



communicator

COMMUNICATOR

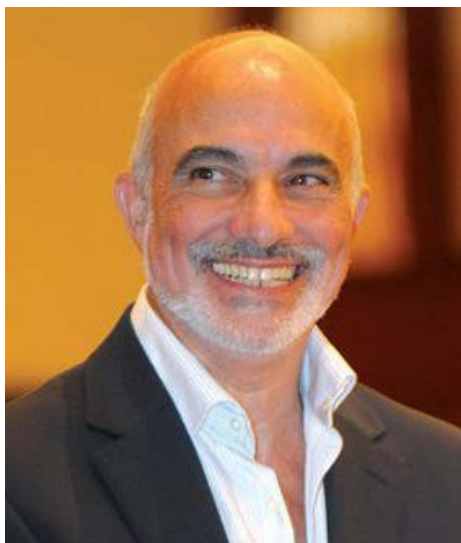
A DIGITAL NEWSLETTER FROM THE ATHLETES' COMMISSION OF THE MALTESE OLYMPIC COMMITTEE



MESSAGE FROM THE MOC PRESIDENT

Welcome to this first issue of *communicator* which has been planned to coincide with the approaching 20th edition of the Commonwealth Games that are going to be held in Glasgow, Scotland between the 23rd July and 3rd August 2014.

Whilst your colleagues on the MOC Athletes' Commission were preparing this newsletter, the Executive Board of the MOC was in the final stages of approving the athletes being recommended for inclusion in the contingent that will represent Malta in these prestigious Games. Team Malta for Glasgow 2014 comprises of twenty seven athletes coming from nine different National Sports Federations/Associations: athletics, gymnastics, judo, lawn bowls, shooting (clay and air), squash, triathlon, weightlifting and wrestling. We are confident that our athletes will give their best possible personal performance and that they will do themselves, their National Federation and their country proud.



The International Olympic Committee set up its first Athletes' Commission in 1981 in an effort to strengthen the link between athletes and the IOC.

I will not delve deeply into the role of the MOC Athletes' Commission as I know that this will be more than amply covered in another section of this Newsletter. Suffice to say that this is one of our many efforts to support our athletes.

We trust that our own Athletes' Commission will similarly be able to improve the link between Maltese athletes and the MOC's various Commissions, in particular those responsible for Technical and Medical & Anti-Doping Support, Youths, Sports for All, the Coaching and Olympic Academies, as well as with the MOC Executive itself.

We would also welcome their input towards our various current athlete programmes: Athlete Elite Scheme; Gym Scheme; three Medical Schemes; Supplements & Nutrition Scheme; Sports Psychology Sessions/Workshops; and our most recent Scheme for our Youth Elite Athletes.

I conclude by thanking all the members forming part of this Commission for coming forward and volunteering their time towards this end.

Julian Pace Bonello *President, Maltese Olympic Committee*





THE ATHLETES' COMMISSION

Towards the end of last year, the MOC President presented us with the responsibility to re-establish the MOC Athletes' Commission in an effort to follow the suggestions of the International Olympic Committee which, in its 2000 reform, recommended that "athletes should be well represented at all levels of the sports movement including National Olympic Committees and National Federations/Associations".

Following these suggestions, the main role of the MOC Athletes' Commission is to provide a means of ensuring that the MOC is aware of the opinions of current active athletes concerning major issues affecting the sport and to encourage each National Federation/Association affiliated with the MOC to form their own athletes' commissions. Our objectives are:

- To consider issues relating to athletes and to provide advice to the MOC;
- To represent the rights and interests of athletes and to make related recommendations; and,
- To maintain communication with the IOC Athletes' Commission as well as the Athletes' Commissions of the National Federations/Associations affiliated with the MOC.

Within these objectives, the role of the Athletes' Commission is to be involved with all matters concerning the athletes and specifically to:

- See that systems for selection ensure that the best athletes represent Malta;
- See that equal opportunities exist for athletes from all social backgrounds;
- Ensure that no individual, organisation or authority attempts to prevent any athlete from participating in national and international events;
- Encourage athletes to act as role models for young children;
- Study eligibility rules;
- Study and make reports on any athletes' related matter referred to it by any competent organ of the MOC.



Five Associations/Federations nominated athletes to be part of this Commission – two of which are female. A short profile of each member is being published in this newsletter. These members remain in office until the next MOC Elective Council of 2016 after which time the Athletes' Commission should be made up only from athletes nominated by Associations/Federations that have established their own Athlete's Commission. We are also hoping that in the same Elective Council an athlete would have been elected on the MOC Council with a right to vote.

