



## 2015 HIGHLIGHTS

### PALAU NOC COMMITMENT & RESPONSIBILITIES

The NOC General Assembly again reviewed the charter to reconfirm the Terms of Reference of Athletes Commission and finalized the languages in the NOC Charter as per the IOC Charter for the Palau Athlete's Commission membership in the Executive Board of the NOC and members in the general assembly with the right to vote.

A Retreat of the NOC membership was held in early 2015 to review and revisit the Strategy Plan of the NOC and National Federations. The Strategy Plan and Retreat workshop provided an opportunity for the membership to look at the plan and provided improvement and achievable goals up to 2017.

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### Education Delivery through MISO and OSEP

The Master Educator for Palau is Mr. Joe Chilton and Ms. Jubilee Kuardei.

The Palau Education Commission is working with the PISEP Providers and has presented the 2015 programs to the NOC during the 2014 General Assembly which will be implemented in 2015 with OSEP support and guidance.

On the 28<sup>th</sup> of March 2015, the North Pacific Region OSEP team, consisting of Daniel Ramngen from the FSM, Kevin Harkey from Marshall Islands and Corrine Hideos from Palau along with the Zone Coordinator, Jubilee Kuardei and OSEP regional Coordinator Sainimili Talatoka came together for their first staff orientation here in the beautiful country of Palau. The outlined topics for the day were: Understanding Sport Education Framework in Oceania, the Sport Education System, OSEP Career pathways, OSEP Quality Management System, Job Description and Key performance indicators.

The objective was to help each sport education officers to understand their duties and responsibilities and what are expected of them to do when they go back to their respective countries.

### Sports & Media: Reporter's Academy

On March 9<sup>th</sup>-15<sup>th</sup> 2015 the Reporter's Academy in collaboration with Palau NOC held a sports media journalism training to the youth of Palau. Six young people from Palau Community College worked for a week alongside media expert, Katy Atkinson from the Reporters' Academy based in UK, who trained them in sport reporting skills. The goal was to raise the aspiration and employability skills to



10 young people through a unique media production programme, whilst increasing the capacity



of Palau NOC. These young people have gained valuable new media and journalism skills, which they put into practice interviewing sports people including the President of the Republic and populating PNOC's website with media content. As a result of the training they can now independently produce film updates for local media, populate web platforms, update blogs, and take photos confidently.

### **Athletes Participation and Competitions**

**April** - The Palau NOC celebrated its 14th Sports Award Banquet, where all athletes, coaches, administrators, volunteers, officials and families of sports throughout Palau come together to recognize those key partners and people in sports of their excellence performances in making sports possible in Palau throughout the years.



### **Belau National Games and various competitions**

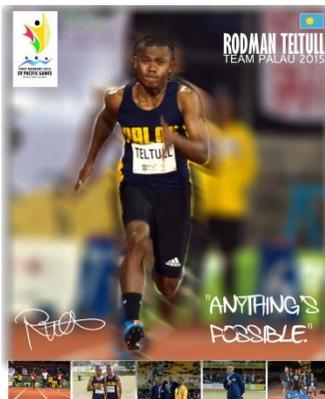
June – Palau NOC and Belau Games Organizing committee held its 10<sup>th</sup> Belau Games on June 19<sup>th</sup> – 28<sup>th</sup> 2015. 13 out of 16 participated states on 17 different sports/disciplines: Athletics, Archery, Baseball, Basketball, Micronesia All Around, Softball (Fast Pitch), Spearfishing, Swimming, Table Tennis, Tennis, VA 'a (Canoe), and Indoor Volleyball, Beach Volleyball, Weightlifting, and Wrestling. Angaur, Hatahobei, and Ngchesar States did not participate this 10<sup>th</sup> Belau Games. Koror won most gold medal and over medal tally with 88 gold medals and 199 in total medal tally.



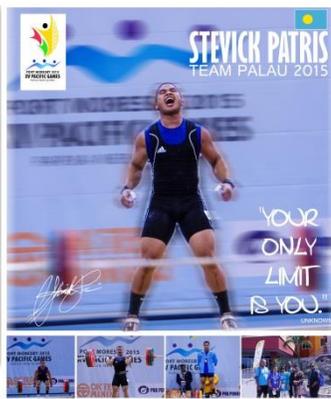


## Pacific Games

**July** – Palau NOC and the National Federations prepare the national teams to participate in the 15<sup>th</sup> Pacific Games held in Port Moresby, PNG from 1-28 July. Twenty Four teams participated in the Games American Samoa, Australia, Cook Islands, Fiji, Kiribati, Guam, Marshall Islands, FS Micronesia, Nauru, New Caledonia, Niue, New Zealand, Norfolk Island, Northern Mariana Islands, Samoa, Palau, Papua New Guinea, Solomon Islands, Tahiti, Tonga, Tuvalu, Tokelau, Vanuatu, Wallis and Futuna. Palau was represented in four sports/disciplines: Athletics, Table Tennis, Swimming, and Weightlifting. Team Palau Stevick Patris came in Bronze in 69kg Snatch Category while Rodman Teltull took silver medal in men’s 100 meter sprint, with a final medal count of 1 Silver medal and 1 Bronze medal.



