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International Gymnastics Delegates Kick Up Their Heels in Dranikula Village

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International Gymnastics Federation (FIG) President Morinari Watanabe and more than 25 delegates from around the world were treated to an AeroGym performance at Dranikula Village on Friday. The demonstration was part of a full day development tour to showcase the achievements of the Gymnastics Federation of Fiji (GFF) since its formation in 2015.

The development tour, along with several events of the FIG visit were sponsored by the Fiji Ministry of Youth and Sports, with support from Fiji Association of Sports and National Olympic Committee providing Fiji Water. At the Welcome function for the international delegates Alison Burchell Permanent Secretary Youth & Sports spoke on behalf of the Honourable Minister Laisenia Tuitubou. She spoke of the value of the sport of gymnastics to developing physical literacy in children and in contributing to improving the health and fitness of Fijians. Alison also spoke of her own personal experiences with gymnastics including attending World Gymnaestrada – an event held every four years, with over 20,000 participants celebrating gymnastics. Many of the delegates had also attended the same event and the Gymnastic Federation of Fiji aspires to attend in 2019.

The Dranikula Village visit displayed AeroGym, an Australian Government funded Pacific Sports Partnerships program aimed at combatting non-communicable diseases and providing leadership opportunities for women. It is a modification of the discipline of Aerobic Gymnastics and can be performed anywhere at any time. Activities are performed to music with teams choreographing transitions and formations to create routines. AeroGym is for people young and old, of all abilities.

FIG Aerobic Gymnastics Vice President Tammy Yagi-Kitagawa was so thrilled to see her sport contributing to the health and fitness of women in Fiji that she was made an honorary Dranikula AeroGym team member. Team leader and GFF Sport Development Officer Melaia Lutunauca presented Tammy with her very own team T-shirt with the words "I Love Aerobics."

Other activities observed throughout the day included a GymSchools program at Pacific Harbour Multicultural School and a club program at International School Suva. And a highlight for all was the sevusevu.

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