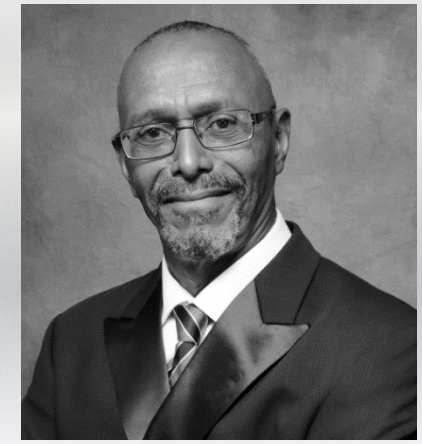
First Citizens Sports Foundation

HALL OF FAME



Lester Osouna

Administrator

Inducted in 2020

With a life spent in academia and coaching, Lester Osouna has been a crucial component in the participation and success of many Trinidad and Tobago athletes and teams. Osouna represents the type of support staff that enables the technical know-how in specialized aspects of a sporting discipline. That he can do so across multiple disciplines is evidence of his skill.

Osouna's career began at Mausica Teacher's College, before his focus upon physical education took him to Leeds, England, in 1978, to complete his degree. Throughout the 1980s he was a sought-after physiotherapist, a skill that he improved upon by advancing his knowledge with further coaching qualifications. When the 'Strike Squad' football team began their qualifying campaign for the 1990 World Cup, Osouna was the man charged with keeping the players fit and ready.

By the early 1990s Osouna worked solely in track & field, where he would have his biggest impact. His broad range of knowledge, backed by attaining a Level 4 sprint & hurdles qualification, as well as a Level 3 qualification in throwing, made Osouna one of the best athletics coaches in the region. As a recognized IAAF (International Athletic Federation) instructor from 1989 onwards, he was perfectly placed to help with Trinidad and Tobago's youth athletes – and the input showed. From the early 1990s Trinidad and Tobago showed massive improvement at the annual CARIFTA Games, with many of those performers going on represent the nation at senior events such as the Commonwealth, Pan Am and Olympic Games. Osouna's contribution also extended to increased success by Trinidad and Tobago athletes at the Pan Am Junior Championships and the Central American & Caribbean (CAC) Junior Championships.

He was also instrumental in the development of regional athletics – which would also help to unearth future talent – through his five-year spell as Regional Manager with the Commonwealth Sports Development Programme for the Caribbean from 2001 to 2006, as well as the regional Paralympics programmes.

By the 2000s, Osouna's experience earned him stints as the Physical Education & Sport Officer in the Ministry of Sport, and the Curriculum Officer at the Ministry of Education, before becoming the Executive Manager of Sports Development at Sport Company of Trinidad and Tobago (SPORTT). The latter entity was the country's great leap forward in offering a more professional approach to the governance and maintenance for all disciplines. Having Osouna's involvement was a boon

to helping it through its early stages. There, he was responsible for the development of sports programmes within both community as well as national organizations.

In 2010, Osouna became the High Performance Coach, Track & Field, at the University of Trinidad & Tobago (UTT), helping to create the 'UTT Fast Track' programme. As one of the few local coaches to hold such a high level of global certification, Osouna continues to impact local sport, together with his vast experience. As support staff, he attended two Olympic Games, one Paralympics, three Commonwealth Games and three Pan Am Games. In 2020, for his great contribution to sport, Lester Osouna was inducted into the Trinidad and Tobago Sports Hall of Fame.