MEN'S 100 METER SPRINT SILVER MEDALIST  
XV PACIFIC GAMES 2015 PORT MORESBY



69 KG SNATCH BRONZE MEDALIST  
XV PACIFIC GAMES 2015 PORT MORESBY



**August** – Palau join other pacific countries in participating the 15th IAAF World Championships in Beijing, China from 22-30 August 2015. Palau was represented in 100 meter Sprint by Rodman Teltull along with the fastest man in the pacific Ratu Banuve Tabakaucoro from Fiji representing Team Oceania. Unfortunately Rodman was not able to qualify to the finals but was able to set new personal best and a national record with a time 10.71 sec in the qualifying round.





**September** – National Federations prepare for the 21<sup>st</sup> Independence Day Sports Activities from 28 September to 1 October. Sports activities included a Walkathon, Ocean Swim, Canoe Races, Beach Volleyball Tournament and Softball Tournament.



**October** - Palau NOC Secretary General Ms. Baklai Temengil, Palau NOC President Mr. Frank Kyota and Kenny Reklai Representing sport Marketing of Palau Noc representing Republic of Palau at the XX ANOC General Assembly.

Under the provisions of the Constitution of ANOC, the General Assembly is the highest authority of the Association of National Olympic Committees are entitled to be part of the General Assembly, the Association's member NOCs, represented by their delegates, and the Members of the Executive Council of ANOC. The ordinary General Assembly meets at least every two years. The General Assembly is



vested by the Constitution with the power of approving in particular the Association's budget and accounts. The General Assembly is competent and has full powers to take all necessary measures for adequately conducting the Association's operations and for the realization of its objectives. To this effect, in the interval between two Assemblies, it delegates its powers to the Executive Council and to the President of ANOC, in compliance with the Constitution. The General Assembly elects the President every four years and ratifies the nomination of the Vice-Presidents and members of the Executive council elected by the Continental Associations. It approves the nomination of the Secretary General and Treasurer put forward by the President, and appoints the Auditors.

