

GYMNASTICS FEDERATION OF FIJI



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Gymnastics Federation of Fiji National Competition

25th November 2017

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The 2017 Gymnastics Federation of Fiji National Competition is set to take place at 5pm on **Saturday 25th November** at the Suva YMCA.

Teams from far and wide will come together to showcase Acrobatic and AeroGym Gymnastics routines.

Acrobatic Gymnastics sees people balancing on their team mate's feet, hands shoulders and other body parts. Routines are performed to music and display strength, flexibility and power.

AeroGym combines gymnastics skills with dance in a fast-paced, fun and energetic sport. Performing to music the participants demonstrate high intensity, continuous movement patterns, utilising strength, flexibility and agility.

AeroGym Fiji is an Australian Government funded Pacific Sports Partnerships (PSP) project led by Gymnastics Australia in partnership with the Gymnastics Federation of Fiji. The project aims to address issues facing Fijians including high levels of non-communicable diseases, low levels of physical activity, lack of accessibility to quality sport activities, inequalities facing people with disabilities and barriers to women participating in sport.

Women and men, boys and girls of all ages and abilities will perform in teams, showcasing their skills and vying for awards in various categories. A panel of judges will use set criteria to evaluate the routines for Presentation and Artistry. But win or lose, the teams are having plenty of fun whilst improving their health and fitness through regular exercise.

The public are invited to come on down and be a part of the audience to see these highly entertaining and crowd-engaging performances! (A gold coin donation will be gratefully accepted upon entry).

To find out more or to get involved email: lweir@gymnastics.org.au