

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



FISAF Newsletter

7 / 2010



FISAF
Federation of International
Sports, Aerobics and Fitness Inc.

WELCOME



Dear Friends

Welcome to enjoy the seventh and the last FISAF Newsletter of year 2010. The European Championships location and dates are now confirmed, please read more on the page 9.

On this edition to be found also some fresh photos from the Worlds 2011 and an interesting and fun story by Diana Klimentova Minarikova on how our athletes use their prize money earned in Eindhoven, and updates on conventions and championships.



FISAF wishes you all peaceful holidays,

<http://www.kahrs.com>

BECAUSE WELL-BEING MATTERS

SEASON'S GREETINGS AND HAPPY NEW YEAR 2011!





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FISAF WORLD FITNESS and HIP HOP CHAMPIONSHIPS 2010 PHOTOS





FISAF PRIZE MONEY

... and how our best competitors are usually using it for their best?

by Diana Klimentova Minarikova, FISAF PR & Communication Committee

As a tradition of last few years already, also during the FISAF World Fitness and Hip Hop Championships in Eindhoven 2010, first three best seniors of each category (Individual Men, Individual Women, Mixed Pairs, SA Teams, Fitness Aerobic, Fitness Step and Hip Hop teams) received their respective prize money. We asked most of the medalists from Eindhoven 2010 what they will do with their prize money afterwards. Here you can read through some of the “top” answers:



SA teams 1-3 place



Mixed pairs 1-3 place

The winner of men’s category, **Brenton Andreoli** (AUS): “What a surprise for me to receive money as a prize. That was great! I’ve only ever received medals. We don’t receive any money in Australia, not even at our National Championships. I opened up a new bank account, so I can save for the next time I need to fly to Europe for the World Championships. Looking forward to the next World Champs, here on the Gold Coast, Queensland, Australia.”
 Second in men’s category, **Jan Pochobradský** (CZE): “I would like to write something funny but unfortunately I use the money for the next choreography or music. If I would have won more money, funnier my answer could be now ...”

The winner of women’s category **Denisa Baresova** (CZE) is going to use her prize money for the next season, while silver medalist **Rita Niemi** (FIN) usually uses her prize money for the coming medal party! “Last time we ate pizza in Amsterdam with my prize money and then I bought some clothes! “, explains Rita her style of spending prize money. **Kylie Thomas** (AUS), third in women’s category answered that in Australia her sport is completely self funded, so for athletes from her country who are lucky enough to win prize money at World Championship events it generally goes towards the next competition expense, whether it be competition shoes, costumes or competition registration or similar.

Gold in mixed pair, **Veronika Šindelářová** and **Pavel Sirotek** (CZE) bought TRX exercise training equipment and with the rest of prize money they will pay music for the next season.

First place in sport aerobic teams belongs to **Tereza Cihlářová, Radka Cihlářová** and **Zuzana Reissová** (CZE). They were pleased to find out that they won such prize money and it was a great honor for them so they have decided not to spend it immediately but to save it instead and use for something worthwhile. “Among many other possibilities the best option seems to be using prize money for our new costume for next year. We think that the costume is very important and we think it is a good investment. However, the happiness from the first place was so great that we have already used a small part of the money for a little celebration- we enjoyed ourselves, relaxed and evaluated the end of another successful season. This really helped us to gain a lot of motivation for training for next year “

Gold medal in fitness step category belongs to **Oxygen Příbram** (CZE) and their manager confirms that they will use their prize money for the next year costumes and competition music. However, bronze medalist in the same category **SSUACE Samara** (RUS) spent their prize money for buying official photos, printing some photos and frames for photos and also for a special dinner.

On behalf of the second team in fitness aerobic category **Synergy Fitness** (AUS) coach Claire McGee: “This year I paid for car hire, accommodation in Eindhoven prior to competing and Amsterdam afterwards. I kind of sponsor the athletes as it is so challenging to train, work, save and live.... I love coaching my 'family' of super talented athletes with hearts of gold. We had no idea that prize money would be awarded. The girls unanimously gave the money to me..... So the coach has the Euros and the girls have the medals and we both have fond memories of a fantastic competition. Looking forward to next year.”

“We used our prize money we won to pay the diamonds and glitters, because we wanted to be even more beautiful 😊 so we had bought it already before the competition“, said Lucie Hrdličková on behalf of the whole **Fitness center Hanky Šulcové** (CZE), third place in fitness aerobic.

The best team in Hip Hop category, **JUST BLACK** (RUS) spent part of the prize money for buying official photos and the rest was equally divided between team-members. This team would like to win 800 EUR per person next time 😊 . Manager Anton of the bronze medalist hip hop team **BROOKLYN** (RSA): “Our athletes normally spend their prize money before they get to the airport, mainly on fitness shoes“

From the next year it will be obligatory, as it was agreed on General Assembly in Eindhoven 2010, also for LOC of FISAF European Championships to give prize money to the best senior competitors. It is great novelty of FISAF International and it will surely motivate not only competitors and their coaches, but will make FISAF events even more prestigious for all sports aerobic, fitness and hip hop “lovers”.



