

Thu Oct 31 2019 21:49:51



**Cook Islands NEWS**  
AS SOLID AS THE ISLANDS WE STAND FOR

(/)

LITTLE MATYSIK

(/component/adage)

SECTIONS

## Vaulting into future

Thursday September 26, 2019 Written by [Melina Etches \(/sport/other-sports/itemlist/user/33944\)](#) Published in [Other Sports \(/sport/other-sports\)](#)



Tereora student Iosua Teata demonstrates a 'speed vault' move over a vault, watched by Ben Cork is here from Gymnastics Australia and Rey Nalagon. 190924

**Ben Cork from Gymnastics Australia is helping run a Cook Islands FreeG Programme at Tereora College, a four-week programme that is aimed to get students exposed to alternative activities and sports.**

This week, Cork is at the college training the Year 10 students.

Gymnastics Cook Islands President Raukura Ellison says the students have enjoyed the programme. "We have seen good engagement and development of skills from those students that took part in last year's programme."

Gymnastics is a great sport to get into as it lays the foundation into all other sports and we hope to expand the FreeG programme in schools, she says.

Ellison encourages people to take up the sport. "It up-develops skills that students already can do like tumbling, cartwheels, handstands, it develops these skills and also gives them the opportunity to further challenge themselves and it is the foundation to all other sport."

She got involved to support her daughters interest, and "yes the interest in gymnastics is definitely growing which is awesome."