

ISSUE

4

Weekending NOV 25th

# GRIFFIN SPORTS DIGEST

*Volume 4 news*

FOOTBALL  
BASKETBALL  
TRACK  
SWIMMING  
LAWN TENNIS

Creator: Coach Duane Johnson  
Editor: Dawn MacGregor-Bromfield  
Information: Provided by teams

Shots of  
the  
Week



**Athlete Weekly Feature: Joshua King**

# Walker CUP ROUNDUP



## U19 FOOTBALL TEAM ADVANCED TO WALKER CUP SEMI-FINALS

Having suffering a disappointing exit of the manning cup competition. The boys had to quickly regroup to take on Jonathan Grant in the quarter finals of the WATA Walker Cup competition on Wednesday. As was the case in the last few games the boy's dominated possession but had a hard time scoring in the first half as they were 0-0 at the end of the first half.

The boys turned it up a notch in the second half and in the 65<sup>th</sup> minute Giovanni Taylor found the back of the net, to put JC in front 1-0. The boys continued to have their way throughout the 2<sup>nd</sup> half and Jamoy Dennis added to the score line has he pushed a ball pass the Jonathan Grant Goalkeeper to put JC up 2-0 and into the semi-finals against Excelsior on Thursday at a location to be determined. In the other encounters Wolmers got by St. Catherine High in penalties to secure a spot into the semifinals against STATHS who dispatched Haile Selassie 2-1 in their encounter. Go out and support the team on Thursday as they seek to go a step closer in making the finals of the Walker Cup.

# WALKER CUP ROUNDUP

## WALKER CUP

2023

### QUARTER-FINALS

 HAILE SELLASIE 1

 STATHS 2

 WOLMER'S 5

 ST. CATHERINE 4

### SEMI-FINALS

 STATHS

 WOLMER'S

 EXCELSIOR 3

 TIVOLI 1

 J. GRANT 0

 J. C. 2

 EXCELSIOR

 J. C.



### FINAL MATCH

### FINALS

WALKER CUP

WALKER CUP

J.C. 5

# WALKER CUP ROUNDUP

## ISSA School Boys Football Walker Cup



Schedule is subject to change by the organizers

Walker Cup	Wednesday, 2023 Nov 15	Friday, 2023 Dec 08	Venue / Date Change	Live
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#	Date	Home Team	Away Team	Venue	Time
Walker Cup Round 1					
WC 1	Wed, Nov 15	Haile Selassie High	Eltham High	Haile Selassie High	3:00 PM
WC 2	Wed, Nov 15	Excelsior High	St. Jago High	Excelsior High	3:00 PM
WC 3	Wed, Nov 15	Campion College	Jonathan Grant High	Campion College	3:00 PM
WC 4	Wed, Nov 15	Wolmer's Boys	Kingston Tech	MICO	3:00 PM
Walker Cup Quarter-Final					
WC 5	Thu, Nov 23	Haile Selassie High / Eltham High	STATHS	TBD	TBD
WC 6	Thu, Nov 23	Excelsior High / St. Jago High	Tivoli Gardens High	TBD	TBD
WC 7	Thu, Nov 23	Campion College / Jonathan Grant High	Jamaica College	TBD	TBD
WC 8	Thu, Nov 23	Wolmer's Boys / Kingston Tech	St. Catherine High	TBD	TBD
Walker Cup Semi Final					
WC 9	Thu, Nov 30	Winner WC 5	Winner WC 8	Stadium East	TBD
WC 10	Thu, Nov 30	Winner WC 6	Winner WC 7	Stadium East	TBD
Walker Cup Final					
WC 11	Fri, Dec 08	Winner WC 9	Winner WC 10	National Stadium	TBD



# U16 Football Round UP



The U16 team advances to the quarter final round of the ISSA Urban football competition having finished 1<sup>st</sup> in their 2<sup>nd</sup> round group having dispatched all three opponents faced last week. It was light work for the boys on Monday against Jonathan Grant as they niellated them 9-0.



Jamone Lyle led the way with 3 goals , Giovanni Taylor 2, while captain Joshua King, Caiden Yen, Rayhano Nembhard and Joshua Howell all scoring a goal apiece. The boys continued their fine form on Wednesday when they took on St. Catherine High and although it wasn't as easy as the Monday encounter against Jonathan Grant, captain wonder Joshua King ensured his team walk away with a win and one step closer to securing a quarter final round spot. On Saturday, the boys closed out their second round against Calabar High and it was business usual as they walk away 2-1 winners thanks to the efforts of Giovanni Taylor and Ajani Campbell. They will now turn their attention to the quarter final round where they are drawn in Group B. Come out and support the boys!

# U16 Football Round UP

COLTS(U16)  2023

## Group B



St. George's College



Jamaica College



Wolmer's Boy



St Andrew Tech.