Mixed pairs, 1-3 places (by Jaroslav Appeltauer)



Just Black, RUS (by Yana Shtoda)



EHFA LONDON SUMMIT 2010



European Health & Fitness Sector Outlines its Main Priority:

Promoting the Benefits of Physical Activity

EHFA - the European Health and Fitness Association - are hailing the success of their 3rd annual National Associations Forum. The Forum, which was part of the EHFA London Summit, held on 22 and 23 November, 2010, brought together more than 70 of the sector's important stakeholders from across Europe to debate the future and potential of health and fitness. Delegates also discussed the progress made over the past year. Sixteen national associations, a representative from the European Commission, and several other expert guests presented a wide range of topics. EHFA released the Executive Summary findings of its European project entitled 'Becoming the Hub' of which recommendations were discussed and agreed by all to an audience that included representatives from the USA, Australia, South Africa, and Russia, and who then signed a Public Pledge.



Representing FISAF and attending the Standard Meeting in London were John Nel, Jana Havrdova, Stefan Westerback and Tatiana Polukhina, and on the Associations' Meeting Riitta Hämäläinen-Bister.

On the photo from the Education Committee in Eindhoven; Stefan Westerback, Tatiana Polukhina, Ananda Nel and Jana Havrdova.



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CONVENTIONS



RUSSIAN FITNESS FESTIVAL
CONVENTION AND TRADE SHOW



Russian Fitness Festival

March 30 - April 2, 2011

The largest & the most significant fitness event in Russia!

- **Fitness Convention with more than 200 master-classes & lectures** with the best professionals from Russia, the USA, Germany, France, Hungary, Spain, Italy, the UK and others
- **Business Conference** for 300 fitness industry specialists
- **Trade Show «Fitness Industry 2011»** – 3000 square meters, newest sport and fitness equipment, inventory, clothes, nutrition, sport floors, magazines, books, media
- **Aqua convention** – 3 days of theory and practice
- **Fitness Marathon** for 2500 Children – an unforgettable 2-hour fitness class
- **Seminars** for PE School Teachers
- **Grand Fitness Party** for all participants of the Festival

16-years history

17 000 visitors

The largest Russian
indoor sport facility
– Olympic Stadium



To find out more info about this exciting event
or to book your place contact:

+7 495 755 6264

e-mail: UdalovaTA@wclass.ru

www.fitness-convention.ru



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FISAF NATIONAL CHAMPIONSHIPS 2011



FISAF Swiss Open Fitness Championships 2011



Together with its partners, FISAF SWITZERLAND is pleased to invite you to the FISAF Swiss Open Fitness Championships 2011 which will take place on the 2nd and 3rd of April 2011 in Pfäffikon Switzerland

The Championships venue is Turnhalle Weid, near the Lake of Zurich, and only 15 minutes from City of Zurich.

As last year there will be a panel of international judges allowing all participating athletes to have feedback prior to the European Championships 2011.

Registrations will be open on December. Benefit from early bird prices and its discount conditions by registering as soon as possible.

You can soon find all the information under <http://www.fisaf.ch>

For all requests for information, do not hesitate to contact: nathalie@fisaf.ch





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FISAF EUROPEAN FITNESS & HIP HOP CHAMPIONSHIPS 2011



FISAF European Fitness & Hip Hop Championships, Torino, Italy 22-26.6.2011

FISAF is pleased to announce that the Europeans will take place next year in beautiful Olympic city of Torino, situated on the left bank of the River Po, and surrounded by the Alpine Arch.

Torino is located in an extraordinary charming district, between art and history, nature and culture, sport and tradition. In Torino and near the discovery never ends: from the first capital of Italy to the Olympics Alps, from the Canavese hills to the peaks of the Gran Paradiso.



How to get there

Air

Torino Caselle Airport - 25 km 35'
Milano Malpensa Airport - 145km 1h40'
Milano Linate Airport - 168km 1h50'
Bergamo Orio al Serio - 190km 2h

Train

Torino Porta Susa Railway Station - 6km 5'
Milano Central Railway Station - 155km 1h:50'
Milano – Torino 1h/1h30'



Local Organizing Committee:

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The Helsinki Olympic Stadium



Swimming Stadium was built in Helsinki for the 1940 Olympics. The war broke out the same year and the Olympics were postponed to be held year 1952. During the war the pool was used for food storage.

The Swimming Stadium is nowadays very popular place for summer fitness and relaxation. Pool area contains for instance a gym, café, volleyball and basket ball courts, table tennis and children's own pool.

