

ISSUE
2023

6

10th of December

GRIFFIN SPORTS DIGEST

Volume 2 news

FOOTBALL
BASKETBALL
TRACK
SWIMMING

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

Shots of
the
Week



Athlete of the Week: Renson Sayers JR

Walker CUP ROUNDUP

JC CROWNED WALKER CUP CHAMPIONS



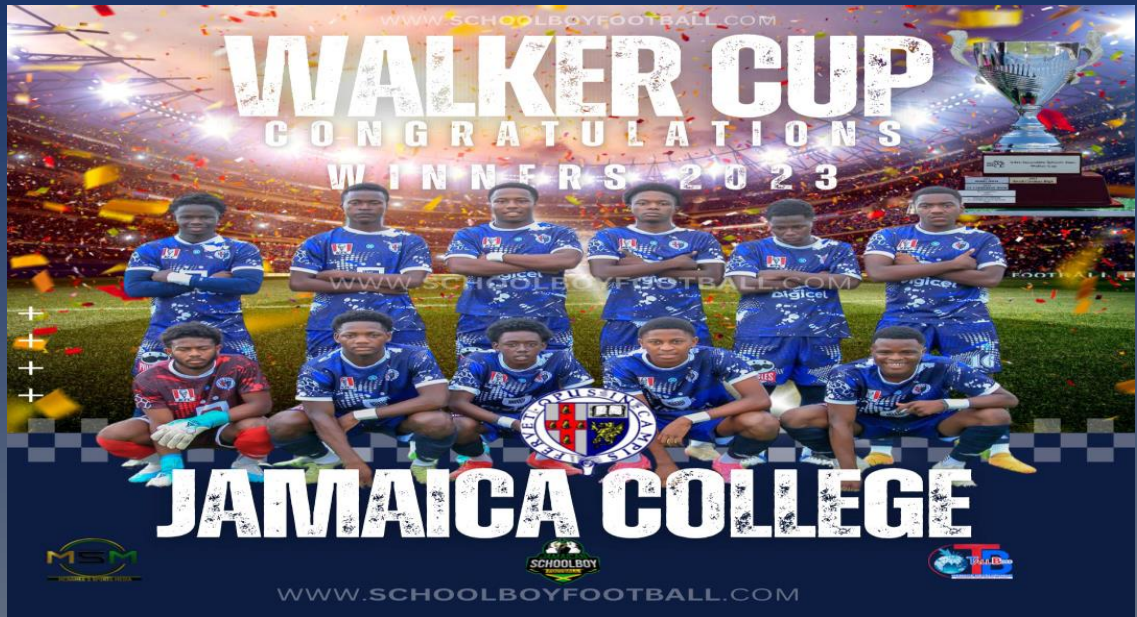
In a final that seem to be played by two evenly matched teams. Having gone down 1-0 in the 5th minute to STATHS. The boys battled right through and in the 2nd half started to impose their will on the game and in the 59th minute Raheem Sterling was brought down in the box to win a penalty for his team.

Captain Renson Sayers stepped up to the task scored the penalty and ensured his team level the score 1-1. The boys continued to battle as both teams was in a back-and-forth fight in the middle of the pitch. STATHS continued to advance in JC half but the true blues continued to put up a fight and signalled their intent that they weren't going away as in the 69th minute it was Captain Renson Sayers who made a valiant attempt off a free kick that found the STATHS keeper in a spot of bother and won his team a corner. The game remained 1-1 as JC could not capitalize. In the 88th minute a fantastic acrobatic attempt by captain Renson Sayers left the National Stadium in awe but hit the left side bar. The game ended 1-1 and we were off to penalties for the third time against STATHS in a finals. It was Dontae Logan who came up first for JC and ensured he got the job done, next up was Captain Renson Sayers who got the job done, followed by Dylon John and Tahair Lawrence, Jabari Howell however did not have the same luck as his shot hit the cross the ball. Substitute Goal Keeper Jason Charles came up clutch made a brilliant save to put JC back in the game.