# U16 Football Round UP

*Jamaica College  
U16 Football Team*

## FIXTURES

### Quarter Finals



**VS WOLMER'S BOYS**

**WED, NOV 29TH**

Jamaica College

**3:00pm**



**VS STATHS**

**SAT, DEC 2ND**

Jamaica College

**2:00pm**



**VS ST. GEORGE'S**

**MON, DEC 4TH**

St. George's College

**3:00pm**



**VS ST. GEORGE'S**

**MON, DEC 4TH**

**3:00pm**



Matches for		Tue, Nov 28, 2023	Mon, Dec 04, 2023	U14	Awarded	Modified
#	Date	Home Team	Away Team	Venue	Time	Score
	U14 Quarter-Final			U16 Quarter-Final		
	Group A	Group B		Group A	Group B	
	Wolmer's Boys	Excelsior High		Eltham High	St. George's College	
	Jamaica College	Calabar High		Kingston College	Jamaica College	
	St. George's College	Kingston College		Excelsior High	Wolmer's Boys	
	Hillel Academy	STATHS		Calabar High	STATHS	
307	Tue, Nov 28	Calabar High	Kingston College	Calabar High	12:00 PM	
306	Tue, Nov 28	Excelsior High	STATHS	Excelsior High	1:00 PM	
308	Tue, Nov 28	Jamaica College	St. George's College	Jamaica College	1:00 PM	
305	Tue, Nov 28	Wolmer's Boys	Hillel Academy	Wolmer's Boys	1:00 PM	
307	Wed, Nov 29	Eltham High	Calabar High	Eltham High	3:00 PM	
305	Wed, Nov 29	Jamaica College	Wolmer's Boys	Jamaica College	3:00 PM	
308	Wed, Nov 29	Kingston College	Excelsior High	Kingston College	3:00 PM	
306	Wed, Nov 29	St. George's College	STATHS	St. George's College	3:00 PM	
311	Sat, Dec 02	Calabar High	STATHS	Calabar High	11:00 AM	
310	Sat, Dec 02	Excelsior High	Eltham High	Excelsior High	2:00 PM	
309	Sat, Dec 02	Jamaica College	Hillel Academy	Jamaica College	11:00 AM	
311	Sat, Dec 02	Jamaica College	STATHS	Jamaica College	2:00 PM	
312	Sat, Dec 02	Kingston College	Excelsior High	Kingston College	11:00 AM	
309	Sat, Dec 02	Kingston College	Calabar High	Kingston College	2:00 PM	
310	Sat, Dec 02	St. George's College	Wolmer's Boys	St. George's College	11:00 AM	
312	Sat, Dec 02	Wolmer's Boys	St. George's College	Wolmer's Boys	2:00 PM	
316	Mon, Dec 04	STATHS	Kingston College	STATHS	1:00 PM	
316	Mon, Dec 04	STATHS	Wolmer's Boys	STATHS	3:15 PM	
314	Mon, Dec 04	Hillel Academy	St. George's College	Hillel Academy	1:30 PM	
314	Mon, Dec 04	Calabar High	Excelsior High	Calabar High	3:00 PM	
313	Mon, Dec 04	Wolmer's Boys	Jamaica College	Wolmer's Boys	1:00 PM	
313	Mon, Dec 04	Eltham High	Kingston College	Eltham High	3:15 PM	
315	Mon, Dec 04	Excelsior High	Calabar High	Excelsior High	1:30 PM	
315	Mon, Dec 04	St. George's College	Jamaica College	St. George's College	3:00 PM	

372	ყოფ. დეც 01	2x სეილი, 2 სოფე	1x სეილი, 2 სოფე	2x სეილი, 2 სოფე	2 00 ხ/წ		
372	ყოფ. დეც 01	ეკვარ, 1 ხ/წ	სვარ, 1 ხ/წ	ეკვარ, 1 ხ/წ	2 30 ხ/წ		
373	ყოფ. დეც 01	ბრუი, 1 ხ/წ	კიბი, 2 სოფე	ბრუი, 1 ხ/წ	2 12 ხ/წ		
373	ყოფ. დეც 01	მოხელ, 2 გო	1x სეილი, 2 სოფე	მოხელ, 2 გო	2 00 ხ/წ		
374	ყოფ. დეც 01	სვარ, 1 ხ/წ	ეკვარ, 1 ხ/წ	სვარ, 1 ხ/წ	2 00 ხ/წ		
374	ყოფ. დეც 01	მედი, 1 სოფე	2x სეილი, 2 სოფე	მედი, 1 სოფე	2 30 ხ/წ		
376	ყოფ. დეც 01	2x სეილი	მოხელ, 2 გო	2x სეილი	2 12 ხ/წ		
376	ყოფ. დეც 01	2x სეილი	კიბი, 2 სოფე	2x სეილი	2 00 ხ/წ		
377	ყოფ. დეც 01	მოხელ, 2 გო	2x სეილი, 2 სოფე	მოხელ, 2 გო	2 00 ხ/წ		
378	ყოფ. დეც 01	2x სეილი, 2 სოფე	მოხელ, 2 გო	2x სეილი, 2 სოფე	2 00 ხ/წ		


# U14 FOOTBALL ROUND UP

The 2X defending champions continued their fine performances having concluded their 2<sup>nd</sup> round group play with 2 wins and a draw. On Monday they faced Charlie Smith and dispatched them 4-1. Thanks to inform Striker Tevin Savage who scored two and Richard Clarke and Rashwan Williams both scoring a goal apiece.



