



**PALAU NATIONAL OLYMPIC COMMITTEE**  
**2009 ANNUAL ACTIVITY REPORT**  
**JANUARY – DECEMBER 2009**

In the past ten years, Palau NOC has grown from a staff of four employees to thirteen employees. PNOC has overcome many challenges and obstacles; while at the same time establishing a strong presence in the Oceania region. PNOC has had the honor of hosting two major regional competitions, the 1998 Micronesian Games and the 2005 South Pacific Mini Games as well as the 2004 Oceania National Olympic Committee General Assembly. Both competitions were a major success not only in the sports community but for the benefit of the people of Palau as well. PNOC has also had the privilege of attending and participating in three Summer Olympic Games (2000 Sydney Games; 2004 Athens Games and 2008 Beijing Games) allowing our small island nation to be included with the world's elite athletes. Baklai Temengil, Palau NOC Secretary General, was the first ever woman to be elected to the Oceania National Olympic Committee (ONOC) executive board. She also served four years as the chairperson of the Women and Sport of Oceania commission that is comprised of one representative from each of the seventeen national Olympic committees in Oceania. Being a member of the International Olympic Committee has also allowed our National Federations to host various regional competitions such as the Micronesian Cup in canoeing, AAA Baseball Event, Micronesian basketball tournament as well as others. PNOC, through Olympic Solidarity and Olympoecania Grants, has been able to secure funding to expand the main offices as well as fund improvements to several of our main sports facilities.

In line with the International Olympic Committee's sports facilities grant requirements and with the support of the National Government, Palau NOC entered into a memorandum of understanding with the latter to obtain the rights and operational responsibilities of five major sports facilities: Asahi Ball Field, Palau National Track & Field; Meyuns Ball Field, National Tennis Courts and the Palau National Gymnasium. Since then, PNOC has implemented the Facility User's Policies and Procedures and a User's Fee Schedule that offsets the costs of maintenance and utilities.

Palau NOC also entered into agreement with Palau Community College to begin implementation of the first ever Coaching Course to be offered at the college for interested sports enthusiasts. Discussions have been in the making for several years and have just been recently finalized. The course is made possible through the Oceania Sports and Education Program (OSEP).

Palau National Olympic Committee is comprised of fourteen national sports federations and three commissions specifically catered to targeted groups: Palau Olympians & Athletes Commission; Palau Medical Commission; and Palau Women and Sport Commission.

In addition, Palau National Olympic Committee has established a Belau Games Council (an association comprising of States representatives) that coordinates with national federations and Palau NOC in strengthening the involvement and participation of States to oversee the delivery of the National Games program that is held every two years, and the 18<sup>th</sup> and under Youth competition that is held every year after the National Games.

The Palau National Olympic Committee, Ministry of Education and Ministry of Community & Cultural Affairs signed an MOU as part of the International Inspiration program through UK Sport which offers to help transform the lives of children and young people in schools and communities in Palau, through the power of sport. To do this, UK Sport coordinates with Palau National Olympic Committee, Ministry of Education, and Ministry of Community & Cultural Affairs in Palau by bringing together national and international experts in the fields of physical education, sport development, and sporting excellence.

The Parties in the past two years worked together for the benefit of encouraging, promoting and strengthening sports co-operation and exchange and to assist in the development and promotion of sport among children and young people by creating strong, sustainable and supportive systems within which children and young people of all abilities in Palau can enrich their lives by playing and excelling in sport.

2009 was a very special year for Palau National Olympic Committee as it marked the tenth year of membership in the Olympic Family. The year started out with members of the national federations along with PNOC Board and staff gathering together for a weekend of strategy planning workshop in Melekeok which resulted in a four-year strategic plan for Palau National Olympic Committee that will guide all Palauans in our quest for “Excellence Through Sport”. The Sports Legacy memorabilia display was moved from the Belau National Museum to the Capitol building in Ngerulmud Melekeok where they are on display in the House of Delegates wing. The launch was held on 10<sup>th</sup> September 2009 with members from both Houses along with PNOC Executive Board members.

Palau National Olympic Committee will continue to Promote the Olympic Movement through its various programs and activities for the benefit of Palau. To our sponsors, we extend our most sincere appreciation and gratitude and we look forward to forging new partnerships in all our future endeavors.

