


 Cash 1 (August 24, 2010)
2-7-9
 Play 4 (August 24, 2010)
3-1-0-0

 Mega Money (August 25, 2010)
5-30-35-43 Bonus: 18
9-18-20-28-36

 Lotto 1 (August 21, 2010)
26-31-32-34-36-52

 Cash 1 (August 24, 2010)
8-3-2
 Play 4 (August 24, 2010)
4-6-1-0

 Mega Money (August 25, 2010)
8-9-7
1-3-9-7

 Lotto 1 (August 21, 2010)
16-18-24-31-32

 Lotto 2 (August 21, 2010)
5-16-18-31-43-52

After taking a couple of weeks off to relax and bask in the glory of his gold medal performance at the recent Central American and Caribbean Games (CAC) in Mayaguez, Puerto Rico, amateur boxing star Valentino Knowles, 22, is now looking ahead to the Commonwealth Games in India in October and the 2012 London Olympic Games.

Knowles took part in three major international tournaments so far this year. He won silver at the Continental Boxing Championships, he won silver at the Commonwealth Boxing Championships in India, he made history by becoming the first Bahamian to win a match at the World Boxing Championships in Italy, and he capped those performances with the CAC gold medal - the first for a Bahamian in boxing.

Knowles and his teammate Carl Heild are both on government subvention but have also received "tremendous" financial and moral support from fashion designer Peter Nygård.

The Journal caught up with Knowles on Tuesday afternoon at his Kemp Road home. He was on the phone with Olympian and former amateur star Taureano Johnson who turned pro earlier this year. His younger brother who just turned 15 was outside raking the yard, something most parents can't get a 15-year-old son to do these days.

In addition to getting a photo of Knowles posing with his gold medal next to a punching bag hanging from the Guinep tree in his front yard, we asked him about his run to the gold medal at the CAC's.

Going into the tournament Knowles' coach Andre Seymour almost guaranteed a medal. However, Knowles told us there was really no pressure on him to deliver.

"My coach and I were confident because my conditioning was, and still is at an all-time high," said Knowles. "It was

my first real major tournament and I knew I was going there to win; I had no doubts about that," he said.

Moving up from the 60Kg to the 64Kg weight class he found himself at times overpowered by some of his opponents but found a way to use his "speed and technique" to overcome the disadvantage in strength.

He credited his ability to do that to countless hours of training in Cuba in addition to training with professional fighters like Meacher Major 'Pain' in Florida.

He said the support he got from the government and Nygård made it possible to attend the various training camps in recent years.

"I thank the government for its support, but Peter Nygård has really been good and helpful to me and to amateur boxing in The Bahamas," Knowles said.

"I mean the things he'd do without looking for anything in return except give it 100% has been great. I just want to take this opportunity to publicly say thank you to Mr. Peter Nygård," said Knowles.

Continuing he said, "For

those who don't know him well, to me Nygård is filled with humor and is a very easy going person. If you got the chance to know him you will see what I mean," said Knowles who plans to leave The Bahamas for Cuba sometime next week to begin training for the Commonwealth Games.

Wellington Miller, President of both The Bahamas Olympic Committee and the Amateur Boxing Federation of the Bahamas described 2010 as a "great" year for Knowles.

"He and Carl have trained very hard this year and they have spent months at a time in Cuba training day and night, and his accomplishment in Puerto Rico is good for him and for boxing on the whole because it puts boxing in a different light. It lets people know we have young men that are doing positive things in The Bahamas," boasted Miller.

"Amateur boxing is one of those sports that go into the inner city and give young men a chance to travel the world representing The Bahamas through the sport of boxing and we hope what Valentino has done will inspire other

young men, but also let other sporting federations and associations know that there is a lot of talent in the inner city and they should tap into those areas," encouraged Miller.

He said the Amateur Boxing Federation has plans to do more things to highlight Knowles' accomplishments in 2010 so the entire Bahamas can appreciate it. For instance they plan to place a life size poster of Knowles and his gold medal in his Kemp Road neighborhood.

While appreciative of the government subvention Miller also gave special thanks to corporate sponsor Nygård for making it possible for Knowles and Heild to travel, to train and live in Cuba without the stress of worrying about the financial aspects.

"Nygård has been very instrumental in the success we had in amateur boxing this year and in years past. Many people do not know that it was Nygård who first introduced us to training in Cuba back in 2003 through his contacts," he revealed.

"When you have sponsors like Nygård in addition to the government subvention it makes it much easier and it

allows an athlete to free his mind and work on his skills. I must say Nygård has been strength to the Boxing Federation going back to when he gave Taureano his first scholarship to train in Cuba.

"Financial support is really the key to success because when you have the necessary funds as an athlete you can do so much more like special training sessions, special diets and so on, so when Mr. Nygård offered to help that made a big difference," said Miller.

Earlier in the week, members of The Bahamas National Men's Volleyball Team that won bronze at the Caribbean Volleyball Championships publicly thanked Nygård for coming to their aid with a \$16,000 grant to help them pull off their two week trip.