On Thursday it was business as usual for the boys as it was the same score line but different school, they send Norman Manley packing with a 4-1 victory thanks to Richard Clarke who netted two, Tevin Savage and Jontae Hawthorne 1 goal apiece. In the last game of the second round on Saturday the boys could only manage a 1-1 draw against in form STATHS. Goal scorer in the game was Khaden Robinson. They will now go up against Wolmers Boys, St Georges College and Hillel academy in Group A of the quarter finals. Come out and Support the boys as they seek to win 3 championships in a row.

# U14 Football RoundUP

PEPSI(U14)  2023

## Group A



Wolmer's Boy



Jamaica College



St. George's College



Hillel Academy

# U14 Football Roundup

*Jamaica College  
U14 Football Team*

## FIXTURES

### Quarter Finals



**VS ST. GEORGE'S**

**TUE, NOV 28TH**

Jamaica College

**1:00pm**



**VS HILLEL ACADEMY**

**SAT, DEC 2ND**

Jamaica College

**11:00am**



**VS WOLMER'S BOYS**

**MON, DEC 4TH**

Wolmer's Boys

**1:00pm**



Wolmer's Boys

**MON, DEC 4TH**

**1:00pm**

# U14 Football Roundup



## 2023 ISSA Burger King U14 & U16 Competitions Quarter-Final Round Urban



Schedule is subject to change by the organizers

Matches for		Tue, Nov 28, 2023	Mon, Dec 04, 2023	U14	Awarded	Modified
#	Date	Home Team	Away Team	Venue	Time	Score
		U14 Quarter-Final		U16 Quarter-Final		
		Group A	Group B	Group A	Group B	
		Wolmer's Boys	Excelsior High	Eltham High	St. George's College	
		Jamaica College	Calabar High	Kingston College	Jamaica College	
		St. George's College	Kingston College	Excelsior High	Wolmer's Boys	
		Hillel Academy	STATHS	Calabar High	STATHS	
307	Tue, Nov 28	Calabar High	Kingston College	Calabar High	12:00 PM	
306	Tue, Nov 28	Excelsior High	STATHS	Excelsior High	1:00 PM	
308	Tue, Nov 28	Jamaica College	St. George's College	Jamaica College	1:00 PM	
305	Tue, Nov 28	Wolmer's Boys	Hillel Academy	Wolmer's Boys	1:00 PM	
307	Wed, Nov 29	Eltham High	Calabar High	Eltham High	3:00 PM	
305	Wed, Nov 29	Jamaica College	Wolmer's Boys	Jamaica College	3:00 PM	
308	Wed, Nov 29	Kingston College	Excelsior High	Kingston College	3:00 PM	
306	Wed, Nov 29	St. George's College	STATHS	St. George's College	3:00 PM	
311	Sat, Dec 02	Calabar High	STATHS	Calabar High	11:00 AM	
310	Sat, Dec 02	Excelsior High	Eltham High	Excelsior High	2:00 PM	
309	Sat, Dec 02	Jamaica College	Hillel Academy	Jamaica College	11:00 AM	
311	Sat, Dec 02	Jamaica College	STATHS	Jamaica College	2:00 PM	
312	Sat, Dec 02	Kingston College	Excelsior High	Kingston College	11:00 AM	
309	Sat, Dec 02	Kingston College	Calabar High	Kingston College	2:00 PM	
310	Sat, Dec 02	St. George's College	Wolmer's Boys	St. George's College	11:00 AM	
312	Sat, Dec 02	Wolmer's Boys	St. George's College	Wolmer's Boys	2:00 PM	
316	Mon, Dec 04	STATHS	Kingston College	STATHS	1:00 PM	
316	Mon, Dec 04	STATHS	Wolmer's Boys	STATHS	3:15 PM	
314	Mon, Dec 04	Hillel Academy	St. George's College	Hillel Academy	1:30 PM	
314	Mon, Dec 04	Calabar High	Excelsior High	Calabar High	3:00 PM	
313	Mon, Dec 04	Wolmer's Boys	Jamaica College	Wolmer's Boys	1:00 PM	
313	Mon, Dec 04	Eltham High	Kingston College	Eltham High	3:15 PM	
315	Mon, Dec 04	Excelsior High	Calabar High	Excelsior High	1:30 PM	
315	Mon, Dec 04	St. George's College	Jamaica College	St. George's College	3:00 PM	