WALKER CUP ROUNDUP

Drama unfolded as while Zinodean Mclean attempted to take his penalty the ball moved from the spot, he proceeded to take the penalty and missed. The Referee signalled that it was a missed goal. Mclean and captain Renson made an appeal to the referee who signalled that they should return to half line. An appeal was made to the 4th official by the Jamaica College Coaching Staff who acknowledged that the ball was indeed moving which would have affected the penalty kick. The 4th official informed the official in charge of the game and they decided to allow Mclean to re-take the penalty. Mclean made good on the second attempt to keep JC hopes alive. The following penalty kick by STATHS went sky high over the cross bar and Jamaica College was crowned the 2023 Walker Cup champions. Congratulations to all the players who stayed on the mission despite not advancing to the Manning Cup finals you all came together and finished the job and ensured that Jamaica College came home with a trophy. Congratulations to the Coaching and Management staff who also worked hard to keep the players together to complete the mission.

WALKER CUP ROUNDUP



U16 Football Round UP

U16 Football team into the finals

Title favourites Jamaica College playing with confidence having now won 7 straight games and find themselves in their first U16 finals in 6 years.



The boys who started the week playing their last quarter finals match against St. Georges College on Monday stamped their class and dominated the encounter defeating St. Georges College 4-1 and ensured they ended their quarter final campaign on top of their group. In form striker Giovanni Taylor, Zinodean Mclean, Caiden Yen and Ajani Campbell all scored to secure a semi-final match up against group 1 second place finisher Calabar on Thursday. In what was a second-round rematch against Calabar, the boys were unbothered as they dominated the encounter and defeated Calabar 3-1 thanks to Giovanni Taylor again with a 2 goals and Jamone Lyle who connected from the penalty spot. The boys will now face Wolmer's tomorrow afternoon 3pm at the Stadium East complex. Good luck to our team and calling all to go out and support the boys.

*Jamaica College
U16 Football Team*

URBAN Finals AREA



**VS WOLMER'S BOYS
MON, DEC 11TH**

Stadium East

3:00pm

U14 FOOTBALL ROUND UP



The 2X defending champions dethroned having lost their semi-final encounter against Excelsior on Thursday. In what was a dominant display for the most part by the boys having controlled most of the possessions. One defensive error late in the first half allowed Excelsior to capitalize on a blooper goal that found them down 0-1 at half time. The boys continued to fight back but just could not get a goal on target despite some sterling efforts to press by Captain Akeary Senior and Rashawn Williams.

Tevin Savage who scored in all but three games this season, could not find the back of the net as he was stoutly defended by Excelsior whose game plan was to ensure he was marked out of the game. The only shot on target came from Khaden Robinson late in the half but did not bother the Excelsior goalkeeper. Earlier in the week the boys closed out their quarter final encounter with a 0-0 draw against Wolmers. We thank all the players, parents, coaching and management staff for the efforts and remember at Jamaica College 'We never lose we learn'.



BASKETBALL ROUNDUP

The U16 basketball team crashes out of the competition having losing to Champion 47-50 in their final quarter final encounter last Wednesday. Clavon McGowan's effort of 19 points and 8 rebounds was just not enough as he had little help from the rest of the team. The U19 team had better fortunes as they defeated Champion U19 team 81-70 to secure a semi-final spot against St. Catherine high next month. Xavier Keyes 25 points, 9 rebounds, 4 assists and Dakarai Nicholson 26 points, 8 rebounds and 4 assist gave sterling contributions with Joel Hamm contributing 10 points and 6 rebounds ensured the team were safely through. The team will play a 3 games series January 7 -14, 2024, against St. Catherine for a chance to the finals. Congratulations to the players, coaches and management team. All the best in the semi-finals!