In these first six months we have met four times and the members on the Commission had the opportunity of discussing the athletes' contract with Dr Sue Mercieca and suggest a few amendments. Another discussion evolved with Dr Olga Fedotkina Galea around the workings of the Functional Diagnostic Laboratory.

In the forthcoming months we take on the baton that has been passed on to us by the MOC President. Furthermore, we invite all Maltese athletes (active and inactive) to on forward their own ideas on how we can be more effective in their regard. We want to be a "platform where the views of athletes are represented and the voice of the athletes can be heard".

William Beck Chairperson, Athletes' Commission





MEET THE COMMISSION

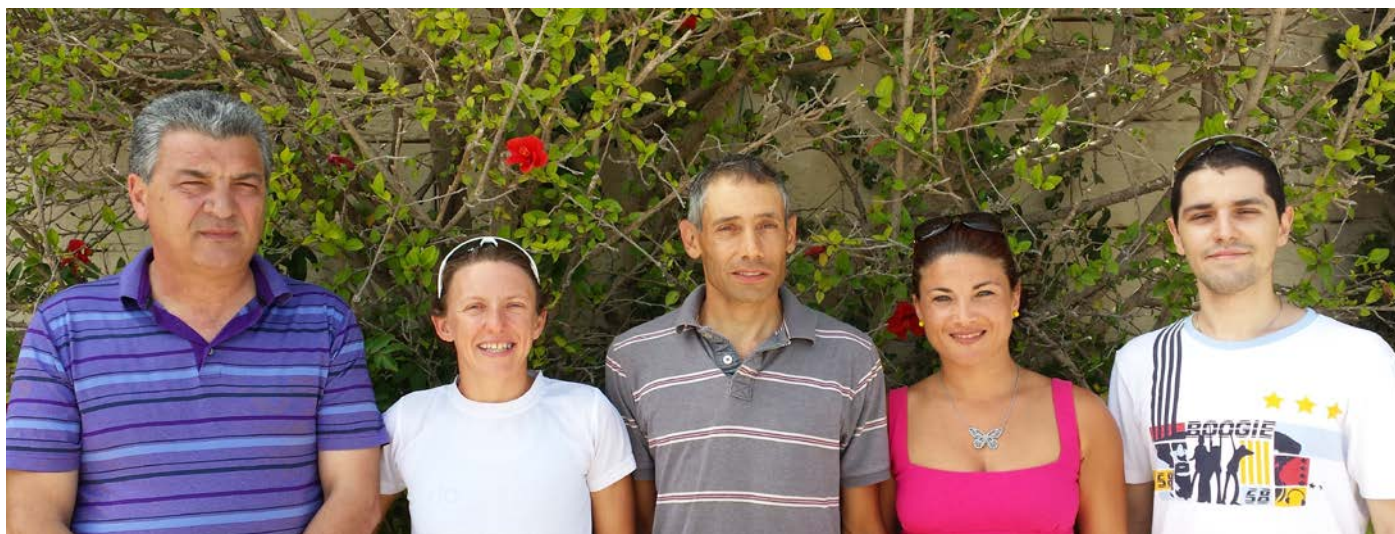
Frans Pace was born in Mosta on the 16th February 1962. He is married to Roseanne neè Vella from Naxxar and they have three children. Frans started practising the Sport of Trap Shooting in 1989 and from 1993 to 2010 was Malta's number one shooter and Malta Champion for 13 times. In fact he won all local honours including four International Malta Grand Prix – a competition where foreign participants of very high standard take part. He holds three National records in trap shooting and during 1999 he placed 10th in the world rankings.

Frans participated in various international events. He obtained very respectable results in three Commonwealth Games and achieved a Gold medal in the pairs event of the Commonwealth Shooting Championships. He also competed in the Olympic Games at Atlanta USA in 1996 and Sydney in the year 2000. Frans placed 4th out of 167 participants in the Nations Cup held in Italy and, in World Cup events, he finished in the top 10 for many times and 11th placing out of 187 participants in the World Shooting Championships held in Finland. In 2000, in the Australian Pre Olympic Games, he placed in the 7th position out of 97 participants. In the Small Nations Games of Europe, he won two silver medals and a bronze.