Source: ANOC



**Palau National Olympic Committee  
2015 Calendar of Events**

<b>August 2015</b>				
<b>Date(s)</b>	<b>Event</b>	<b>Sport</b>	<b>Contact</b>	<b>Location</b>
1st Tuesday	Monthly Meeting/ 1st Tuesday of the Month	Triathlon	Frida Delmau	Palau
03-14	Training Camp at UWW Training Center	Wrestling	John Tarkong Jr.	Rio, Brazil
11-16	Junior World Championships	Wrestling	John Tarkong Jr.	Salvador, Brazil
27	Wrestling Class for Koror Elem. Sch. (Every Friday)	Wrestling	John Tarkong Jr.	Palau
8/22	Triathlon Event	Triathlon	Frida Delmau	Palau
17-31	Rudimch Enterprise Government/Business Leauge (GBL)	Basketball	K. Topps Sugino	Palau
1-31	PNOC School Outreach Program	Basketball	K. Topps Sugino	Palau
1-31	Elementary School Visits	Basketball	K. Topps Sugino	Palau
TBD	Palau Basketball Annual General Assembly	Basketball	K. Topps Sugino	Palau
1-31	Practice and Sessions	Swimming	Annabel Lyman	Palau
1st Tuesday	Monthly Meeting/ 1st Tuesday of the Month	Triathlon	Frida Delmau	Palau
16-26	IAAF World Championships/Congress	Athletics – Track	Peoria Koshiba	Beijin, China
27	1 <sup>st</sup> High School Cross Country Run	Athletics – Track	Peoria Koshiba	Palau
<b>September 2015</b>				
<b>Date(s)</b>	<b>Event</b>	<b>Sport</b>	<b>Contact</b>	<b>Location</b>
1st Tuesday	Monthly Meeting	Triathlon	Frida Delmau	Palau
9/26	Tri- Kids	Triathlon	Frida Delmau	Palau
1	Kick off Long Distance Season	Canoe	Alonz Moses	Palau
1	Canoe Maintenance Day	Canoe	Alonz Moses	Palau
1	Micro Cup Training	Canoe	Alonz Moses	Palau
1	Recruitment Juniors & Coaches & Officials	Canoe	Alonz Moses	Palau
1-30	Sessions and Practice	Swimming	Annabel Lyman	Palau
4	Kids Athletics & Elementary Track Meet	Athletics – Track	Peoria Koshiba	Palau
10	2 <sup>nd</sup> High School Cross Country Run	Athletics – Track	Peoria Koshiba	Palau
17	3 <sup>rd</sup> High School Cross Country Run	Athletics – Track	Peoria Koshiba	Palau
24	4 <sup>th</sup> High School Cross Country Run	Athletics – Track	Peoria Koshiba	Palau
TBD	Adventure Swim	Swimming	Annabel Lyman	Palau
TBD	Outreach Program	Swimming	Annabel Lyman	Palau
TBD	Pool Social and Fundrasing	Swimming	Annabel Lyman	Palau
1-30	Filipino Basketball League	Basketball	K. Topps Sugino	Palau
1-30	Rudimch Enterprise Government/Business Leauge (GBL)	Basketball	K. Topps Sugino	Palau
1-30	Elementary School Visits	Basketball	K. Topps Sugino	Palau
1-30	High School Visits	Basketball	K. Topps Sugino	Palau
1-30	End of Summer Tournament Continues	Tennis	Ernestine	Hawaii
1-30	USTA Tournament	Tennis	Ernestine	Hawaii
1-30	Junior Tennis Training	Tennis	Ernestine	Palau
TBD	Emmaus High School PE Class	Wrestling	Johnt Tarkong Jr.	Palau
7-12	World Championships (Olympic Games Qualification Event)	Wrestling	Johnt Tarkong Jr.	Las Vegas
TBD	Coaching Course/ Official Clinic 3 days	Wrestling	Johnt Tarkong Jr.	Palau
30	Wrestling Class for Koror Elem. Sch. (Every Friday) conclude	Wrestling	Johnt Tarkong Jr.	Palau
<b>October 2015</b>				
<b>Date(S)</b>	<b>Event</b>	<b>Sport</b>	<b>Contact</b>	<b>Location</b>
1st Tuesday	Monthly Meeting	Triathlon	Frida Delmau	Palau
10/17	Triathlon Event	Triathlon	Frida Delmau	Palau
10/28	World Judo Day & Get together	Judo	Reagan	Palau
TBD	Independence Day Tournament	Tennis	Ernestine	Palau
1-31	Junior Tennis Training	Tennis	Ernestine	Palau
1-31	ITF Junior Events	Tennis	Ernestine	Sri Lanka & Hong Kong
10/1	Independence Day Open Water	Swimming	Jimmy	Palau



1-31	Sessions and Practice	Swimming	Annabel Lyman	Palau
28-29	Fina World Cup Tokyo	Swimming	Annabel Lyman	Tokyo
1-31	Rudimch Enterprise Government/Business Leauge (GBL)	Basketball	Topps	Palau
1-31	Filipino Basketball League	Basketball	Topps	Palau
1-31	Interscholastic High School Girl Varsity	Basketball	Topps	Palau
1-31	Elementary School Visits	Basketball	Topps	Palau
1-31	High School Visits	Basketball	Topps	Palau
1-31	PNOC School Outreach Program	Basketball	Topps	Palau
1	Walk for Life (Independence Day Celebration)	Athletics – Track	Peoria Koshiba	Palau
8	High School Cross Country Championships	Athletics – Track	Peoria Koshiba	Palau
21 – Dec. 02	Wrestling Class for Melekeok Elem. Sch. (Every Fiday) commence	Wrestling	Johnt Tarkong Jr.	Palau
3	Independence Day Annual Canoe Race	Canoe	Alonz Moses	Palau
1-31	<b>Training for Micro Cup</b>	Canoe	Alonz Moses	Palau
1-31	<b>End Long Distance Season</b>	Canoe	Alonz Moses	Palau
TBD	<b>Micro Cup</b>	Canoe	Alonz Moses	Saipan