**Palau NOC Highlights**

**STRATEGY PLANNING WORKSHOP (9 – 10 JANUARY)** - Palau NOC and members of the National Federations spent a weekend of strategy planning in the State Capitol of Melekeok. In anticipation of the new Olympiad, Palau NOC Executive Board as well as NF members came up

with our Vision-“**Excellence Through Sport**”-and Mission Statement-“**To provide the Olympic Movement by: Providing Opportunities for all Citizens of Palau to Excel through Sport; Supporting the National Federations; Developing Policies; providing Opportunities for capacity building; Strengthening Infrastructure; Forging partnerships in order to integrate sports into the fabric of the Palauan culture; Preparing and maximizing the potential of all athletes, coaches, and officials to excel in all competitions from grassroot to elite levels.**”

**TALENT IDENTIFICATION TRAINING (15 – 21 JANUARY)** – Experts, Andrew Robinson and Trevor Allen, from Monash University in Australia conducted talent identification training for members of Palau NOC, NF’s as well as local school P.E. teachers using the SPARQ equipment. The seven day training included in-class instruction, hands-on equipment use and a three-day student talent identification program for over two hundred local students conducted by the newly trained trainers.

**PNOC GENERAL ASSEMBLY (19 FEBRUARY)** – Introduction and implementation of the Strategy Plan for the next Olympiad period of the NOC. Election of new executive board: Frank Kyota, President; Bill Keldermans, Vice President; Dr. Caleb Otto, Treasurer; Laura Mangham, Secretary; Steven Patris, Director; Frida Delmau, Director and Carol Ngiraidis, Director.

**FORMATION OF PALAU WOMEN AND SPORT COMMISSION (19 FEBRUARY)** – During the regular general assembly of the Palau National Olympic Committee; key members of PNOC and several NF’s took the opportunity to organize and create the Palau Women and Sport Commission (PWaSC). Executive Board members are: Carol Ngiraidis (Palau Softball Federation), Chairperson; Frida Delmau (Palau Triathlon Federation), Vice Chairperson; Villa Ngirailild (Canoe Association of Palau), Secretary; Jacquie Ngirdimau (Canoe Association of Palau), Treasurer; Kate Salii (Palau Swimming Association), Member; Jaime Ngirausui (Palau Basketball Federation), Member and Bibbie Kumangai (Palau Volleyball Federation), Member.

**8<sup>TH</sup> ANNUAL SPORTS AWARD BANQUET (9 APRIL)** - Recognizing the role of key stakeholders in all sports programs. Recognizing the efforts and commitment of Athletes, Coaches, Officials, Volunteers, Sponsors, as well as Government support, and the community partnerships. Palau NOC also launched the “Celebrating 10 Years of Olympism” celebratory program. Commemorative shirts were distributed to sponsors, partners and members of National Federations during the banquet.

**SENIOR CITIZEN’S DAY (5 MAY)** – In partnership with the Ministry of Community & Cultural Affairs, Palau NOC staff joined in the celebratory activities honoring all senior citizens in the sixteen states of Palau. Palau NOC Staff were placed in groups along with personnel of MCCA to visit the senior citizens in their respective states to celebrate the day’s activities with traditional activities as well as modern sports activities.

**19<sup>TH</sup> ANNUAL PALAU SPORT FISHING ASSOCIATION TOURNAMENT FEATURING THE ETPISON CUP (9-10 MAY)** – Palau NOC staff and NF’s assisted with the organization and running of the day’s sports activities in canoeing, swimming and volleyball.

**SPORTS LEGACY LAUNCH AT CAPITOL BUILDING (JUNE)** – in efforts to promote sports throughout Palau, the revolving Sports Legacy displays were moved from the Belau National Museum to the Capitol Building in Ngerulmud, Melekeok for showcase. The displays include memorabilia from past sports figures as far back as 1969 to the present. One of the highlights of the display is a baseball signed by

**7<sup>TH</sup> BELAU NATIONAL GAMES (16 – 25 JULY)** – Eleven of the sixteen states participated in the National Games, competing in fifteen different sports/disciplines. Once again, Koror State dominated in all the sports capturing the overall champion title.

**PALAU OLYMPIANS & ATHLETES COMMISSION** – POAC partnered with the local Non Communicable Disease (NCD)/HIV and Cancer Prevention agencies during the 7<sup>th</sup> Belau Games to promote and provide awareness to the athletes as well as the general public. This joint effort is one of the many projects that POAC will continue to do in future endeavors.