372	Mon, Dec 04	St. George's College	Jamaica College	St. George's College	3:00 PM	
372	Mon, Dec 04	Excelsior High	Calabar High	Excelsior High	7:30 PM	
372	Mon, Dec 04	Eltham High	Kingston College	Eltham High	3:15 PM	
372	Mon, Dec 04	Wolmer's Boys	Jamaica College	Wolmer's Boys	7:00 PM	
374	Mon, Dec 04	Calabar High	Excelsior High	Calabar High	3:00 PM	
374	Mon, Dec 04	Hillel Academy	St. George's College	Hillel Academy	7:30 PM	
376	Mon, Dec 04	STATHS	Kingston College	STATHS	3:15 PM	
376	Mon, Dec 04	STATHS	Wolmer's Boys	STATHS	7:00 PM	
372	Mon, Dec 04	Excelsior High	Calabar High	Excelsior High	3:00 PM	
374	Mon, Dec 04	St. George's College	Jamaica College	St. George's College	7:00 PM	



## BASKETBALL ROUNDUP

The boys completed the first round playing the re-scheduled rain affected first round games last week and it was mixed results as the U16 won their encounter against STATHS 66-58. Thanks to a game high 18 points from Christopher Edwards, Mihkel Walters recorded another double-double with 15 points and 13 rebounds while Clavon McGowan scored 11. In the U19 encounter against Wolmers the boys came up short 71-75, despite a 21 point, 6 rebounds and 5 steals by Dimitri Richards. Dakari Nicholson was two rebound shy of a double-double with 17 points and 8 rebounds and Joel Hamm with 14 was just not enough on the day. Nonetheless both teams are through to the quarter final round. With the U16 team being drawn in Zone B with Champion, Calabar and STATHS. They will go into action on Thursday November 30<sup>th</sup> 2:00pm against STATHS at JC. Come out and support. While the U19 team will kick off their quarter final round on Wednesday when they will try and avenge their loss against Wolmers at Wolmers 4:00pm . Full schedule below. Come out and Support the boys!!!

# BASKETBALL QUARTER-FINAL ROUND FIXTURE

UNDER 16		UNDER 19	
ZONE A	ZONE B	ZONE A	ZONE B
(A1) ST GEORGES	(B1) JAMAICA COL	(A1) CALABAR	(B1) ST CATHERINE
(B2) ARDENNE H..	(A2) CAMPION COL	(B2) WOLMERS	(A2) EXCELSIOR H
(B3) MONA HIGH	(A3) CALABAR HIGH	(B3) JAMAICA C	(A3) KINGSTON COL
(A4) KINGSTON COL	(B4) ST. ATHS	(A4) CAMPION	(B4) ARDENNE ....

**The Regional Semi-finalists advance to the National Playoffs**

ISSA U16/U19 QUARTERFINAL ROUND						
NOTE: ALL GAMES IN RED ARE U16 GAME. THOSE IN BLACK ARE U19 GAMES						
DATE	GAMES	TIME/ RESULTS	VENUE	GAMES	TIME/ RESULTS	VENUE
WEDNESDAY NOV 29	ARDN - MONA	3:00 PM	ARDENNE	CBAR - CAMP	3:00 PM	CBAR
	ST GEOR - KC	2: 15 pm	ST GEORGES	WOL - JC	4:00 pm	WOLMERS
THURSDAY NOV 30	ST CAT- ARD (U19)	3:00 PM	G C F C	EXCL - KC (U19)	3:00 pm	EXCELSIOR
	JC - STATHS	2: 00 pm	JAM COL	CAMP - CBAR (U16)	4: 00 pm	CAMPIOM
FRIDAY DEC 1	ARDN - KC	3:00 pm	ARDENNE	CBAR - JC	3:00 pm	CALABAR
	ST GEOR - MONA	2:15 pm	ST GEORGES	WOL - CAMP	4:00 pm	WOLMERS
MONDAY DEC 4	ST CAT - KC (U19)	3:00 pm	G C F C	EXCL - ARD	3:00 pm	EXCELSIOR
	JC - CBAR	2: 00 pm	JAM COL	CAMP - STATHS (U16)	4: 00 pm	CAMPION
TUESDAY DEC 5	ST GEOR - ARDN	3:00 pm	ST GEORGES	CBAR - WOL	3:00 pm	CALABAR
	MONA - KC	2: 00 pm	MONA	JC - CAMP	4:00 pm	JAM COL
WEDNESDAY DEC 6	ST CAT - EXCL(U19)	3:00 pm	G C F C	KC - ARDN	3:00 pm	KGN COL
	JC - CAMP	2: 00 pm	JAM COL	CBAR - STATHS (U16)	4:00 pm	CALABAR
SEMIFINALS (BEST OF 3 SERIES )						
DATE	U16 GAME @ 2 PM	RESULT	U 19 GAME @ 3:30 PM	RESULTS	VENUE	
FRID DEC 8	1 <sup>ST</sup> ZONE A - 2 <sup>ND</sup> ZONE B	U16	1 <sup>ST</sup> ZONE B - 2 <sup>ND</sup> ZONE A	U16	1 <sup>ST</sup> PLACE	
MON DEC 11	1 <sup>ST</sup> ZONE A - 2 <sup>ND</sup> ZONE B	U19	1 <sup>ST</sup> ZONE B - 2 <sup>ND</sup> ZONE A	U19	1 <sup>ST</sup> PLACE	
TUES DEC 12	2 <sup>ND</sup> ZONE B - 1 <sup>ST</sup> ZONE A	U16	2 <sup>ND</sup> ZONE A - 1 <sup>ST</sup> ZONE B	U16	2 <sup>ND</sup> PLACE	
WED DEC 13	2 <sup>ND</sup> ZONE B - 1 <sup>ST</sup> ZONE A	U19	2 <sup>ND</sup> ZONE A - 1 <sup>ST</sup> ZONE B	U19	2 <sup>ND</sup> PLACE	
THU DEC 14	1 <sup>ST</sup> ZONE A - 2 <sup>ND</sup> ZONE B	U16	1 <sup>ST</sup> ZONE B - 2 <sup>ND</sup> ZONE A	U16	1 <sup>ST</sup> PLACE	
FRI DEC 15	1 <sup>ST</sup> ZONE A - 2 <sup>ND</sup> ZONE B	U19	1 <sup>ST</sup> ZONE B - 2 <sup>ND</sup> ZONE A	U19	1 <sup>ST</sup> PLACE	
FINALS (BEST OF 3 SERIES)						
TBA	FINALS GAME 1		FINALS GAME 1		TBA	
TBA	3 <sup>RD</sup> PALCE GAME		3 <sup>RD</sup> PALCE GAME		TBA	
TBA	FINALS GAME 2		FINALS GAME 2		TBA	
TBA	FINALS GAME 3 (if necessary)		FINALS GAME 3 (if necessary)		TBA	

