



THE NATIONAL GAS COMPANY OF TRINIDAD AND TOBAGO LIMITED

PRESS RELEASE

Having Fun and Building Character - NGC's Right on Track 2009/2010 begins

Couva South Government Primary School was the launch venue for the 2009/2010 season of Right on Track (ROT) coaching Caravan. 58 young boys and girls, ranging in ages from 7 to 16 years, participated in the first ROT session for the year on Saturday 21 November, 2009.

NGC's Right on Track is a model for youth athletic development created and formalized by the Company between 1999 and 2005. ROT aims to teach the basic skills of running, jumping and throws in track and field. The fundamentals of basketball – foot work, passing, dribbling, shooting and individual offense and defense – have also been added to the programme.

Since the launch of the programme in 1999, NGC has financed the training and development of coaches to create a wider local pool of excellent coaches, who could assist in the training and development of aspiring young athletes within the school and community environments. Coaches who participate in the Right on Track Coaching Caravan say that this programme is more than just teaching kids about sport. It is about creating a desire to be part of a community.

Coach Lennox Sobers noted that this programme brings a sense of pride to the young athletes and is a character-building experience for youth. He also said that he felt he had a great responsibility in imparting knowledge to our young people.

Coach Anderson Dyer noted that at the Youth Training Centre (YTC), all the boys who participated in ROT were often the showcase athletes of the institution's Sport and Family Day, taking the top three places in almost all of the events.

He noted that as a coach, he encourages the young athletes to see the similarities between what happens in the playing field and how it is applicable to life. "Everyone has a role to play on the team or in a relay; the same with a family, or in the workplace. Sport brings it to life for them. And they have fun doing it."

NGC's Right on Track will return to Couva South Government on Saturday 28 November. Registration begins at 8:00 a.m. and the sessions run to 3:30 p.m. The ROT Caravan will then go to San Fernando East Secondary School in Pleasantville, on December 5 and 12 respectively.

NGC takes the programme to St. Michael's Home for Boys' in the New Year, with coaching caravans scheduled for 16 and 23 January, 2010, respectively.

November 24, 2009