**15<sup>TH</sup> ANNUAL PALAU INDEPENDENCE DAY CELEBRATION (1 OCTOBER)** – Palau NOC Staff and NF’s partnered with the Independence Day Committee in celebrating Palau’s 15<sup>th</sup> Anniversary as an independent nation. Sports activities included canoeing, swimming (ocean swim), cycling and traditional sports activities.

**OPENING OF MICRONESIAN GAMES OFFICE** – Through the support of Olympic Solidarity/IOC, Palau NOC was able to secure funding to renovate the old South Pacific Mini Games office located in the back of the National Gym to house the 2010 Micronesian Games Organizing Committee Office.

**NEW CONFERENCE ROOM** – Through the support of the International Olympic Committee Olympoceanica Grant, Palau NOC was able to secure funding to construct a new conference room.

**IOC WORLD SPORTS AND ENVIRONMENT – PALAU NOC MEMBER DR. OTTO ATTENDED THE CONFERENCE ON BEHALF OF PALAU NOC IN VANCOUVER, CANADA.**

**IOC/OCEANIA WOMEN AND SPORT SEMINAR, GUAM (JULY 2009)** – Palau NOC sent two delegates to attend the IOC/Oceania Women and Sport Seminar to participate in various discussions for the implementation of programs for the benefit of women involved in sports around the region. In addition to the two delegates, PNOC Secretary General attended the Seminar in the capacity of chairperson of the Women and Sport Oceania commission (WASO), as well.

**IOC/OCEANIA SPORTS AND ENVIRONMENT, SAMOA (JULY 2009)** – Palau NOC Board Member attends the Sports and Environment workshop held in Samoa to discuss and share plans for a more sustainable action plans for sports and environment in the region.

**REGIONAL SEMINAR ON OLYMPIC VALUES EDUCATION PROGRAMME (OVEP), FIJI** – PNOC Board Member attends a five day seminar on Olympic Values Education Programme. The seminar included topics in “Teaching Values” and “Educating the Educators”. Discussions included how to teach Olympic Values to further support the Olympic Movement at all levels.

**IOC CONGRESS, COPENHAGEN** - Palau NOC Secretary General and Board Member Otto attended the IOC Congress in Copenhagen.

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#### **PALAU NOC MANAGEMENT AND OPERATIONS**

- **Board Members**
  - Frank Kyota, President
  - Bill Keldermans, Vice President
  - Caleb Otto, Treasurer
  - Laura Mangham, Secretary
  - Carol Ngiraidis, Member
  - Frida Delmau, Member
  - Steven Patris, Member
- **Staff at Palau NOC**
  - Baklai Temengil, Secretary General
  - Serafina Sato, Administrative/Budget Officer
  - Marci Andrew, Administrative Assistant
  - Lulu Rivera, IT Officer
  - Kazuki Sungino, SDO Basketball
  - Atley Kazuma, SDO Baseball
  - Bonnie Ngirailild, Accounting Technician I
  - Peoria Koshiba, SDO Athletics
  - Tina Shima, SDO Swimming
  - Calvin Martin, Support Staff
- **International Inspiration Program Palau**
  - Jubilee Kuartei, Country Program Manager
  - Kenny Reklai, Elementary After School Coordinator/Volleyball SDO
  - Corrine Hideos, Support Staff

## **MANAGEMENT AND OPERATIONS**

- Coordinate with All Sports Federations with all their Programs
- Identifying resources of funds to sports
- Seeking grants and resources for sports development
- Contact with Oceania National Olympic Committee and IOC
- Implement Calendar of Events for NOC and All Sports
- Reports to the Government and Office of President
- Reports to AG's Office
- Reports to ONOC and IOC
- Contacts for all Sports
- Coordinate with all Facilities and improvement
- Team Palau Management
- Sporting Event Management (Mini Games, and other national event)
- Belau Games
- Providing all Technical and Administrative Support to all Sports

## **NATIONAL FEDERATIONS**

### ***Palau Track & Field Association (PTFA)***

Regis Akitaya	President
Russell Roman	Vice President
Peoria Koshiba	Secretary/Development Officer
Corrine Hideos	Treasurer
Carson Olkeriil	Coaches Representative
Leon Mengloi	Athletes Representative
John Stills	Technical Officials Representative

### Objectives & Major Achievements for the Year

#### Local/National Competitions

- Athletics Series; Palau Marathon; World Athletics Day; Kids Athletics Summer Camp; 7<sup>th</sup> Belau Games; Non-Central School Visits; Elementary and High School ISL; and East & West Coast Elementary Competition