Frans won the most prestigious National Award of the Sportsman of the Year in 1994. He won the Team Award in 1995 and was runner-up in the Sportsman of the Year Award for 1996 and 1999. His hometown honoured him with a Gold Medal for his sporting achievements. These last few years Frans has been one of the main officials in the administration of the Malta Shooting Sports Federation where he holds the post of Treasurer.

Joanna Camilleri holds a Bachelor of Education degree in Physical Education and Home-Economics with ten years teaching experience in a state school. She is a certified health & fitness and gym instructor and an international qualified health and fitness LES MILLS™ instructor in: BODYATTACK™, BODYCOMBAT™, BODYPUMP™, CX-WORX™ and RPM™ in Marseille and Rome. Her specialized discipline is judo and she has spent a number of years in the National Judo Squad competing in international tournaments and winning one gold and four bronze medals in GSSE games. She has also participated in World Cup competitions, World Championship in Paris and Commonwealth championships in Glasgow.

Joanna is co-producing *Sports Panorama* a 90-minute production on TVM2 highlighting the different sports disciplines and promoting local sports through interviews and features. She is a mother of an eight year old boy and has always considered sport as the greatest passion in her life.



Frans Pace, Michelle Vella Wood, Gerald Degaetano, Joanna Camilleri and Jean-Claude Dimech.



Gerald DeGaetano started off his athletics career as a first year University Student back in 1983 when aged 19, having been inspired by the film *Chariots of Fire*. Two years later, he had already established himself as one of the leading Maltese middle distance runners. In May 1987, he was selected to compete in the 10,000m at the Games of the Small States of Europe in Monaco having achieved the qualification standard when breaking the national record on a shabby Tal-Qroqq track only a month before. He lowered his own record by almost a minute at the Games placing a creditable fifth place. Gerald dominated the road running scene from then on while he continued bettering National records in the 3,000m, 5,000m and 10,000m, run mostly on the dirt track existing at the time in Marsa.

In May 1989, he brought home Malta's first ever international medal in athletics placing third at the GSSE in Cyprus. A year later, he improved his own 5,000m National record at the European Athletics Championships in Split (today Croatia). In 1989 and 1990, he raced several times in Sicily both on the track and on the road. His road-racing times were often superior to his track times. In a 12km Vivicitta road race in Catania, he placed 6th with a time of 35:56, which equates to a 10,000m track time well below 30 minutes. Meanwhile, he still holds the best time for the Malta Half Marathon (1:07:19) dating from February 1990. At the 1991 GSSE in Andorra Games he placed second in the 10,000m, the altitude not allowing for record times. Later that year, he lowered the National 10,000m record yet again at the IAAF World Championships in Tokyo despite the extremely humid conditions. After 1993, injuries took their toll and he could not continue with his progression in the sport.

In 2000, Gerald took up kayaking and helped take the sport to a new level. In 2003, he was selected for the ICF World Flatwater Sprint Championships in Gainsville, Georgia. This baptism of fire gave lease to the sport in Malta where previously there had been no proper racing kayaks or state of the art wing paddles. Gerald remains the only person of any nation who competed at the respective world championships in distance running AND flatwater sprint kayaking!

Today Gerald remains active and keeps fit through a daily routine of paddling interspersed with the occasional jog. He enjoys cycling and extreme trekking and loves the outdoors in general.

Michelle Vella Wood started athletics at age 11, took up cycling at age 19 and triathlon at age 24. She is the current Standard Distance National Triathlon Champion, Long Distance National Triathlon Champion and holder of overall best times across all triathlon distances up to Ironman (3.8km swim, 180k bike, 42k run).

Michelle represented Malta in the 2009 European Age group championships, in the 2009 and 2012 Games of Small States of Europe, in the 2009 Malta-Sicily Friendship Games, 2013 World Age-group championships, 2014 Spanish Elite Sprint Distance National Championships as well as Ironman Austria 2011 and 2013, and Ironman Sweden 2012. She achieved Silver medal in the Triathlon Championships of the Small States of Europe (TCSSE) and in the Malta-Sicily Friendship Games both in 2009.

Michelle is currently reading for a PhD. in Metamaterials at the University of Malta. She graduated with a BSc. (Hons) in Chemistry and Biology and holds an MBA together with an Associate diploma in Pianoforte from the London College of Music

Jean Claude Dimech has been training in Latin American Dance since 2009 when he competed for the first time under Bronze Level D Class (beginners level). He has been an active member of M.D.A since then, successfully setting up a voluntary program in 2010 called SKOLAZFIN with SkolaSajf Office to promote ballroom dance amongst Skolasajf students every summer.