18A	U6C6229LA)		U6C6229LA)		18A
18A	FINALS GAME 3 (H		FINALS GAME 3 (H		18A
18A	FINALS GAME 3		FINALS GAME 3		18A
18A	3 <sup>RD</sup> PALCE GAME		3 <sup>RD</sup> PALCE GAME		18A
18A	FINALS GAME 1		FINALS GAME 1		18A
FINALS (BEST OF 3 SERIES)					
18A					
18A					
18A					
18A					

# TRACK & FIELD

OUR TRACK TEAM IS SEEKING PERSONNEL TO FILL OUT OUR SUPPORT STAFF AS WE SEEK TO BUILD A TEAM THAT WILL BETTER SERVE THE NEEDS OF OUR STUDENT-ATHLETES. BELOW IS A LIST OF AREAS WHERE WE SEEK ASSISTANCE. IF YOU HAVE ANY INTEREST, PLEASE EMAIL COACH JOHNSON AT [D.JOHNSON@JC.EDU.JM](mailto:D.JOHNSON@JC.EDU.JM) AND INDICATE THE AREA IN WHICH YOU FEEL YOU CAN BE OF ASSISTANCE.

## TRACK COMMITTEE

- Finance & Sponsorship
- Logistics
- Nutrition
- Health/Wellness
- Academic Development
- Recruitment
- Scholarship Coordinator
- Personal & Character/Leadership Development
- Team Management
- General Secretary-Committee Administrator

## GROUP PARENT REP

JUMPS  
MIDDLE  
DISTANCE  
SPRINTS  
QUARTERMILERS  
THROWS  
HURDLES

# TRACK & FIELD

## ROLE OF PARENT REP

This person will work directly with group coaches to provide support to athletes in those specific event groups. Coordinating whatever needs for those athletes and coaches to ensure that they have everything they need for training and track meets.

Provide supervision at various important local meets so that the boys are focused and ready to perform at the highest level

Identify any needs in group area assigned , report and discuss solutions with to the overall Parent Rep so recommendations can be made at our managements meeting.

Playing a role in the Personal and Character development of all our student/athletes

PLEASE NOTE THAT YOU DON'T HAVE TO HAVE A SON ON THE TEAM TO BE APART OF OUR SUPPORT AND MANAGEMENT TEAM IF YOU HAVE A PASSION FOR ATHLETICS AND HAVE EXPERIENCE IN ANY OF THE AREAS HIGHLIGHTED YOU ARE WELCOME TO BE APART OF OUR TEAM!

# Important **Meet** Dates for the 2024 Season

*See upcoming events for the track team.*

*Important Dates to save.*

**Purewater/R Danny Williams JC Meet**

*January 6<sup>th</sup> 2024 (Ashenheim Stadium)*

**Fervet Distance Classics**

*February 3<sup>rd</sup> 2024 (Ashenheim Stadium)*

**Corporate Area Championships**

*February 16-17<sup>th</sup> 2024 National Stadium*

**Gibson/McCook Relays**

*February 24<sup>th</sup> 2024 National Stadium*

**ISSA Boys & Girls Championships**

*March 19<sup>th</sup>-23<sup>rd</sup> National Stadium*

**Penn Relays**

*April 25<sup>th</sup>-27<sup>th</sup> Philadelphia Pennsylvania*

*Get ready to start a blue wave in the upcoming track  
season.*







# JAAA Calendar 2023-2024 Season


## DECEMBER

3	Reggae Marathon, Half Marathon & 10K	Negril
9	Tyser Mills Development Meet	GC Foster College
9	Wesley Powell Track and Field Meet	Excelsior High School, Kgn
16	Fervet Distance Carnival	Jamaica College
31	Old Harbour Bay/ Neville Myton 5K	Old Harbour Bay, St. Catherine