#### Regional/International Competitions

- World Youth Championships; Micronesian Area/Oceania Championships; World Championships; Pacific Mini Games; and Coaches Training

#### Courses/Development Programs

- Oceania Athletics Association Congress, May 2009, Gold Coast, Australia
- Level II Lecturers, July 2009, Brisbane, Australia
- Local walkathon fundraisers

### ***Palau Volleyball Federation (PVF)***

Alan Marbou	President
Apol Adelbai	Vice President
Vanessa Salii	Secretary
Kenny Reklai	Treasurer/Development Officer

### Objectives for the Year

- To develop and promote of volleyball in the Elementary level. The goal was to visit at least six (6) elementary schools and host a non-central elementary schools competition.

#### Local/National Competitions

- Men's and Women's Open Volleyball League, March-April 2009
- 7<sup>th</sup> Belau Games
- East & West Coast Elementary Schools Competitions
- Regional Elementary Schools Competitions

#### Courses/Development Programs

- Elementary level basic volleyball skills training
- Volleyball summer camp

#### ***Palau Basketball Federation (PBF)***

Frank Kyota	President
Kazuki Topps Sungino	Vice President/National Development Officer
Jubilee Kuartei	Secretary/Treasurer

#### Major Achievements for the Year

- Board members play important role in Palau NOC Strategy Planning Workshop
- Through Solidarity funding PBF hired Stuart Manwaring to oversee and implement the National Coaching Structure and the National Development Program
- PBF unveils National Development Program and announces formation of men's and women's national squads along with the national coaches at the first PBF media conference

#### Local/National Competitions

- SHELL National Basketball League
- SHELL Amateur Basketball League
- Women's National Basketball League
- Koror State Youth Programs
- ISL high school and elementary school competitions
- Various school and community outreach programs

#### Regional/International Competitions

- Bill Keldermans and Topps Sungino attend FIBA Oceania Congress in Saipan, CNMI
- PBRA members Jubilee Kuartei and Edson Chiokai represent Palau in Oceania Championships in Saipan, CNMI
- Jubilee Kuartei represents PBF referees at the FIBA Oceania Women's Championships from 31 August – 2 September

#### Courses/Development Programs

- Level 1 and 2 coaching course conducted by Stuart Manwaring
- PBRA member evaluation at bi-weekly meetings
- NBDO attends various seminars and workshops with various community partners in the Ministries of Health, Education and Justice



### ***Palau Football Association (PFA)***

Charles Mitchell	President
Geoffrey Fyers	Vice President
Annabel Lyman	Secretary
Pasquana Flowers	Treasurer

#### Objectives for the Year

- Objectives were to have the schools more involved with football as well as conducting “camps” in Koror

#### Major Achievements for the Year

- Camps were held during May, July and August
- Coach Charles conducted clinics at five elementary schools
- By-laws were revised and adopted
- Applied for membership in EAFFA

#### Local/National Competitions

- 7<sup>th</sup> Belau Games
- UN Peace Day Adult Match, September
- Ibobang tournament, March
- Ngardmau tournament, March
- Ngeremlengui tournament, March
- Ngardmau tournament, May

#### Courses/Development Programs

- Training to five different elementary school students in grades 2 – 8 at Meyuns Elementary School, Melekeok Elementary School, Ngiwal Elementary School, Ngardmau Elementary School and Ngeremlengui Elementary School
- Training provided to each PE teacher from the five elementary schools to get them familiar with the rules and ideas for practice drills

### ***Belau Table Tennis Association (BTTA)***

Burton Wenty	President
Sam Saunders	Vice President
Gaafar Uherbelau	Secretary/Treasurer

#### Objectives for the Year

- To develop players in preparation for the upcoming Micronesian Games

#### Major Achievements for the Year

- Successful participation and officiating in the 7<sup>th</sup> Belau Games

#### Local/National Competition

- 7<sup>th</sup> Belau Games, July
- Ngatpang Youth Tournament, May

#### Courses/Development Programs

- Physical Education Workshop, May
- Table Tennis Training Course at Palau High School, Ngiwal Elementary School and Palau NOC, August

#### ***Canoe Association of Palau (CAP)***

Baklai Temengil	President
Alonz Moses	Vice President
Villa Ngirailild	Secretary
Pkngay Otobed	Treasurer
Hulda Lukas	Board Member
Jacquie Ngirdimau	Board Member
Joy Ueki	Board Member
Vance Basilius	Board Member