**November 2015**

Date(s)	Event	Sport	Contact	Location
1st Tuesday	Monthly Meeting	Triathlon	Frida Delmau	Palau
11/14	TRIAL RUN for 9th Palau Challenge	Triathlon	Frida Delmau	Palau
11/27	Turkey Trot Run from Gym to Meyuns	Judo	Reagan	Palau
TBD	Thnanksgiving Tournament	Tennis	Ernestine	Palau
TBD	Oceania Tennis Federation Meeting	Tennis	Ernestine	Fiji
TBD	ITF Junior Events	Tennis	Ernestine	Philippines
1-30	Junior Tennis Training	Tennis	Ernestine	Palau
1-30	Sessions and Practice	Swimming	Annabel	Palau
14-16	Hawaii Senior Championship	Swimming	Annabel	Palau
TBD	Adventure Swim	Swimming	Annabel	Palau
TBD	Outreach Program	Swimming	Annabel	Palau
TBD	Pool Social and Fundrasing	Swimming	Annabel	Palau
1-30	Rudimch Enterprise GBL Concludes	Basketball	Topps	Palau
1-30	Filipino Basketball League	Basketball	Topps	Palau
1-30	IP&E Amateur Basketball League	Basketball	Topps	Palau
1-30	Interscholastic High School Girl Varsity	Basketball	Topps	Palau
1-30	Elementary School Visits	Basketball	Topps	Palau
1-30	PNOC School Outreach Program	Basketball	Topps	Palau
20	Walk for Life (Thanksgiving)	Athletics – Track	Peoria Koshiba	Palau
TBD	Coaching Course/ Official Clinic 3 days	Wrestling	Johnt Tarkong Jr.	Palau
TBD	Open Tournament: Freestyle / Greco Roman	Wrestling	Johnt Tarkong Jr.	Palau
6-7	Ney York Athletic Club – International Tournament	Wrestling	Johnt Tarkong Jr.	Palau
27-29	Golden Grand Prix Final	Wrestling	Johnt Tarkong Jr.	Azerbaijan
TBD	ISL Tournament/ Beach Wrestling	Wrestling	Johnt Tarkong Jr.	Palau
1-30	Development Coaches & Officials	Canoe	Alonz Moses	Palau
1-30	Open Races/ Regattas	Canoe	Alonz Moses	Palau
1-31	Officials & Coaches Training	Canoe	Alonz Moses	Palau
12	PNOC General Assembly Meeting	All Sports	PNOC	Palau

**December 2015**

Date(s)	Event	Sport	Contact	Location
1st Tuesday	Monthly Meeting	Triathlon	Frida Delmau	Palau
5-6	9th Palau Challenge	Triathlon	Frida Delmau	Palau
29	Movie Night at Palau National Gym	Judo	Reagan	Palau
TBD	PTF Annua General Meeting	Tennis	Ernestine	Palau
TBD	Christmas Party	Tennis	Ernestine	Palau
1-31	Junior Tennis Training	Tennis	Ernestine	Palau
1-31	Sessions and Practice	Swimming	Annabel	Palau
TBD	Holiday Party	Swimming	Annabel	Palau
TBD	Swimmers Retreat	Swimming	Annabel	Palau
23-31	Intense Christmas Team Training	Swimming	Annabel	Palau
11	Walk for Life	Athletics – Track	Peoria Koshiba	Palau
13-30	Jumps & Power Development Clinic with Andrew Owosu	Athletics – Track	Peoria Koshiba	Palau
TBD	Wrestling Camp/ Retreat	Wrestling	Johnt Tarkong Jr.	Palau
TBD	Annual Meeting	Canoe	Alonz Moses	Palau
1-31	Practice & Recreation	Canoe	Alonz Moses	Palau
1-31	Holiday Paddle	Canoe	Alonz Moses	Palau



## **PALAU NOC EXECUTIVE BOARD AND STAFF**

### ***Executive Board Members***

Frank Kyota, President  
Temmy Shmull, Vice President  
Frida Delmau, Treasurer  
Laura Mangham, Secretary  
Ernestine Rengiil, Member  
Regis Akitaya, Member  
Alonz Moses, Member  
John Tarkong, Jr., Athletes Commission Representative

### ***Management and Staff***

Baklai Temengil, Secretary General  
Marcie Andrew, Administrative Officer  
Jayvan Emesiochel, ITCM Officer  
Bonnie Ngirailild, Accounting Technician I  
SDO Unit Kazuki Sungino, Basketball Development Officer/SDU Coordinator  
Atley Kazuma, Baseball Development Officer  
Peoria Koshiba, Athletics Development Officer  
Billy Brown, Swimming Development  
Officer Kenny Reklai, EASC Coordinator/Volleyball Development Officer  
P.E. & School Sport (in cooperation with Ministry of Education)  
Ryosuke Oba JICA Baseball Volunteer  
Education Coordinator, Palau (Vacant)

### **Partnerships with Key Stakeholders**

Partnership with States, Education programs – BIIAA the new organization running high school events and elementary school programs.