TRACK & FIELD

7 Event winners for JC at the Tyser Mills Classics.

The first track meet for the 2023-2024 track and field season kicked off on Saturday and Jamaica College sent a team of 70 athletes to open their season, and some did so in fine style. To open the day the long-distance runners having just completed their road race season, opened on the track and continued their winning ways. Evans Tetteh was the winner in 16:32.84 his teammate Dominic Amponsah was 3rd in 17:03.35 while teammates Alex Baker and Tyrone Lawson was 6th and 7th respectively. In the class 4 200m Omecco Henclewood won the overall event in a time of 25.27 seconds. In the class 1 1500m Nellie Ambrinton 4:09.80, Kemarrio Bygrave 4:16.28 and Rasheed Pryce 4:16.77 were 2nd 3rd and 4th respectively in that event, while in the class 2 section Dominic Amponsah 4:19.14, Evans Tetteh 4:26.19, Samuel Creary 4:28.27 and Shemar Green 4:28.41 were 1st, 3rd, 4th and 5th respectively in that event. In the class 3 equivalent Cavel Nooks was no match to his competitors. Nooks won the event in 4:39.21 while his teammate Rushawn Francis was 5th in 5:03.99. In the class 2 400m DeAndre Isidore recorded the 3rd fastest time of the day 51.59 seconds. In the field JC recorded a sweep in the Men's Open Shot Put, having send four of their class 1 throwers to throw in the open Male category. It was a 1-2-3 finish with Shaiquinn Dunn leading the way with 17.81m, Josh-ty Brown was 2nd 15.42m and Jaylon Calder 3rd 14.89m. In the discus throw Shaiquinn Dunn who also threw in the Men's Open category was 2nd with a throw of 53.86m, while Calder won the class 1 category 48.37m. In the boys Javelin it was a 1-2 finish for JC Jemar Ferguson 51.50m and Jayvoni Neckles 51.49 completed the quinella for JC.

TRACK & FIELD

TYSER MILLS REPORT

Jamaica National Championship Meet				10/12/2023 - 9:17 AM			
TYSER-MILLS CLASSICS 2023 - 14/12/2023							
TWICKENHAM INDUSTRIES							
G.C. FOSTER COLLEGE							
Event 29 Boys 5000 Meter Run OPEN							
=====							
Name		Age Team		Finals		Points	
=====							
Finals							
1 Tetteh, Evans		14 Jamaica College		16:32.84			
2 Wallace, Nathaniel		18 William Knibb		16:35.37			
3 Amponsah, Dominic		14 Jamaica College		17:03.35			
4 Eubanks, Shakeem		18 Calabar High		17:41.73			
5 Brown, Adriano		18 Calabar High		17:52.83			
6 Baker, Alex		15 Jamaica College B		17:56.66			
7 Lawson, Tyrone		16 Jamaica College		18:03.79			
8 Brown, Delano		15 St. Elizabet		18:50.53			
9 Brown, Aldaine		17 William Knibb		19:14.42			
10 Bennett, Theoniae		18 William Knibb		20:35.36			

Jamaica National Championship Meet				10/12/2023 - 9:17 AM			
TYSER-MILLS CLASSICS 2023 - 14/12/2023							
TWICKENHAM INDUSTRIES							
G.C. FOSTER COLLEGE							
Event 27 Boys 1500 Meter Run CLASS 3							
=====							
Name		Age Team		Finals		Points	
=====							
Finals							
1 Nooks, Cavel		13 Jamaica College		4:39.21			
2 Thomas, Leon		13 Calabar High		4:48.15			
3 Simpson, Rhondrae		12 Titchfield High		4:48.35			
4 Lodge, Jerome		Vere Technical High		4:55.92			
5 Francis, Rushawn		13 Jamaica College		5:03.99			
6 Swaby, Jermaine		13 Titchfield High		5:05.67			
7 Price, Tyreese		13 Calabar High		5:18.24			
8 Crosdale, Darren		12 Calabar High		5:18.35			
9 Wright, Jemar		13 Sydney Pagon		5:19.56			
10 Morgan, Tyrone		12 Sydney Pagon		5:20.38			