In 2009 Jean Claude placed first in the 8th Malta Open Amateur Competition Adult Latin in the Cha Cha, Samba, Rumba as well as Jive D Class categories. He mirrored these results the following year in the 16th Malta Closed Amateur Championships. Earlier that year and in 2011 Jean Claude achieved first place in the Adult C Class in the Malta Dancesport Cup National Competition. In the D-class he retained first place for Rumba and Jive whilst coming second in the Cha Cha and Samba. Still in 2011, he placed fourth in the Malta International Dance Festival and second in the 11th Malta Open Dancesport Championships. His last competitive achievement to date was in 2013 when he again placed second in the Malta Dancesport Cup National Competition.

In March 2012 he was nominated Athletes' Representative and worked extensively as a Delegate for Athletes, Education and Sports Promotion liaising with KMS and SkolaSajf office for MDA educational events.

In June 2012 he completed the Pre-Tertiary Certificate in Foundations in Coaching at the University of Malta. He has been coaching with KMS in various venues and programs teaching educational ballroom dance since October 2011. At the moment he also teaches children, between 7 and 13 years of age, the basics of Latin American rhythms under the KMS Skolasport Programme. In the summer of 2013 he attended two major international training camps at Tallinn (Estonia) and Caorle (Venice). This year, he completed the Coaching Program level 1 Instructor and level 2 Coach with the MOC Coaching Academy.

At the moment he is additionally working on a personal thesis to examine and redefine the approach of Dancesport Teaching methodology to children.

THE ATHLETES' CONTRACT

The Athlete's Contract formalises the relationship between the MOC (alternatively the Commonwealth Games Association of Malta) and the athletes and officials representing Malta in Games where the MOC has the responsibility of the selection of the same athletes and officials. Dr Sue Mercieca – the MOC legal director – is in the process of revising these contracts to make them applicable for the different Games given that each of the Games places different responsibilities on the athletes and officials. The contract for the 20th edition of the Commonwealth Games has been the first such complete revision.

Apart from highlighting the benefits in favour of Team Malta, the contract also sets down the obligations. The benefits include the administrative services towards entry and accreditation for the Games; the provision of sufficient and appropriate uniforms; access to suitable medical and physiotherapy treatment; reasonable transportation to the Games Village; accommodation and basic travel insurance cover.

In return, as a member of Team Malta, one would need to adhere to the adopted rules and regulations including, amongst others, the directions given by the Chef de Mission; also to conduct oneself in an orderly manner; obtain and maintain the best possible mental and physical fitness; comply with the Anti-Doping Code; with the MOC's medical code of ethics; with the provisions relating to media, broadcasting, photography, sponsorship, team clothing as well as those concerning Rule 50 of the Olympic Charter which basically provides that *no kind of demonstration or political, religious or racial propaganda is permitted in the Olympic sites, venues or other areas.*

The contract establishes a definite period during which the athletes and officials bind themselves to observe the aforementioned rules, regulations and provisions and also explains the recourse available should the agreement be breached. Significantly, the contract underlines the importance of a strong bond of understanding between the MOC and the athletes.





TEAM MALTA



ATHLETICS:

Borg Diane; Camilleri Rebecca; Fitz Rachel; Moore Kevin; Sarè Rebecca



GYMNASTICS:

Caruana Kirsty; Dalli Peppijna; Zammit Adreanna



JUDO:

Bezzina Isaac; Bezzina Marcon; Saywell Jeremy



LAWN BOWLS:

Callus Leonard; Parnis (Borg) John; Spiteri Carmela



SHOOTING:

Bezzina Eleanor; Chetcuti William; Galea Brian; Xuereb Nathan



SQUASH:

Borg Cauchi Kimberley; Hindle Bradley; Sultana Colette; Zammit Lewis Daniel



TRIATHLON:

Galea Keith; Spiteri Danica



WEIGHTLIFTING:

Edge Jessica



WRESTLING:

Galea David; Vella Adam



President: Julian Pace Bonello *General Secretary:* Joseph Cassar *Chef de Mission:* Mark Cutajar
Technical Director: Mario Micallef *Assistant Chef de Mission:* William Beck
Medical Team: Dr. Lucienne Attard and Milos Stanisavljevic
Officials: David Azzopardi and Jonathan Vells