### **Sports For All**

Community outreach programs through sports (Walk for Life, and sports in different events, ie the etpison cup, Independence Day, and other events involving sports



## Palau NOC and Olympic Programs

### **NATIONAL FEDERATIONS' STATUS AND REPORTS**

#### Palau Track & Field Association

##### *Activities/Programs*

Monthly Walk 4 Life walkathons  
Community Partnerships  
Palau Marathon  
Level III Coaching Course  
Level I Coaching Training

##### *Competitions*

Elementary Afterschool Programs  
High School Interscholastic League  
Belau National Games Athletics  
Championships  
Oceania Area Championships  
IAAF World Championships

#### Palau Baseball Federation

##### *Activities/Programs*

T-ball Division  
Little League division  
Senior League division  
Palau Major League season

##### *Umpiring & Scoring Clinic*

##### *Competitions*

Goodwill Tournament-Korea (3<sup>rd</sup> Place)  
High School Interscholastic League

#### Palau Basketball Federation

##### *Activities/Programs*

Elementary After-School programs  
Interscholastic League  
Koror State Hamlet League  
Table Officials Trainings  
Referees Refresher trainings  
Coaches Trainings  
Etpison Cup 3 on 3 Basketball Tournament  
PE Teachers Training Course  
WNBL Youth Camp  
School Visits – 3 elementary schools

##### *Competition*

IP&E Amateur Basketball League  
IP&E National Basketball League  
Filipino Basketball League  
Women's National Basketball League  
19U MBT  
BNG Basketball Championships

#### Canoe Association of Palau

##### *Activities/Programs*

Interscholastic League  
Independence Day Canoe Race  
Etpison Cup Canoe Race  
Recreational Paddling  
ICF Regional Training-New Zealand

##### *Competition*

Micro Cup-Guam  
Canoe Championships-BNG



Palau Football Association

*Activities/Programs*

Afterschool camps  
Youth Camps

*Competition*

PFA Adult Fall League  
Palau Youth Soccer League

Palau Judo Federation

*Activities/Programs*

Referee & Coaches Clinic  
Kids & Adults judo classes

*Competition*

Auckland International Open  
Tokyo Grand Slam  
President's Day Tournament  
World Judo Day Tournament

Palau Softball Federation

*Activities/Programs*

Fast Pitch Clinic for PE Teachers  
Umpire Certification Level I  
Basic Scoring Clinic  
Pitching Clinic

*Competition*

Valentines Co-ed Tournament  
Youth Day "Teen" Tournament  
Masters & Open Divisions Tournament  
President's Day Tournament  
Labor Day Tournament  
Fast Pitch Championships - BNG

Palau Swimming Association

*Activities/Programs*

Learn-to-Swim  
Summer Swim Camp  
Learn-to-Teach  
Fundraising Events

*Competition*

PPR Open Water Event  
Guam International Swim Meet  
FINA World Championships  
FINA General Congress  
IP&E Open Water Event  
Independence Day Open Water Swim  
Interscholastic league Swim Meet

*Competition*

Swimming Championships-BNG  
Monthly Bemese mau

Palau Tennis Federation

*Activities/Programs*

Singles Open  
Doubles Tournament  
Belau National Games Tennis  
Championships  
ITF Oceania Development Officer visit  
Ongoing junior development programs

*Competition*

Australia Post Margaret Court Cup  
Victoria Grasscourts Championships  
IT&E Northern Marianas Open Juniors  
North Pacific Regionals  
Pacific Oceania Junior Championships  
Oceania Closed Junior Championships  
Australian Team Championships



Belau Triathlon Federation

*Competition*

Tri-kids triathlon

Triathlon (Oct. & Nov.)

December Annual International IP&E Palau Challenge

Palau Volleyball Federation

*Activities/Programs*

Basic Referee Refresher Course

Attendance at a Sports & Community

Administrator Course – PISEP

*Competitions*

Marianas Beach Volleyball-Guam

Beach Volleyball Tournaments

Indoor Volleyball Competition-BNG

Beach Volleyball Competition-BNG

Belau Wrestling Federation

*Activities/Programs*

Referee Training Course

Athlete Training

School Visits and Training

DNNS Programs in School

Australia Youth Olympic Festival

Oceania Wrestling Championships

World Wrestling Championships

Marianas Beach Volleyball-Guam

Wrestling Competition BNG

Beach Wrestling Competition-BNG

**PALAU NOC - COMMISSIONS**

Palau Women and Sport Commission–

Palau Olympians & Athletes Commission

Palau Island Sports Education Program

Palau Medical Commission

Frank Kyota

President

Palau National Olympic Committee

Baklai Temengil

Secretary General

Palau National Olympic Committee