

Lou Adderley's greatest fluency was his unbridled mastery of himself; whether as a man or as a builder of men; as champion or the coach of champions; as scholar or the professor of scholars; as protector of his faith or his living in testimony to that faith. In all these spheres of humanity, the footprints which he managed to implant in the sands of Bahamian temporality are inversely proportional to the slight physicality assigned to time.

Uncle Lou distinguished himself as a collegiate champion in Graeco Roman wrestling while attending St. John's University in Minnesota. Additionally in the four years he was in college, he lost only one lawn tennis match and that was in the conference championships of his freshman year. He never lost again, returning to and winning the championship in each of his three remaining years in college. Upon his return to The Bahamas in 1955, he resumed his membership in St. Bernard's Sporting Club, starring on its baseball and basketball teams. A founding member of the Bahamas Volleyball Federation, he played with the St. Augustine's College Alumni Association's Volleyball team (SACA) which dominated local volleyball in the 1960s. He was player-coach on the first volleyball team to represent The Bahamas, at the Pam American Games in Winnipeg, Canada in 1967.

Adderley had a direct hand in producing many of the finest Bahamian high school athletes during the forty-four years that he served as Athletics Director and coach at St. Augustine's College. It was he who played such a significant hand in establishing the blueprint for the kind of academic and athletic excellence for which that institution has been so well noted. Among his extraordinary achievements was the production of a prominent line of female sprinters, one of whom never lost a single race in her five years of high school competition. Also, he produced a girl's basketball team that went undefeated over a four year span. His remaining exploits as a coach are indeed of legendary proportions, inclusive of producing the greatest point guards in local basketball history: ie. Sharon Storr; Peter Brown; Fred Papa Smith; Basil Sands and Anthony Bando Bostwick. One of his most prized pupils though was a women's basketball player named Cynthia Moxey was to later develop into the finest multi-sport athlete ever. She was additionally to become deputy Prime Minister.

A internationally certified track and field official, Adderley founded the Bahamas Association of Certified Officials in 1976. He was also a founding member of the Bahamas Association of Basketball Officials, once serving as National Interpreter.

Indeed, in his rich translation of life, Deacon Leviticus Lou Adderley acquired unbridled mastery of himself and never failed to impress the value of that virtue upon his countless protégés.