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Gymnastics In The Islands



Simone Biles of USA at the Rio Olympics. Photo: Zimbio.

"Missing Fiji already! Some of the nicest and most hospitable people I've ever met in my life! This was a part of our farewell. Totally unexpected"

Ludacris
American hip-hop artist and actor

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September 11 17:49 2016

by Leone Cabenatabua, SUVA
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The move to finalise the Oceania Gymnastics Union is now underway. This weekend a high powered meeting is taking place at the Tanoa International Hotel, Nadi. The Fiji Sun's LEONE CABENATABUA spoke to Caitlin Lyons, Gymnastics Development Coordinator, Gymnastics Australia/ Gymnastics Federation of Fiji.

SUN: From this weekend's meeting, you are looking at the formation of the Oceania Gymnastics Union. What is going to be the role of this Union?

LYON: The Oceania Gymnastics Union (OGU) is the official governing body for gymnastics in the Oceania region. It will constitute the fifth and final Continental Union for the International Gymnastics Federation (FIG). The role of OGU is to represent and unite the National Gymnastics Federations of the region. With support from FIG, Gymnastics Australia and Gymsports New Zealand are working collaboratively to develop gymnastics and assist to establish National Gymnastics Federations, initially in Fiji, American Samoa and Cook Islands.

Federations will be formed in Guam, Tonga and Papua New Guinea later in 2016, with plans to develop gymnastics in more Oceania countries in the future.

SUN: Who are going to be your target groups when it comes to introducing gymnastics in the islands?

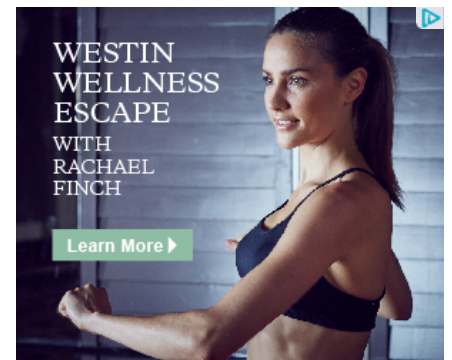
LYON: Gymnastics is a safe, fun and developmental activity that is accessible for people of all ages and abilities. Within gymnastics there are multiple disciplines– the Olympic Disciplines of Men's Artistic, Women's Artistic, Rhythmic and Trampoline Gymnastics, but also Acrobatic Gymnastics and Gymnastics for all which includes Kindergym.

As this is the case, we are welcoming everyone to participate. Gymnastics does appeal particularly to children and women, and as such, we are utilising our program to encourage physical activity amongst women. Furthermore, we have ensured that we have created an inclusive programme that allows people with a disability to also participate. Gymnastics has something to offer everybody!

SUN: Do you think the Oceania region could produce gymnasts that could excel in international competitions like the Olympic Games? Please explain?

LYON: Definitely! The Oceania region has a strong history of success in international competitions, including the Olympic Games. Australia and New Zealand have led the way, but we believe that with the development of these Federations and the Oceania Gymnastics Union, we will see Oceania Gymnasts from other Pacific countries competing in International competition and Olympic Games in the future.

SUN: The foods consumed in the islands are very different from the ones in developed countries. That is why obese is very epidemic in the Oceania region, so in what way will gymnastic assists in this?



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