridgeport 2-0, the boys went on the road to face Denham Town High at the Edward Seaga Sports Complex and hammered their opponent 21-1. Jamone Lyle led the way with 6 goals Gervier Grant 5 Alonzo Sylvester 3 Joshua King 2 Caiden Yen 2 Gianni Sellars 2 and Ajani Campbell 1. The boys will now face Greater Portmore High on Tuesday November 1st at 3:00pm.

U14

The defending Champions kicked off their season in style dispatching Bridgeport High 6-1 leading the scoring with a hattrick was Tevin Savage, Khaden Robinson, Emmanuel Donald & Dasean Meeks all scoring a goal. In their second match against Hydel on Thursday the boys continued their fine form dispatching them 6-0 with Tevin Savage and Rashawn Williams netting 2 goals, Khaden Robinson 1 and one own goal. The boys will now face Greater Portmore High on Tuesday November 1st at 1:30pm.



Basketball U16 & U19

With rain affecting play earlier in the week the boys were in a no-nonsense mood on Thursday dispatching Cedar Grove in both games. In the U16 game the boys Cedar Grove 68-13 with Daniel Watt leading the way with 11 points, 9 assists and 7 steals to improve their unbeaten record this season. Meanwhile in the U19 division the boys followed suit to rout Cedar Grove 100-12 with team Captain Xavier Keyes leading the way with 34 points and 4 steals Dakari Nicholson 18 points, 8 rebounds and 4 steals. The boys will next face St. Catherine High at home tomorrow Monday October 30th starting at 2pm.

Come out and support our teams!!!!



CLICK [HERE](#) FOR MORE AND SHARE, THEN RETURN TO
THE OTHER ARTICLES BELOW

Track & Field

Our middle- and long-distance boys are currently running the road. In the first ever High School 5k championships the boys are currently tied with Kingston College in a 3 series race having won the first race of the series at the blue run in September, the boys were second at the Berts Auto 5k and now turn their attention to the finals coming up on November 12th at the Burger King 5k Run and Relays, Burger King Portmore Mall. Come out and join the boys on course for victory and help Jamaica College secure the Big Finish Win. Burger King is introducing for the first time this year a Big Finish with the teams with the most participant winning a whopping \$400k. For more information see ad below. If you are interested in participating if you register with Jamaica College, the cost is \$1,000 for adults and \$500 for students. To register with Jamaica College please contact Coach Johnson at d.johnson@jc.edu.jm.

Support your high school, community, company or running club to

WIN A SHARE OF OVER \$1MILLION

Come support your school for the

BK Big Finish Prize \$400,000

- Plus FREE BK Meals & Giveaways
- Live entertainment
- T-shirt competition

Registration opens October 16, 2023
Follow the link below.

www.runningeventsja.com

BURGER KING Developing Schools & Communities through Sports

Come and Join us
On November 12, 2023



Win BIG with Burger King at the **BK 5K & Relay** when you register with your school team.

Burger King invites you to RUN ROAD at the **BK 5K & Relay** for your chance to win a portion of \$1 MILLION in cash and prizes for you and your school.

Run Road with Burger King at the 23rd staging of the annual **BK 5K & Relay**, set to light up Portmore on **Sunday, November 12, 2023** at 6:30am.

Since its inception in 2000, the **Burger King 5K & Relay** has stood as a pillar in the Jamaican sports community, offering competitive training opportunities for athletes, supporting school projects, and promoting community spirit.

This year, for the first time ever, Burger King will offer the BK BIG FINISH cash prize of \$400,000.00 to the school with the highest number of entrants to complete the 5K Run/Walk in 35 minutes. The highest number means anyone who the school has registered as a part of their school's Big Finish teams. All parents, guardians, aunties, uncles, alumni etc., who are willing to run or walk for their school and register through the school will qualify as a member of the school's Big Finish team.

Participants can look forward to the exciting giveaways, complimentary meals courtesy of Burger King and the exhilarating energy with Jenny Jenny, the energizer bunny.

With plenty of prizes and surprises for schools, individuals, and teams, the 23rd staging of the **BK 5K & Relay** promises to be one of the most exciting events on the REJ calendar.

Athlete Feature:

This week we introduce a column where we will feature a top from student athlete from one of our teams.

Our Athlete feature for this week is Xavier Keyes.

Xavier who is currently in upper 6th form is the captain for our U19 Basketball team. His performances so far this season is nothing less than spectacular. Let's hear from Xavier about how he feels this season is going so far and what are the expectations of his team and himself going forward.



How would you sum up your team's dominant performance against cedar grove?

"The team played well. We all had a time restriction of 2 quarters or 20 minutes what I mean by this is that each individual player could only play 20 minutes, the team itself was divided into 2 and 1 team played 20 and the other team play 20 and, in the time, I saw players that really want to win. As always there will be things that we need to improve upon, but I am happy with how the team played."

What do you think about your personal performance?

"I could do better, but I do think I played alright given the time limit. Our team was given 20 minutes to each member to play, of course, there will always be things that I need to work on."

What would you want to improve about your game going forward?

"Some aspects about my game that I really need to improve is my shooting more importantly keeping or having a consistent shot outside the key with that being a three point shoot or long mid-range, another thing is that I need to improve my fitness level, because I was injured for so long my endurance has deteriorated, and the last thing I want to improve is my court IQ, I want to be able to have better decision making skills on the court."

How do you like our chances this season winning it all?

"Out of the last 3 years I know this year we have the best chances of winning everything. These sets of players on the team all know what will be needed to win it all."

What is it like representing Jamaica College?

"It is the greatest feeling. No matter where you go, you will be held to the highest standard. Jamaica College is the breeding ground the greatest calibre of men in all aspects if it's sports or academics. Just by putting on the blue, you feel a sense of accomplishment and pride."

This is your last season representing JC what's next for Xavier?

"I want to further my education in college studying in the field of engineering, being specific to mechanical engineering or aerospace engineering. While still furthering my basketball career, I do want to become a professional basketball player."

You also represented JC in track and field. What inspired a change to basketball?

"What inspired a change for me was that even though I love both sports, I just really enjoy basketball more. That and the fact around the period of covid lockdown I could not get to train for track, but I was able to still use my ball and get better and I believe due to me missing training for that period while still practicing basketball I got more directed to playing basketball."

What motivates Xavier?

"What motivates me is just pure love for the sport. To me, basketball is more than just a sport or a past time, it is something I really love more than anything else. As well as the fact that I can use something I love to make my life and parents' lives easier by possibility getting an opportunity to get scholarships and go to school either free or for cheap. I just really love to play basketball"

Who would you say is your favourite basketball player?

"My favourite player is LeBron James. He is the first basketball player that I ever knew, and LeBron, to me, is just the perfect representation of a real sportsman."