Jamaica National Championship Meet				10/12/2023 - 9:17 AM			
TYSER-MILLS CLASSICS 2023 - 14/12/2023							
TWICKENHAM INDUSTRIES							
G.C. FOSTER COLLEGE							
Event 51 Boys Javelin Throw OPEN							
=====							
Name		Age Team		Finals			
=====							
Finals							
1 Ferguson, Jemar		18 Jamaica College		51.50m			
49.49m 50.00m 50.70m		47.64m 51.50m 51.45m					
2 Neckles, Jayvoni		17 Jamaica College		51.49m			
46.40m 48.85m 48.25m		51.19m 51.49m 51.28m					
3 Daley, Tarique		18 Calabar High		47.70m			
FOUL 42.85m 45.81m 45.25m		47.70m 42.20m					
4 Homer, Jaheem		15 Calabar High		39.92m			
37.25m 39.67m 39.92m		35.90m 37.75m 37.11m					
5 Martin, Ruel		17 Titchfield High		37.88m			
36.28m 35.69m 37.85m		37.88m 37.81m FOUL					

TRACK & FIELD



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 6th 2024 (Ashenheim Stadium)

Fervet Distance Classics

February 3rd 2024 (Ashenheim Stadium)

Corporate Area Championships

February 16-17th 2024 National Stadium

Gibson/McCook Relays

February 24th 2024 National Stadium

ISSA Boys & Girls Championships

March 19th-23rd National Stadium

Penn Relays

April 25th-27th 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
MARCH			
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
APRIL			
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
2024		
MAY		
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

We thank everyone who supported our swim fund raiser. It was a resounding success.

Please note training dates over the holidays.

Swim Team training over the holidays. December 20 to 23 and 27 to 30. The times are to be announced

**LEARN TO SWIM PROGRAMME CONTINUES
AT UWI. PLEASE CONTACT 876-881-5334, FOR
MORE INFORMATION.**

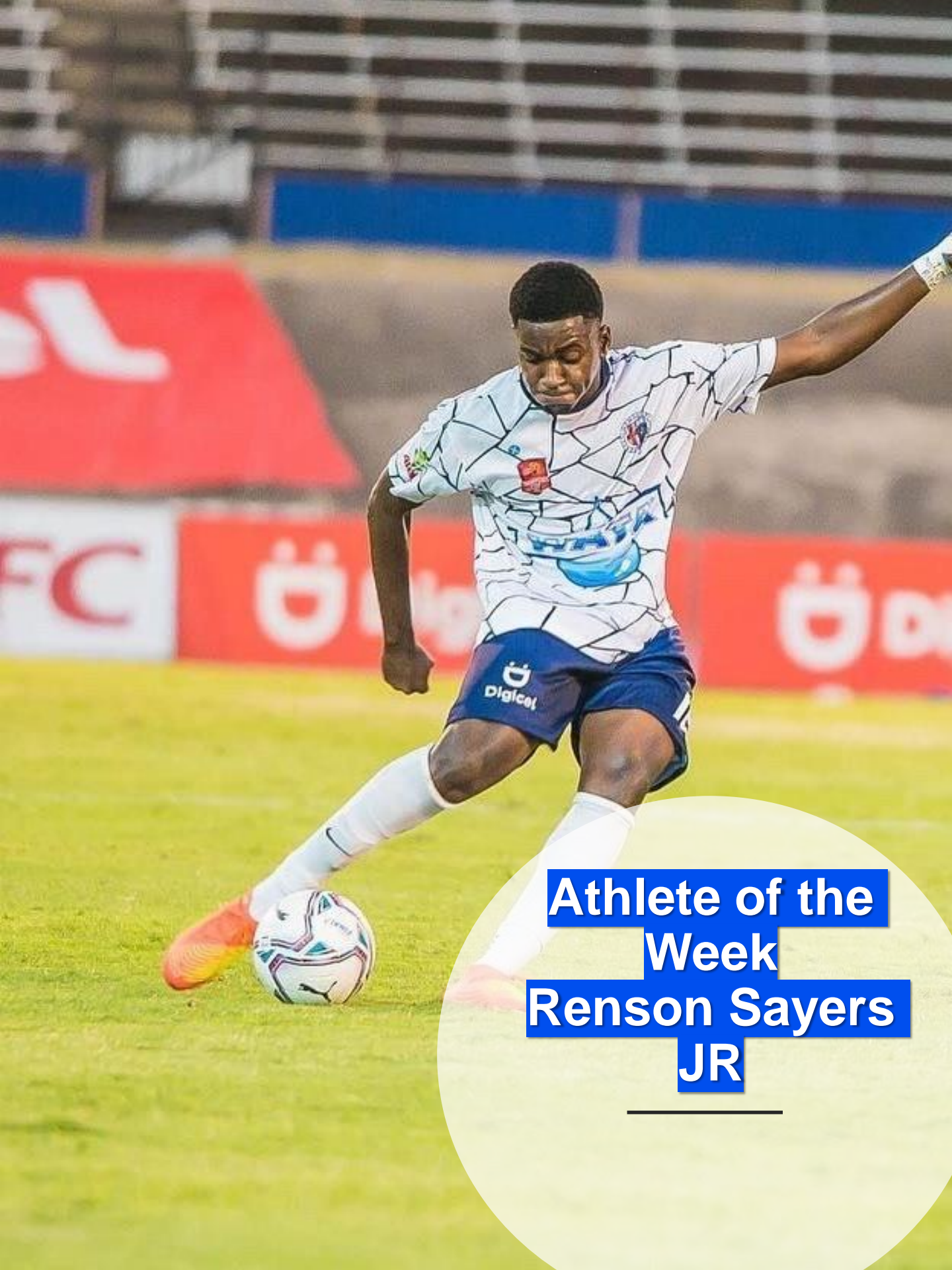
Boys who made our swim team.

