

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



FISAF Newsletter
6/ 2010



WELCOME



Dear Friends

Welcome to enjoy the sixth FISAF Newsletter of year 2010.

FISAF wishes to thank all athletes, judges, organizers, partners and friends and families for attending and supporting the World Championships 2010, and for making the event a success!

We will meet again next summer in **Milano, Italy for the Europeans** and in fall in **Gold Coast, Australia for the Worlds!** And in the meanwhile some of you will be travelling to **Jyväskylä, Finland in July for the FISAF European Health and Fitness Forum 2011**, a perfect opportunity to combine a high-level seminar to some days on the Finnish Lake District – take boat trip to surrounding islands or enjoy the Summer Festivals with music, theatre and other festivities organized by the city.



<http://www.kahrs.com>

BECAUSE WELL-BEING MATTERS

In partnership with World Anti-Doping Agency





FISAF
Federation of International
Sports, Aerobics and Fitness Inc.

FISAF WORLD FITNESS and HIP HOP CHAMPIONSHIPS 2010 PHOTOS



Photos by Andy Smulders







FISAF "FITNUT OF THE MONTH"



Roger Gielen, the Netherlands



My experience organizing the FISAF World Fitness & Hip Hop Championships 2010:

Before I started to work at Ghering Management & Marketing last June, I didn't know anything about the FISAF or this event. Every week I was more and more surprised about the complexity of the event and the number of participating athletes. During the last weeks of preparation before the World Championships, it was a lot of work to get everything done, especially because of all the changes in the last few weeks that caused a lot of extra work; for future let's make things as clear as possible in documents, and set early deadlines. Most importantly, communicate that everybody needs to respect these deadlines. This will cause less stress and ambiguity in the last weeks before the event, for all parties involved. In the last week before this event, we made long days and had little sleep, but it was all worth it. It was a great event and hopefully we can organize it more than just once in the future!

My responsibilities during the event:

During this event, we had several roles inside the LOC. My role was to be the Sports Venue Manager and take care of the marketing & communication at the event. Sport Venue Manager shortly means to take care of all things that happen at the sports venue, ISE in Eindhoven. My day during the event started at 6.30AM by waking up and having breakfast. I had to be at the venue at 7.30AM, in order to take a look if everything was ready for the day, because of the arrival of the first athletes at 8.00AM. During the day, I was very busy to check if everything was going well, as well as answering lots of questions. After the competition I stayed at the venue, making sure everybody left the premises, which meant around until 10.00PM. As you can tell, those were very long and responsible days!



Roger (left) and the Ghering Team

My recent activities:

After my graduation at the Fontys University of Applied Sciences, for the study Sports Marketing & Sports Management, I started to work at Ghering Management & Marketing in June of 2010. During the first months, I was a full time employee for Ghering Management & Marketing. As of September, I started as a part time employee, making roughly 24 hours a week. This was because I also started my master study, 'Strategic Management', at the University of Tilburg. Now I am trying to combine a part time job with a full time study, something that requires a lot of self-discipline. It is hard work, but I like it, so I can deal with the pressure! As for what the future holds? I don't know, hopefully a long lasting project at work or a trainee/internship during my study in a faraway country!



Roger & his favorite hobby surfing

One last thing: I really want to thank everybody for a great time during the World Championships 2010!!



SHORT NEWS



WADA Athlete Outreach Program in Eindhoven



WADA's Outreach Program was implemented within FISAF for the first time during the World Championships in Eindhoven, the Netherlands in October 2010. A stand, with anti-doping material and a banner, was placed close to the main entrance to the venue, where everybody – athletes, coaches, family members and spectators – could see and reach it easily and learn about WADA and the dangers and consequences of doping and drugs. Program was also presented to the members at the annual General Assembly.

More information: www.wada-ama.org / <http://www.wada-ama.org/en/Education-Awareness>

LiKe Sports for Education “Moms & Daughters”



FISAF was happy to continue in Eindhoven to promote its Social Responsibility project with LiKe and to collect aerobic clothes for young girls and their mothers in Tanzania.