#### Objectives & Major Achievements for the Year

- Etpison Cup, ISL Race, Youth and Junior Races, KSYC/Ongiall Race, Training Camp for youth paddlers, Rotary Cup, Micro Cup, Independence Day Race, Holiday long distance paddle, PNOC Activities and Recreational paddle
- Obtained membership to the International Canoe Federation (ICF)

#### Local/National Competitions

- Sprint Season, September
- ISL Canoe races
- Under 18 Canoe race
- Local regatta sprints and long distance races

#### Regional/International Competitions

- International Canoe Federation kayak training for coaches and athletes, Guam
- 2009 Micronesia Cup, Saipan, CNMI

#### Courses/Development Programs

- Athletes development through training camps
- Coaches and officials practices through local races and events

### ***Palau Tennis Federation (PTF)***

Larry Wakakoro	President
Nelson Sisior	Vice President
Bernadette Carreon	Secretary
Darin de Leon	Treasurer

#### Objectives for the Year

- To promote the sport of tennis as a competitive sport as well as a social and healthy sport that can be enjoyed by all

#### Local/National Competitions

- Beginners Singles tournament, March
- Intermediate Singles tournament, April
- Seniors Singles tournament, May
- Open Doubles tournament, February
- Open Singles tournament, March
- Open Doubles tournament, November
- Intermediate and Beginners Doubles tournament, December

#### Regional/International Competitions

- Northern Pacific Qualification, June, Guam. Five junior athletes represented Palau in the event

#### Courses/Development Programs

- Year round clinics for juniors
- Daily clinics for juniors development
- Year round weekend clinics

### ***Palau Swimming Association (PSA)***

Judy Otto	President
Annabel Lyman	Vice President
Kate Salii	Secretary
Cesca Morei-Misech	Treasurer
Tina Shima	Development Officer

#### Objectives for the Year

- Participate in the World Swimming Championships, Rome, July
- Support States in developing swimmers for 7<sup>th</sup> Belau Games; keep these swimmers swimming after the Games in order to build the base for swimming
- Outreach sport to the states to identify swimming talent
- Develop young swimmers through Lear-to-Swim Camps and the Minnows/Junior Team
- Develop swimming volunteers and technical officials

### Local/National Competitions

- Festival of the Sea Youth Day Open Water Competition, March
- Palau Invitational (pool competition), June
- PSA-PPR Open Water Competition, June
- 7<sup>th</sup> Belau Games, July
- Independence Day Open Water Competition, October
- Bemese mau I Pool Challenge, October
- Rotary Open Water Competition, November
- Swim-a-thon, November
- Rainbow Open Water Competition, December
- Bemese mau II Pool Challenge, December

### Regional/International Competitions

- Junior Pan Pac, January
- Japan Open, January
- World Swimming Championships, July
- Maccabiah Games, July

### Courses/Development Programs

- Ongoing program of Learn-to-Swim Camps for kids
- School learn-to-swim programs at Meyuns Elementary (grades 5-8); Ngeremlengui Elementary (grades 4-8); Emmaus High School (freshmen)
- Practical training course for national, state, and school coaches by Bill Sakovich
- Fully integrated Minnows & Juniors Swim Team into the swimming program
- Two adult Learn-to-Swim Classes held; Master's coaching sessions initiated
- FINA technical training certified 25 technical officials most of whom have gone on to work as swimming volunteers
- Water polo training initiated
- Synchronized swimming camp conducted for Juniors
- 1<sup>st</sup> FINA World Swimming Coaches Course
- Australian Swim Coaches Training School
- National Squad participated in the pre-World training camp in Liverpool

**Belau Baseball Federation (BBF)**

Temmy Shmull	President
John Skebong	1 <sup>st</sup> Vice President
Ben Thomas	2 <sup>nd</sup> Vice President
Patrick Martin	3 <sup>rd</sup> Vice President
Sally Techitong-Soalablai	Secretary
Rodeian Toribiong	Treasurer
R. Atley Kazuma	Development Officer
Ernest Ito	Director
Tony Blaluk	Director

Objectives for the Year

- To promote and implement development programs in baseball for all ages
- Prepare for the 7<sup>th</sup> Belau Games

Local/National Competitions

- 2008 – 2009 Palau Major League regular season
- 7<sup>th</sup> Belau Games baseball competition