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.



**Athlete of the
Week
Renson Sayers
JR**

Athlete of the Week

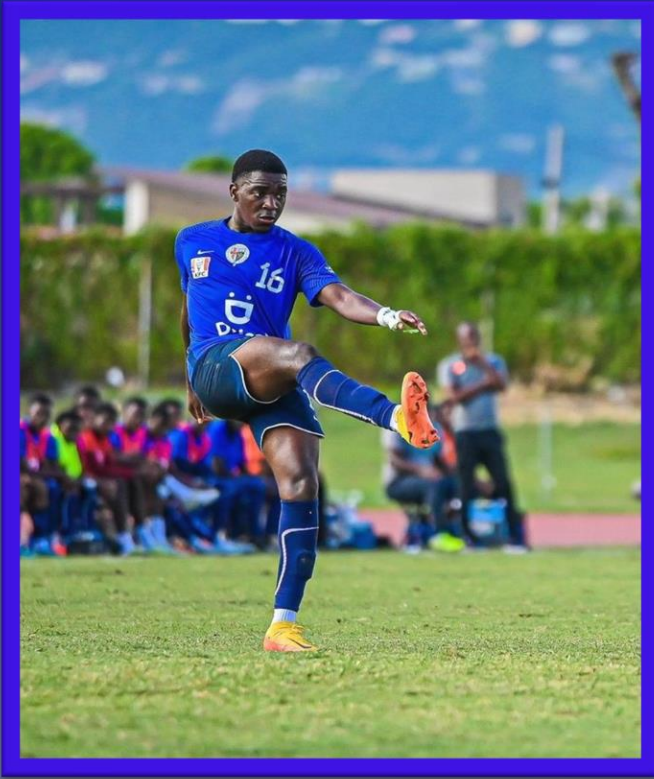
Renson Sayers Jr.

In this week's edition of the Griffin Sports Digest, we feature Renson Sayers Jr. captain of the U19 football team. Renson created history having becoming the first ever international student to be named captain of our Manning Cup team in September. Renson who is from St. Vincent & Grenadines have been a member of the team the last 3 years and is a part of our defensive unit. Renson who also represented JC in Volleyball, made a mark in the Walker Final game last Friday having scored the penalty and rackling the goal bars on two separate occasions with one acrobatic shot that grazed the side bar late in the game that left the stadium in awe and having fans discussing in the stands that it would have been the goal of the season if it had scored. We learn more about Renson in this week's edition of Griffin Digest.