Next step is to see our first FISAF volunteer instructor heading to Tanzania for an unforgettable life-time experience, hopefully soon!

*If you are interested please contact;
info@liike.fi or fisaf@fisaf.org*

LiKe – Sports & Development is a Finnish non-governmental organization. Its purpose is to promote culture of sports and sports development cooperation in developing countries. Sport attracts children to school in developing countries. LiKe concentrates on increasing the school attendance by organizing sports events and seminars as well as providing sports equipment to the schools.



FISAF

Federation of International
Sports, Aerobics and Fitness Inc.

FISAF FUTURE EVENTS & CONVENTIONS



FISAF EUROPEAN HEALTH AND FITNESS FORUM 13.-14.7.2011, JYVÄSKYLÄ, FINLAND



- **2 Day Seminar**
- **Members from the world ´s largest fitness organisations**
- **FISAF**
- **Fitness and Wellbeing club owners from around Europe**
- **Professionals from the Fitness & Wellbeing Industry**
- **New ideas and tools to expand business, create less retention and reach a wider audience for fitness and wellbeing industry.**
- **Registrations and information:**
www.fisafinjyvasyla.com

République Tunisienne
Ministère de la jeunesse des sports
et de l'éducation physique

PRO-FIT CLUB
WWW.PRO-FIT-CLUB.COM

**2^{ème} Anniversaire
CONVENTION DE FITNESS**
Aerowhite-night Theme blanche estivée

prix : 60 DT / PC
places limitées ...

18 - 19 Décembre 2010

Hôtel el mouradi Palace
Kantaoul - Sousse
Soirée Latino-House avec DJ ACH

Tel : 23 58 88 40 - 71 66 35 00

VITA TOP
SOUKES

2^{ème} Anniversaire
PRO-FIT CLUB
WWW.PRO-FIT-CLUB.COM

CONVENTION DE FITNESS

Hôtel el mouradi Palace
El Kantaoul - Sousse

15H.00 : accueil
16H.00 : Step (Hammadi / Bassem)
17H.00 : LIA initiation (Marouenne)
17H.30 : Step (Zied / Hammadi)
18H.30 : LIA (Marouenne)

22H.00 : Aerowhite-night (LIA Team PRO FIT CLUB)
00H.00 : Salsa disco (Fares)
00H.30 : Soirée avec DJ ACH

09H.00 : Aquagym (Hammadi)
10H.00 : Workstreich (Marouene)
10H.30 : LIA (Bassem)
11H.30 : Step (Hammadi)

04H.30 : Step initiation (Bassem)
15H.00 : Workstreich (Hammadi)

FISAF
INTERNATIONAL
FEDERATION OF SPORTS
AEROBICS AND FITNESS



FISAF
Federation of International
Sports, Aerobics and Fitness Inc.

FISAF WORLD FITNESS AND HIP HOP CHAMPIONSHIPS 2011



The 2011 FISAF World Championships will take place at the Gold Coast Convention and Exhibition Centre, Gold Coast, Queensland, Australia, from Tuesday 18 to Sunday 23 October 2011.

- 4000 spectators in the Venue, at any one time
- Trade Fair – demonstrations & displays
- Kids and Teens Fitness Expo
- Food and Beverage Outlets throughout
- Extensive Warm up Areas
- Wide range of accommodation packages available, from service apartments to 5 star hotels
- All accommodation within easy walking distances of the Venue.
- Cafes, restaurants, bars, and the famous Gold Coast beaches surround all accommodation options.
- Visit www.fisafaaustralia.com in February 2011 for more information





FISAF MAIN OFFICE



Fisaf Main Office

Olympic Stadium, Torniporras
(Paavo Nurmen tie 1)
00250 Helsinki, Finland

Tel. +358 40 771 7800

Fax. +358 10 296 1511

Web site www.fisaf.org

Email fisaf@fisaf.org

Main Office Staff

Secretary General

Riitta Hämäläinen-Bister

Office Manager

Minna Lauri

Project Manager

Hanna Sarkeala



The Helsinki Olympic Stadium

Summer view from the Stadium Tower towards Helsinki Center and Suomenlinna Islands.

