

**FISAF IS THE
WORLD'S
LARGEST
FITNESS
ORGANISATION**



FISAF Newsletter

5/ 2010



FISAF
Federation of International
Sports, Aerobics and Fitness Inc.

WELCOME



Dear Friends

Welcome to enjoy the fifth FISAF Newsletter of year 2010.

In this edition you will find updates on the **World Championships** in the Netherlands, introduction to **World Anti-Doping Agency's Athlete Outreach Model** and to **SportAccord**, and a field report from **LiiKe Mothers and Daughters Project in Tanzania**.

FISAF continues to support LiiKe Social Responsibility project also in Eindhoven, as in Kladno. We can all help by collecting girls' and women's good-quality used sports clothes for the local fitness & aerobics sessions.

Let's all share and donate a piece for the ones to whom it really makes a difference.



<http://www.kahrs.com>

BECAUSE WELL-BEING MATTERS

World Championships organizers are in full speed and preparing for the event to start in less than three weeks! You can follow the championships in FISAF Facebook and at www.fisaf.org – photos, results & small news.

Hope to see many of you in Eindhoven 18.-24.10!





FISAF WORLD FITNESS and HIP HOP CHAMPIONSHIPS 2010



FISAF Education and Business Summit

FISAF Education and Business Summit will be organized **10.00-17.30 on Friday 22nd of October 2010 at hotel Koningshof. FISAF invites two participants from every member country to the Summit free of charge.** Please send your 2 entries to fisaf@fisaf.org by **8.10**. All the others need to contact Ghering Management and Marketing for registration: info@wceindhoven2010.com.

Summit Program

Official Opening at 10.00 by FISAF President Mrs. Jitka Polaskova and Educational Committee Chair Jana Havrdova

FISAF Educational framework and FISAF Certification Procedure in the future
Jana Havrdova

EQF Certification process, practical experiences from Czech Republic and Finland
Jana Havrdova (CZ) and Stefan Westerback(FIN)

Experiences/News in education and fitness business in Germany
VIP offer to the FISAF Training Providers to participate at FIBO Convention 2011
Volker Ebener, Director FISAF Germany

FISAFWorld - Portal presentation and offer to FISAF members
Tuukka Heinonen

EHFA and FISAF cooperation presentation
Herman Rutgers, Executive Director EHFA and Riitta Hämäläinen-Bister, Secretary General FISAF International

FISAF EUROPEAN HEALTH AND FITNESS FORUM in Jyväskylä, FIN July 13.-14.2011
Jyväskylä representatives

PIETER VAN DEN HOOGENBAND swimming stadium - Leading in technology & Vision Training System

INTERNATIONAL SPORTS MARKETING

Combine your participation in the World Championships with this unique opportunity to share the latest trends and visions for the future within the fitness field!





FISAF and LiiKe – Sport for Mothers & Daughters in Tanzania

Girls and mothers on the move in Mtwara

“Sun is shining from the cloudless skies, sweat drops running down my forehead, red sand whirling under our feet at Chuno school yard. 1, 2 3, 4 change your leg! I am shouting in English, because I do not master Swahili language. For the first time we are exercising “live aerobics” with a cd music player. Girls in their school suits and mothers in their long skirts succeed amazingly, to be the first-timers; the inherent sense for rhythm and the unprejudiced mind certainly helps in embracing the new!



Before the fitness session we all gathered together for a short workshop to discuss teen age pregnancies and how to prevent them. The subject is familiar, but the fact that the girls and their mothers together openly talk about the topic might make a few cheeks blush...but the first steps are always the most difficult ones. Talking about steps, I noticed none of our enthusiastic fitness fans had any proper clothes or shoes for sports, but it did not wipe out the broad smile on girls’ faces, I just wondered how this smile could be imported into our schools’ fitness classes too..



