



TRINIDAD AND TOBAGO  
OLYMPIC COMMITTEE

121 ABERCROMBY STREET PO BOX 529  
PORT OF SPAIN, TRINIDAD & TOBAGO  
TEL: (868) 625-4380, 625-1285, 623-7635  
FAX: (868) 625-3049  
Website: www.ttoc.org • Email: contact@ttoc.org

August 14, 2017

Ms. Ingrid Martel  
Head of Office Operations  
TAFISA Office Hostatostrasse 2  
D-65929 Frankfurt/Main

Dear Ms. Martel,

The Trinidad and Tobago Olympic Committee is honoured to support the application of Catherine Forde to the Board of Directors of TAFISA.

Catherine has worked tirelessly in the promotion of the values of Sport for All. She has held and continues to hold a number of key positions in organisations in Trinidad and Tobago and throughout the Caribbean region, in her roles as Executive member of the Trinidad and Tobago Olympic Committee (TTOC), General Manager of the TTOC and as a member of the Education Commission of the Caribbean Association of National Olympic Committees.

The many Sport for All projects initiated and spearheaded by Catherine began in 2005, focusing on all age groups.

The activities included:

- Intergenerational Heritage games
- Passing on the Heritage
- Pioneered Aqua aerobics for the elderly
- World Walking Day

Catherine Forde continues to assist the TTOC in the promotion of Sport for All activities through the Education Academy. This includes the organising of workshops, seminars and events that all promote Physical Activity and Sport for All.

We are confident that Catherine will be an asset to the organisation as she continues to actively support and contribute to TAFISA and its initiatives, encouraging membership. Her many years in the Academic field will allow her to contribute to TAFISA publications, including newsletters, magazines and the website,

Please do not hesitate to contact us if you require any further information.

Yours sincerely

Annette Knott  
Secretary General