**JAAA OFFICE WILL BE CLOSED Dec. 15 - Jan. 3, 2024**

## JANUARY

5	OnDiRun/ JC Sprint Fest 200		Jamaica College
6	Purewater/ R Danny Williams JC Meet		Jamaica College
6	First Chance Meet		Montego Bay, St. James
6	Ted Dwyer Classics & Pentathlon Challenge		EXED Community College
13	Douglas Forrest Invitational		GC Foster College
13	JAAA/PUMA Fuller Anderson Meet		Windalco-Kirkvine, Manchester
13	Manchester High School/Charlie Fuller Field Events Meet		Manchester High School
19	OnDiRun/ GC Foster Sprint Fest 100		GC Foster College
20	Central Hurdles Relays & Field Events		GC Foster College
20	McKenley/ Wint Invitational Meet		Calabar High School
20	Montego Bay Comets Development Meet		Montego Bay, St James
26	Hurdles Fest		TBD
27	STETHS Invitational Meet		Santa Cruz, St. Elizabeth
27	Queen's/Grace Jackson Track Meet		National Stadium

 Events To Be Listed in the WA Global Calendar for Ranking Points (Pending Approvals)



## JAAA CALENDAR OF EVENTS 2023 - 2024



### INTERNATIONAL EVENTS









DATE EVENT VENUE

**2024**

### FEBRUARY

3	JAAA/PUMA Development Meet		Jamalco Sports Club, Clarendon
3	Eastern Invitational Track and Field Meet		Lyssons, St Thomas
3	Fervet Distance Carnival		Jamaica College
3	Youngster Goldsmith		National Stadium, St. Andrew
3	New Balance Indoor Grand Prix		Boston, USA
10	Camperdown Classic		National Stadium, St. Andrew
10	King of the Ring		Excelsior High School
10	Western Milo Relays		GC Foster College
11	Millrose Games		New York, USA
12-13	Eastern Championships (REGIONAL MEET)		National Stadium, St. Andrew
16-17	Corporate Area Development Meet (REGIONAL MEET)		TBD

# JAAA Calendar 2023-2024 Season

24	Gibson McCook Relays		National Stadium, St. Andrew
24	Muller Indoor Grandprix		Glasgow, England
<b>MARCH</b>			
1-3	World Athletics Indoor Championships		Glasgow, Scotland
1-3	JAAA Carifta Trials		National Stadium, St. Andrew
9	GC Foster Classic		GC Foster College
9	John Wolmer Track Meet		National Stadium, St. Andrew
9	Melbourne 5K		Kingston
14-15	Inter-Collegiate Championships		GC Foster College
16	Velocity Fest #14		National Stadium, St. Andrew
19-23	ISSA/Grace Kennedy Boys and Girls Championships		National Stadium, St. Andrew
<b>APRIL</b>			
Mar 30 - Apr 1	Carifta Games		St Georges, Grenada
13	Keyes / On the Run Over-Distance Meet		Jamaica College
13	Ricky Martin Invitational Primary School Meet		Stadium East, St Andrew
20	Excelsior Primary Development Meet		Excelsior High School
20	Velocity Fest #15		National Stadium, St. Andrew
20	KC / Prep Primary Development Meet		Kingston College
20	Xiamen Diamond League		Xiamen, PR of China
25-27	PENN RELAYS		Philadelphia, Pennsylvania, USA



## JAAA CALENDAR OF EVENTS 2023- 2024



### INTERNATIONAL EVENTS

DATE	EVENT	VENUE
<b>2024</b>		
<b>MAY</b>		
1-3	Insports Eastern Primary School Championships	Stadium East, St Andrew
4	JAAA All Comers Meet #1	 National Stadium, St. Andrew
4-5	World Athletics Relays	Nassau, Bahamas
7	World Kids in Athletics Day	Jamalco Sports Club, Halse Hall
10	Doha Diamond League	Doha, QATAR
6-8	Insports Central Primary School Championships	GC Foster College
9-11	Insports Western Primary School Championships	STETHS
11	Anthrick Sports Management Prep School Meet	Stadium East, St Andrew
11	Jamaica International Invitational	 National Stadium, St. Andrew
15	World In Athletics Day	Jamalco Sports Club, Halse Hall
18	JAAA Olympic French Foray #1	 National Stadium, St. Andrew
18	OnDiRun/JC Jnr. Sprint Fest (Prep Edition)	Jamaica College
19	Rabat Diamond League	Rabat, Morocco

# Swim News

Greetings JC SWIM Team Stakeholders, We would like to take this opportunity to thank all the College Men who tried out for the 2023/24 swim team. As you are all aware, Swimming is a very competitive sport and Jamaica College currently has some of the Top swimmers in the island. Our team is compromised mostly of swimmers who have represented our country at events such as CARIFTA, CCCAN and ISCA Summer Elite Showcase to name a few. Some team members have also represented our school at previous school swim meets over the past few years placings 4th and 3rd in the most recent meets. With this said, we would like to congratulate the College Men listed below for stepping forward, some once again and others for the first time to represent our school. We would also like to encourage those College Men who did not make the Team at this time to continue training with the Learn to Swim program at the UWI pool, with the hope that they can make the team soon. Learn to Swim schedule days are Mondays, Wednesdays and Thursdays. 3:30pm-5:30pm. Those who are interested in being apart of the learn to swim programme please contact VP Wynter.