Renson in action against STATHS last season.

Athlete of the Week Renson Sayers JR.



Q1. You traveled from St. Vincent to Jamaica to continue your secondary education and to play football. Why did you make that decision?

A - I think that Jamaica is more developed than St. Vincent and there's also a bigger platform in Jamaica so both my parents and I made the decision for me to come to Jamaica.

Q2. How has it been and would you recommend your fellow Vincentian to make the journey here?

A- Taking this step to come to Jamaica has been a good one especially going to Jamaica college where I've developed so much in both football and my education skills and yes, I would recommend other Vincentians to take the step as-well.

Q3. What does it mean to you to wear the blue and white?

A- representing Jamaica college means a lot to me they've treated my like family, and I was ready to represent all the time whether it's on the pitch or off the pitch

Athlete of the Week

Renson Sayers JR.



Q4. How would you describe the feeling when you found out that you would be named captain of the winningest schoolboy football in the Caribbean. Becoming the first international player to do so.

A- It was a bit shocking because a lot of people told me before I would make history by becoming the first international base student to captain the football team if I was to be name the captain of the manning cup team, but I've been in Jamaica college for 3 seasons, so I thought I grew a bit of leadership through out the years and it's a big achievement for me.

Q5. How would you describe the experience being captain of JC manning cup team?

A- it was a good experience somewhat good somewhat difficult, but I think I dealt with the pressure that comes with the responsibility and I'm grateful for the opportunity.

Athlete of the Week Renson Sayers JR.

Q6. I know it must be disappointing for you that you weren't able to defend the title. How difficult was it to bounce back to regain focus.

A- It was really disappointing especially knowing that you have a quality team that could of went to the finals and defended the title, but I think everything happens for a reason god has his plans it's a young team and I hope that they would learn from this season and put their best foot forward next season. After the team dropped out the mood in the camp was low but I think after a few training session the mood was back up and we didn't want to leave with out a piece silverware.

Q7. If you had a redo of this season, what would you have changed as a captain to ensure the title defense was a success?

A- I'm not a person that live with regrets I don't think I would have changed anything I just thought that we were unlucky this season and hopefully next season the team can fight back for the trophy

Q8. Did you and your team saw the Walker Cup as a must win to bring back a trophy to 189?

A- Yes, we know that the walker cup wasn't the trophy we were hoping to win but we saw it as a reward to the loyal fans for all the support throughout the season and that they should still believe in the manning cup team to bring home the trophy for the next upcoming season.

Q9. You also played volleyball for JC and helped the team to its first finals in history last season are you planning on playing this season?

A- As I said I'm willing to fight for Jamaica college whether it's on or off the pitch hopefully once I'm injury free and god provides me with the strength to play, I'll be back for volleyball .

Athlete of the Week Renson Sayers JR.

Q10. This is your last season at JC how would you describe your three years and what's next for Renson?

A- I've really learned and developed a-lot over the three years and there was a-lot of good memories met numerous amount of good people and I'm grateful for the Opportunity to represent Jamaica college. Now I'm trying to either become a professional footballer or attend a college which participates in the NCAA Championship in the USA

