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Lisandra, where coherence and thought coincide

Lisandra, donde coherencia y pensamiento confluyen

Lisandra, onde a coerência e o pensamento se encontram

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When exploring the foundations of sport-science on our Caribbean island, the legacy of the Cuban virtuoso chess player José Raúl Capablanca stands out, who expressed in one of his meetings "(...) there is no simple movement of pieces, there is coherence of ideas and perception of threats, there is thought" (Pita, 2019, p. 3).

It is precisely on these precepts that the Cuban chess school has trained prestigious athletes such as Master Lisandra Teresa Ordaz Valdés, pride of her province of Pinar del Río; who has represented Cuba in multiple events at national and international level, where she has put into practice all the values, knowledge and skills learned from her family, teachers and coaches, and her resume includes, among other achievements:

- International Master (WIM), 2004.
- Grandmaster (WGM), 2011.
- Graduate in Physical Education, with a Gold Degree and most outstanding graduate of the Faculty, 2012.
- FIDE Trainer, FIDE TRAINER (FT), 2014.
- International Master Absolute or without distinction of sex (IM), 2018 (only one in Cuba).
- Master in "Sports training methodology for high competition", in 2020.

After completing her primary school studies, she was recruited by the provincial sports department for her inclination towards chess, and was incorporated into the national pre-selection in 2004, at the age of fifteen. During her youth, she participated in six Olympic



Games (five of them on the first board), four World Championships (two individual and two as a team), in Central American and Pan American Games and in multiple national and international events.

Among the places achieved, Cuba achieved 4th place in the team competition at the Russian Olympiad (on the 1st board), the best result ever for Cuba in both sexes; progress to the second phase in the two individual world championships in which she participated; four medals in the Pan American Games, champion of Central America and the Caribbean, and the first gold medal for the Cuban delegation at the ALBA Games.

At the national level, she has been a champion in all the categories she has competed in: national champion (2013-2016), youth, university and first category; she is the current national champion of the first category; she holds the historical national record for the highest Elo coefficient; she is the only Cuban who has surpassed the barrier of 2400 Elo points, the first in the national ranking and among the top in America; and she has turned out to be the best female athlete in various national and international mixed events.

Likewise, she has represented Cuba in more than 50 cities around the world; however, these ranks and qualifications have not affected her simplicity and modesty, since she chooses chess, among many aspects, because this sport does not discriminate sex, age or creed, simply on the board all human beings are equal and the one who studies and prepares more and above all, has an open and creative mind wins (García & Domenech , 2021; Vílchez, et al., 2021). In recognition ceremonies and activities, Lisandra has been included in the honor roll of the most outstanding athletes of the year in the Province of Pinar del Río, on more than 15 occasions.

Chess as a sport not only provides laurels and medals, it also allows one to learn tactics and strategies to get to know one's rivals and their possible moves, enhance leadership skills, and train other comprehensive athletes, which is essentially the coach's mission (Hunt & Cangemi , 2014; Sala, 2016). In this sense, the chess player has managed processes and social activities with the purpose of improving the infrastructure of this sport in the province, and



to encourage, disseminate and promote it among children, students and the general population.

She is also recognized for her work as a teacher of the Chess Course on TV, of the University for All Program, her active participation in simultaneous games of different institutions and municipalities, and chess classes for children and adolescents. She has shared sports venues with world-class athletes and personalities, and on several occasions she has invited glories of Cuban sport and personalities from around the world to participate in activities in the province.

She is part of the organization of competitions, such as the "Copa 13 de agosto"; she was active and present at the reopening of the "José Raúl Capablanca " Academy of Pinar del Río; and in collaboration with the provincial technical commission, in the design and implementation of the strategy for the development of chess in the Pinar del Río territory.

In general, Lisandra's presence in the development of the Cuban sports movement is considered to have been relevant, as an emblematic figure of the youth of these times. Her passion for chess has helped her achieve higher goals, forge her character and her great love for her country, family and friends. This athlete constantly improves and updates herself in her competitive sport and in other areas of knowledge that make her grow personally and professionally.

Personalities like her place a very high value on the role of sport in the current context, where the threat of the misuse of technologies and artificial intelligence can undermine the proper functioning of education, culture and society (Lyle , 2022).

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