# Boys who made our swim team.

9-Nov-23

Jamaica College

Swim Team 2023/24

Coach Lemone Lowe

FINAL	FINAL	FINAL	FINAL
11 - 12 Yrs	13 - 14 Yrs	15 - 16 Yrs	17 YRS & Over
A/B	A/B	A/B	A/B
Baker, Matthew	Hessing, Marly	Chambers, Kishaun	Allen, Isreal - Captain
Chambers, Kristof	Hines, Rees	Hutchinson, Noah	Hookim, Ernest
Gayle, Peyton	Miller, Joushua	Hynes, Sahle	Miller, Darren
Grant, Jaeden-Tyler	Seraton, Leiam	Johnson, Zack-Andre	Stanley, Tyler-Dane
Hall, Christian	Wallace, Howard	Vaughn, Noah	Mitchell, Justin
Hunter, Rhys	Edwards, Leandro	Grant, Aiden	Aldred, Jaden
Smith, Dashaun	Dawes-Fearon, Christian	Newman, Christian	
Thompson, Zade	Froome, Xavier	Bennett, Ajani	
Montgomery, Zachary			

Swim team training days are Thursdays & Saturdays.

**Kadeem Wilson**

**Maylynne Lowe**

**Everaldo Creary**

**Dahlia Harris**

**Junior Williams**

**Dahlia Harris'**

**Directed by: Akeem Mignott**

**Sunday, December 3 @ 5pm**

**JAMAICA COLLEGE SWIM TEAM  
BENEFIT PERFORMANCE**

**Little Theatre**  
Arthur Wint Drive, Kingston

**JAMAICA  
LAND WE  
LOVE!**

Come out and Support our Swim team fundraiser. Tickets can be purchased at the campus shop starting tomorrow for \$3,000. Please support our team!!!!

# LAWN TENNIS

The All-Island High School Tennis Championship was held over the period November 23 - 25, 2023 at the Eric Bell Tennis Centre.

The College participated in the Under 16 and Under 19 categories.

The U16 team consisted of: Jeremy Johnson - Captain Malique Adlam - Vice Captain & National U14 champion Jude Edwards Daniel Johnson David Ferrigon, and Jaheim Dill.

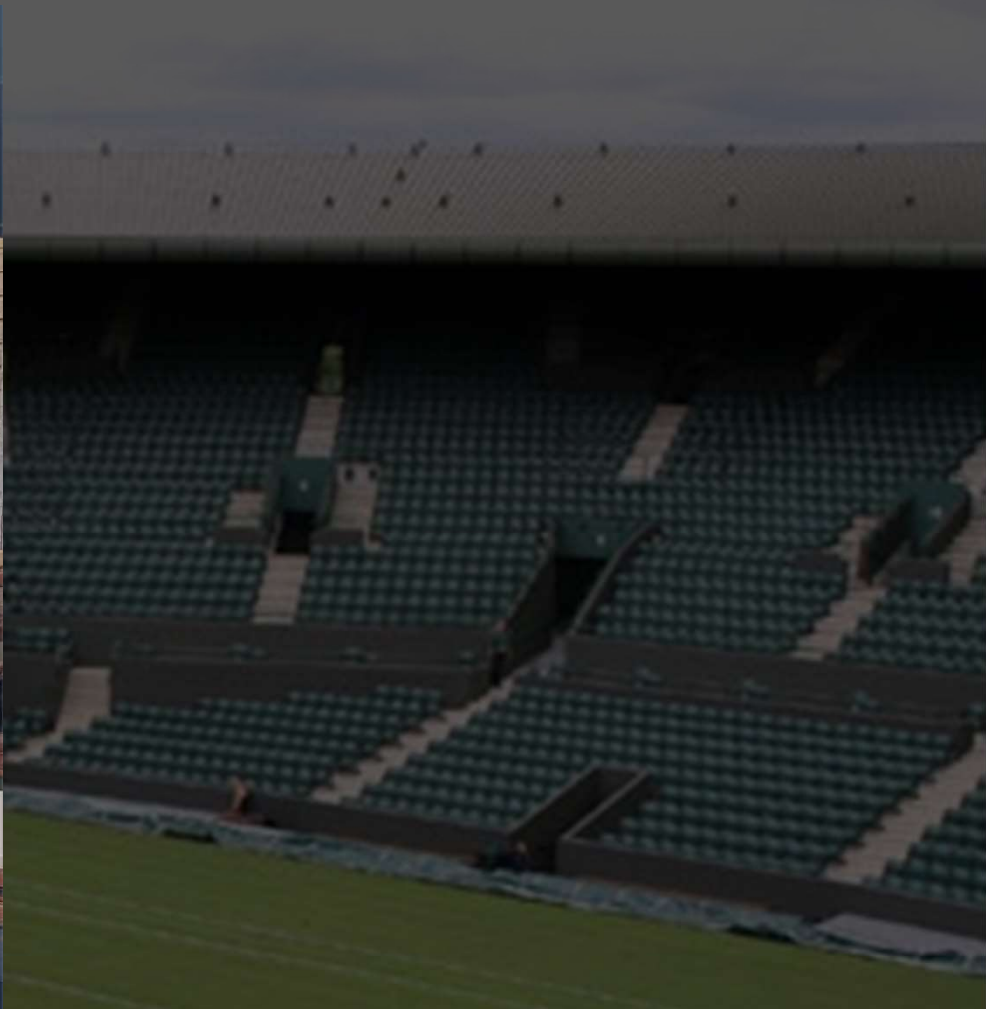
The U19 team consisted of: Tyrique Buckley Zachary Brown Daniel Downie Matthew Salmon Travez Moss and Michael-Anthony Samuels.