Official Project Opening was held on 15.5.2010 and the day was named *“Day of Mothers and Daughters”*. It was promoted in all schools and a car with loudspeakers toured around ...and it was worth it, more than 200 girls and mothers were exercising and playing ball games on the school yard. A small active group of mothers and daughters from Nanyanga village was invited to perform traditional Tanzanian dances and songs. The spectators joined, even I tried to learn this African way to shake the booty, not that easy but at least I made everybody laugh☺...plenty of challenges ahead, also with the actual project, but we believe by supporting those girls -with the help of their mothers - we can make a change, step by step.

Fitness & sports activities are easiest to arrange directly after school, right before the home duties. Until now Sport Development Aid has been responsible of running the project, but to secure the future mothers will be the ones to carry on the activities. New groups will be founded in Mtwara and later this year in Sighida.

So far looking good, go girls go!” For FISAF; Virve Ollila, Sports for Mothers & Daughters, LiiKe



WORLD ANTI-DOPING AGENCY WADA



The World Anti-Doping Agency WADA

Mission is to promote, coordinate and monitor the fight against doping in sport in all its forms.

WADA was established in 1999 as an international independent agency composed and funded equally by the sport movement and governments of the world. Its key activities include scientific research, education, development of anti-doping capacities, and monitoring of the World Anti Doping Code (Code) – the document harmonizing anti-doping policies in all sports and all countries. WADA is a Swiss private law Foundation. Its seat is in Lausanne, Switzerland, and its headquarters are in Montreal, Canada. Furthermore it has regional offices in Africa, Latin America and Asia.



WADA works towards a vision of the world that values and fosters a doping-free culture in sport. A significant role has been given to **WADA's Athlete Outreach Program**, which is delivered at major multi-sport events, such as the Olympic and Paralympic Games, and other regional events.

Nearly 60 organizations are using some elements of the program in their national, regional or sport-specific activities. By adopting the Athlete Outreach Model, National Anti-Doping Organizations, National Olympic Committees, International Federations, National Federations, and other sports organizations can easily and efficiently deliver athlete outreach in their own countries or sports. Now FISAF has joined the numerous international organizations and will present the Outreach Program at the Worlds in Eindhoven.

More news to follow, in the meanwhile please revert to www.wada-ama.org





SportAccord International Convention



SportAccord International Convention is a 6-day gathering of 1500 leading representatives from international sport. The annual convention is held in a different country each year and encompasses the **Congress and General Assemblies of over 100 International Sports Federations (IFs) and their related Associations.**

SportAccord Convention's goal is to offer the international sports community an annual occasion to gather together in an exclusive and authoritative networking environment, to build relationships, expand horizons and broaden sport's collective endeavours.



As the city of London this week marks the start of the two-year countdown to the London Summer Olympic Games in 2012, the SportAccord Convention is preparing for the **global sport summit in London April 3-8 2011** at the Park Plaza Westminster Bridge Hotel in London. It will be the second time the SportAccord Convention is held in the Olympic host city one year before the Summer Games (following Beijing in 2007).

Every year SportAccord Week features a dynamic exhibition, numerous networking receptions and top-level conference sessions, including the City Forum, as well as the annual general meetings of the Sports Governing Bodies. The Convention attracts over 1,500 leading representatives. Read more at [SportAccord : Home](#)





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The Helsinki Olympic Stadium

Major concerts open the newly renovated Olympic Stadium

The Stadium Summer Season 2010 was opened exceptionally only in August with two mega concerts by BONO and rock band U2. Stadium has over gone a large – scale renovation which had started already in December last year and was completed just in time for U2. Concerts were on Friday the 20th and on Saturday the 21st, and an all time record audience of 100 000 fans saw the spectacle. This was the band's third visit to Finland since 1983, when they played at Turku's Ruisrock festival.



Photo by Henry Rodriguez

New winds blow at the Stadium -Wind Power

The Stadium Foundation had signed a significant contract to use wind power to generate electricity to all future concerts. "This is a clear sign that we are directed more towards sustainable and ecological solutions", comments Mr. Otto Lehtipuu, the chairman of the Foundation.

Wind power's growth is blowing Europe toward green goals. Europe is installing more wind power capacity than any other form of energy and wind is leading the way to making the continent's electricity generation 100% renewable by 2050. – Guardian Environment Network.

