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07 JAN 2013 [VERONICA CAMPBELL-BROWN \(/ATHLETES/DIARIES/VERONICA-CAMPBELL-BROWN\)](#)

AFTER A HAPPY CHRISTMAS, VCB WILL SKIP INDOOR SEASON TO FOCUS ON MOSCOW

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Veronica Campbell-Brown

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December – the month of Christmas, the month before the start of the indoor season, the last month in the calendar year, an Olympic year. I spent the month focusing on my [training](#) and I must say I was quite pleased with what I was able to accomplish. We are taking a rather gradual approach as I will not compete in this coming indoor season because my focus is on the IAAF World Championships in Moscow late summer.

Despite the intensity of training, I had one of my most enjoyable Christmases. I spent the time with family and close friends, I got involved in the gift wrapping and all the other trappings that are Christmas related. However, I was quite mindful of the fact that it was the birthday of Jesus who is the central figure in my [Christian religion](#).

Furthermore, I watched a play that was based on the history of Jamaica, I found it quite humorous and enlightening, and I couldn't help but feel a deep sense of Jamaican pride!

I did indulge in some shopping of course, and when I retire from the sport I think I will aggressively do some research into the therapeutic effect of shopping – stay tuned, haha!

I want to thank all my supporters who took the time to read and journey with me throughout 2012. I wish for you and your loved ones a healthy and successful 2013 and ask for your continued support. Last but not least, [congratulations](#) again to my fellow athletes on the various awards they received at the end of the season.

Thanks for reading,

VCB



Veronica Campbell-Brown at Christmas (Omar Brown) (C) Copyright

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