



## *Member of the Class of 2011* *Frank "Pancho" Rahming*

*"The best way to find yourself is to lose yourself in the service of others"*

**The advent of Frank "Pancho" Rahming's sporting career began in 1959** with the transfer to The Bahamas of legendary coach, Mr. Keith Parker, who was posted at Government High School as a Physical Education teacher. Parker almost immediately established a regimen that would produce both aspiring and elite athletes, and change the landscape of sport forever in The Bahamas.

**When questioned regarding the earlier mentioned,** Pancho distinctly recalls one of his Physical Education sessions with Coach Parker, when he and fellow classmates were requested to run the full distance of the entire school's perimeter. 'It was a rainy day, I was not in school uniform, water in some areas was almost knee-deep and I finished first. Hence, the beginning of my career as a track athlete'. The results of that race caused for Pancho's participation in numerous school competitions for Government High School.

**In the ensuing years of 1960 through 1967,** Pancho participated frequently in road races, competing against renowned athletes like Julian Brown, Oscar Francis, Cleso Munnings, Derek Cambridge and Percy "Smokey" Christie. Pancho's stellar performances in these events resulted in him being accredited by a local Sports Editor with the title, "**The Barefoot Boy from Fox Hill.**"

**Pancho's first international event was the CAC Games in Kingston, Jamaica in 1962,** where he competed in the 1500m. In 1966, he made the 1500m finals at the CAC Games in Puerto Rico and was selected for that year's Commonwealth Games in Jamaica.

**In 1967, Pancho matriculated to Florida Memorial College.** He became track team captain and because of his diverse skills, competed in: the 200m, 400m, 800m, 1500m, or 2 miles and relays. However during his final year at Florida, he concentrated on the 400m/800m combination. In 1972, Pancho Rahming was selected as a team member, to represent The Bahamas at the Munich Olympic Games where he failed to advance to the qualifying round due to a disappointing 4th place finish.

**During the years 1972 through 1980,** Pancho assumed the role of Physical Education Teacher at C.I. Gibson Junior High School where his primary interest was the development of countless numbers of aspiring track athletes. In 1980 he was transferred to the Ministry of Youth Sports and Culture as National Coach for Track and Field. Here, he continued coaching; however, he also became involved in the technical aspect of the sport and concentrated on improving his coaching knowledge and skills. At the CAC or Area Level, Pancho was certified as a Level III Coach and Level II Coaching Education Lecturer. When the IAAF introduced its coaching education program, he was certified as a Level I course lecturer and conducted courses in Grenada, Guyana, Belize, Cayman Islands and The Bahamas. He later achieved the IAAF Level V Coaches' certification.

**An internationally recognized coach and sports icon,** Pancho was named Bahamas relay team coach for the Americas World Cup team for two World Cup competitions. He worked with some of the region's top athletes; Asafa Powell, Mark Burns, Felix Sanchez, Francique Alleyne, Kim Collins, Ana Guevara, Cydonie Mothersill, Aleen Bailey, Novlene Williams, Sherone Simpson and countless Bahamian athletes. As a member of the Technical Committee for CAC, he served as Technical Director for Youth CAC, Carifta, Jr. CAC and Sr. CAC.

**Pancho, when questioned regarding contributors to his success,** he enthusiastically acknowledges: Coach Charlie Wright; Coach D'ynza Burrows; Coaches A Chester Robinson and Clyde Pettway at FMC; Mr. Winston "Gus" Cooper; Dr. Bernard Nottage; Mr. Victor Lopez and Amadeo Francis.

**Though retired from the Ministry of Youth, Sports & Culture in 2010,** Pancho Rahming selflessly gives of his time by working with athletes at the high school and club level. However, his pet project remains the Primary School Track and Field Championship. As a result of his years of commitment to the project, it has been named in his honour.