Regional/International Competitions

Courses/Development Programs

- School visits to promote baseball, year round program
- BCO Academy Clinic in New Caledonia, July-August 2009
- Levels 1 & 2 Umpire courses
- Level 1 Coaching course

**Palau Softball Federation (PSF)**

Fabian Iyar	President/Director
Eugene Uehara	Vice President/Director
Carolyn Ngiraidis	Secretary/Director
Lily Milong	Treasurer/Director
Tobias Marbou	Director
Dwight Ngiraibai	Director
Victoria Riungel	Director

Objectives for the Year

- To continue to promote and develop fast-pitch softball for all ages both competitively and recreationally

Local/National Competitions

- Girls ISL Fast-pitch league
- 7<sup>th</sup> Belau Games fast-pitch competition

- Independence Day Fast-pitch tournament
- 1<sup>st</sup> Annual Hit & Run Fast-pitch tournament

#### Regional/International Competitions

#### Courses/Development Programs

- Participation in PNOC Strategy Planning Workshop, January 2009
- Umpires Outreach Clinic in Peleliu State, February
- PSF Secretary elected to PNOC Executive Board of Directors
- Level 1 Softball Coaches Course conducted by RDO Andrew Bailey, February
- On-site training for local teachers and students, March
- Inspection of Meyuns Ball Field in preparation for the upcoming 7<sup>th</sup> Micronesian Games

#### ***Belau Wrestling Federation (BWF)***

Joe Chilton	President
Peasly Ngiraibakes	Vice President
John Tarkong, Jr.	Secretary General
Kaleb Udui, Jr.	Treasurer

#### Objectives for the Year

- Include wrestling in school physical education programs
- Recruit more female participation
- Prepare athletes for regional competitions
- Prepare for the 7<sup>th</sup> Belau Games

#### Local/National Competitions

- ISL Beach Wrestling
- 7<sup>th</sup> Belau Games Wrestling and Beach Wrestling competition

#### Regional/International Competitions

- Oceania Championships, Apia Samoa. Wrestling Team consisted of six wrestlers and 1 coach; the team garnered gold and silver medals in almost all of their weight divisions

#### Courses/Development Programs

- Coach Young Ho Ko continued assisting the wrestling program in teaching techniques and training the athletes
- BWF was able to implement wrestling in the Physical Education program at Mindszenty High School. P.E. teachers were trained in the basic coaching skills and were provided with lesson plans to continue the program throughout the year
- Participation in the international referees course in Apia, Samoa and recertification of international level for Mr. John Tarkong, Jr.

- John Tarkong, Jr. was re-elected to serve as the president of the Oceania Wrestling Federation
- Elite wrestler, Elgin Elwais, was the recipient of the Samsung Oceania Athlete Development Program Scholarship of the Oceania Foundation
- Mr. Hyung Lae In from Kocheok High School in Korea visited Palau and helped with some training of the wrestling team in terms of techniques and drills
- 8<sup>th</sup> Sports Award Banquet, April 2009. Award Recipients include: Elgin Elwais, Male Athlete of the Year; Samantha Rechellul, Female Athlete of the Year; Young Ho Ko, Coach of the Year; WCTC, Corporate Sponsor; PIDC and HANPA, Sponsors

**PALAU TRIATHLON FEDERATION (PTF)**

Tino Faatuuala	President
Leah A. Gillham	Vice President
Pasquana Flowers	Secretary
Frida Delmau	Treasurer/PNOC Board Member
Madelsar Ngiraingas	Director
Joe Chilton	Director
Darwin Inabo	Director

Objectives for the Year

- Promote triathlon through out the youth in Palau
- Promote sport tourism
- Encourage collaboration with other sports federations, government agencies, state governments, private businesses, NGO’s and the community at large

Accomplishments for the Year

- Able to plan and carry out all the activities in the calendar of events in 2009 compared to 2008
- Conduct the first event bike challenge around the main compact road, 52 mile.
- Frida Delmau, triathlon federation member, was elected to the Palau National Olympic Committee Executive Board
- Hosted the 3<sup>rd</sup> Annual SHELL Rainbow Triathlon, adding the bicycle time trials as a new event
- Better collaboration with other sports federations; PSA, PTFA, Koror State Youth Division. Private business – Shell Palau, main sponsor; Palau Pacific Resort, hosting the venue for triathlon events

Local/National Competitions

- 10 local competitions on a monthly basis starting in March and ending in December

Regional/International Competitions

- 3<sup>rd</sup> SHELL Rainbow Challenge, December 2009