In the group stages we defeated Hillel 4-1, and Wolmers 4-1. In the final, we defeated Munro 3-2. Jude Edwards' performance was pivotal in our victory. He was also undefeated during the competition.

In addition to the team copping the U16 title, Malique Adlam was given the Most Disciplined award. The Under 19 team consisted primarily of U16 players to gain experience. They were eliminated 5-0 in the first round.

Thanks to our Coaches Mr. Evan Williams and Godfrey Gregory. Well done, Team! Thanks for representing our college with such distinction.

# LAWN TENNIS





**Weekly Athlete  
Feature  
Joshua King**

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# Weekly Athlete Feature

## Joshua King

In this week's edition of the Griffin Sports Digest, we feature Joshua King current captain of our U16 'Colts' Football team. Joshua entered the halls of Jamaica College September 2019 having helped Emmanuel Christian Academy and scoring many goals to help them make the JISA Prep school finals for the very first time. King who is currently a 5<sup>th</sup> form student is seeking to help his team win the U16 title a title that has eluded the college for quite some time. He was this year appointed captain of the team and have recently showed why he is deserving of such accolades by leading from the front on the field of play, scoring 4 goals and 1 assist, this while captaining the ship from the back line as his main position on the field is at centre back. We learn more about Joshua as we go in depth with the skipper.



Joshua captured in a recent home game against St. Catherine High. A game in which he scored the team lone goal to win.

# Weekly Athlete Feature

## Joshua King

**Q1. Tell us a little about Joshua King before attending JC what school are you coming from and how much football were you playing before attending JC?**

*A. I have always had the love for football since about 3 . I Attended Emmanuel Christian Academy and scoring many goals for them and carrying them to the finals for the first time.*

**Q2. Why did you choose to attend Jamaica College?**

*A. Even though my mother wanted to move me to another school , I still chose to become a college man because of the school's stellar performances in manning cup and their overall football program .*



# Weekly Athlete Feature

## Joshua King



**Q3. When you were told that you were captain of the Jamaica College U16 team, how did that make you feel?**

*A. Its a great feeling being the captain as it comes with great power and great responsibility.*

**Q4. How do you feel about your team chances of winning it all this year?**

*A. I am very confident in my team's ability to carry home the trophy this year. It's been a while since JC has won u16 so it will be a great achievement if we do so.*

**Q5. What are future goals post JC?**

*A. After JC , I want to continue honing my football skills and play at the highest level of football.*

## Weekly Athlete Feature

### Joshua King

**Q6. Do you see yourself transitioning to the Manning Cup level and becoming captain for that team as well?**

*A. I was fortunate to be apart of the manning cup team this year and I look forward in being apart of the team again and representing my school next season. It would be an honor to be captain but equally an honor to be apart of the team in general.*

**Q7. If there is a professional footballer who you idolize who is that baller and why?**

*A. I only idolize 1 player and that is Jamie Vardy . He has been my idol for most of my football career and he motivates me that it is never too late to go pro.*

**Q8. Who or What motivates Joshua?**

*A. My mother and my coaches and the belief in myself motivates me to be better and greater in life*

**Q9. What would you say is your personal mantra?**

*A. You cannot make progress with excuses*

Thank you Joshua and we wish you and your team all the best the rest of the season. Wear the Captain arm band with pride and represent the Blue and White with distinction.  
Floreat Collegium, Fervet Opus In Campis

# Weekly Athlete Feature

## Videos of Joshua King



A photograph of a soccer game in progress. Two players in blue and white patterned jerseys are on the field. One player is in the foreground, facing right, and the other is further back, facing left. In the background, there are bleachers with several people sitting on them. Behind the bleachers, there are houses with red roofs and a large green tree. The scene is set outdoors on a grassy field.

# Weekly Athlete Feature Joshua King