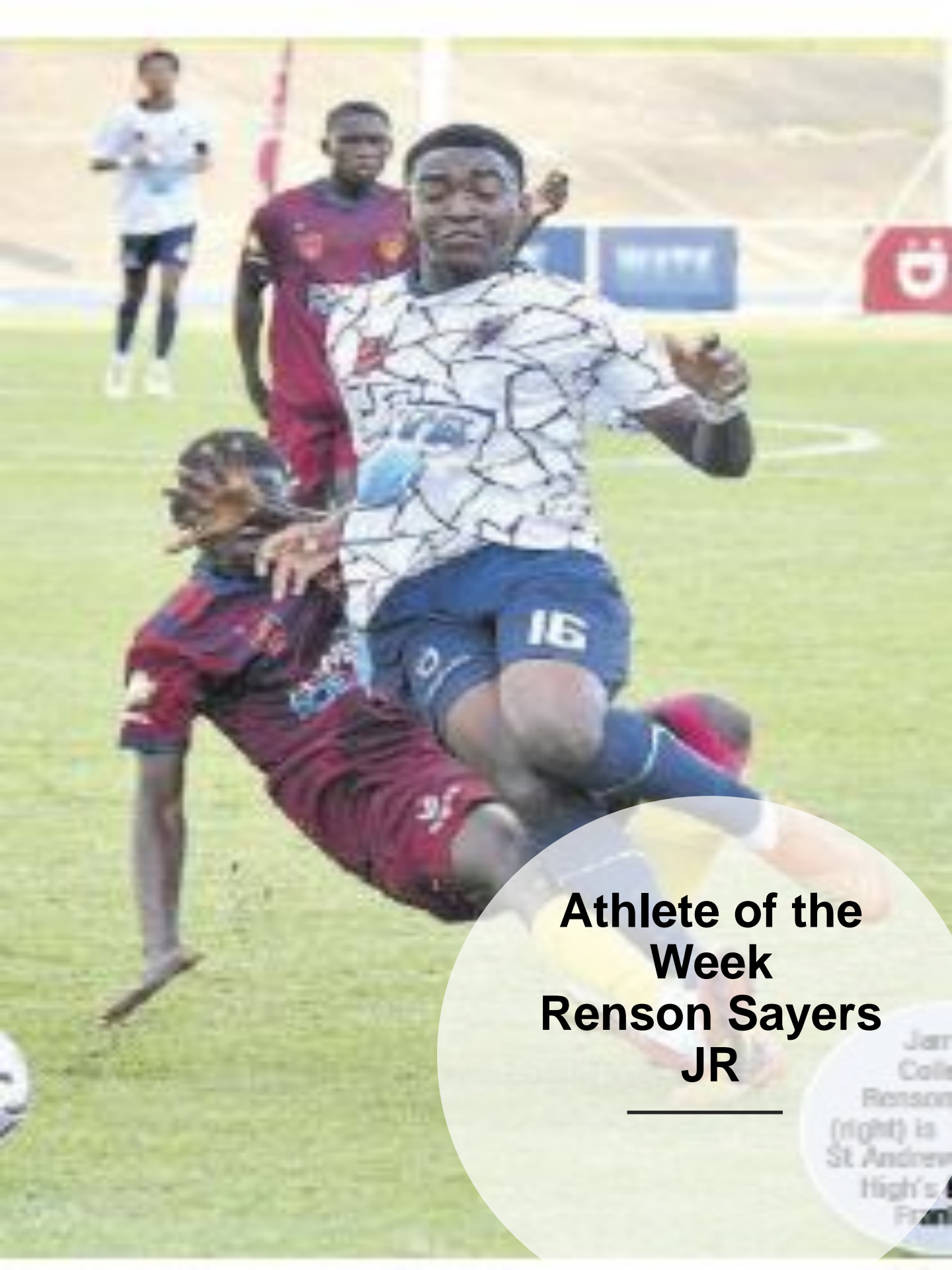
Q11. Outside of football what does Renson Enjoy?

A- I enjoy playing volleyball, video games and just being around my friends and family

Q12. Which sporting figure would you say you idolize and why?

A- there's a lot of sporting figures I admire because I try to take a little bit of something from each person such as Lionel Messi, Cristiano Ronaldo, Shamar Nicholson, Kyle Edwards etc. but the person I admire the most is probably Handal Roban because he took the same step that I did leaving St. Vincent to come to Jamaica college to participate in track and field and now he's in one of the biggest universities in the United States of America performing at his highest and putting St. Vincent and the Grenadines on the map.

Thank you, Renson, for your contribution to Jamaica College and we wish you all the best in your future endeavors.



**Athlete of the
Week
Renson Sayers
JR**

Jam
Coll
Renson
(right) is
St Andrew
High's
Frank