

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



FISAF Newsletter

1 / 2011



FISAF
Federation of International
Sports, Aerobics and Fitness Inc.

WELCOME



Dear Friends

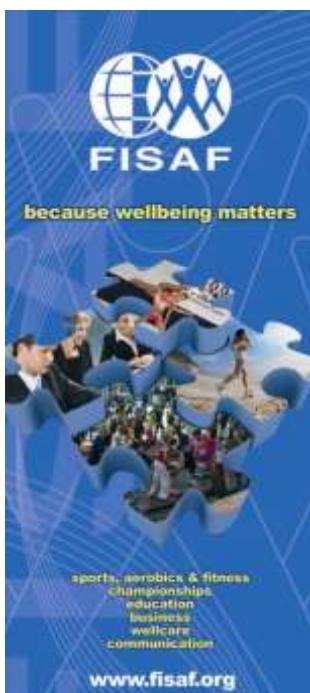
Year 2011 started with sad news about our President **Jitka Polaskova**. We all send our condolences and sympathy to her family in Czech Republic, Jitka will always remain in our memories.

The FISAF World Fitness & Hip Hop Championships will be held on the Gold Coast, Australia, in October 2011. The Event will cover 5 days from Tuesday 18th October to Saturday 22nd October inclusive.

In spring 2011, full Event Packages will be released covering accommodation, tickets to the World Championships, transport, entry fees for athletes and much more!

Watch www.fisafaaustralia.com for all the information you need to share in the excitement of Worlds 2011 in Australia.

BECAUSE WELL-BEING MATTERS



Happy athletes at Worlds Medal Ceremony in Eindhoven, Netherlands 2010.



FISAF EUROPEAN HEALTH & FITNESS FORUM 2011



Welcome to Jyväskylä for the FISAF European Health and Fitness Forum 2011!

*The forum is hosted by FISAF and Jyväskylä Booking at Jyväskylä Paviljonki International Congress and Trade Fair Centre. **Early Bird registration is open until 1st of April!***

The 2-day forum enables participants to come together for new ideas and tools to expand business, create less retention and reach a wider audience for fitness and wellbeing industry. Visit our web-site for more details: www.fisafinjyväskylä.com



Jyväskylä Paviljonki is truly a most versatile congress and trade fair centre in the heart of Finland. The three companies operating in Paviljonki are Jyväskylä Congress Centre Ltd, Jyväskylä Fair Ltd and the Keskimaa Group, which is in charge of Paviljonki Restaurants. Paviljonki provides superb facilities for meetings, conferences, exhibitions and trade fairs as well as diverse entertainment events. Our meeting rooms, exhibition halls and restaurants are all under the same roof – right in the city centre.

Speaker presentation: *Michaela Polaskova, “Functional Approach in Fitness”*

Michaela Polaskova works as a movement therapist in Prague, Czech Republic and is a lecturer of the educative workshops for Czech Aerobic Union (FISAF), Czech Association Sport For All, Holmesplace, Balance Club and Charles University for several years, has a strong background of oriental belly dancing and exercising on body balance. She is currently participating in a 5-years psychotherapeutic body-oriented training in Biosynthesis.

Other Key Note Speakers:

Timo Rökköläinen, Herman Rutgers, Jarrod Saracco, Lisa Marie Gawthorne and Viking Bergström. See more on www.fisafinjyväskylä.com.





Event Program (Tentative and subject to minor changes)

www.ectorino2011.com

WEDNESDAY JUNE 22nd

- 9.00 - 18.00 Arrival and registration all delegations
- 9.00-13.00 Judges Arrival and check-in
- 10.00-17.00 Floor testing and music check
- 13.00-14.30 Lunch Judges and Athletes
- 15.00-16.45 Judges Briefing for Open SA and Fitness Judges
- 17.00-20.30 Preliminary Sport Aerobic Cadet and Fitness categories**
- Men, Women, Mixed Pair, Teams
- Fitness, Step

THURSDAY JUNE 23rd

- 8.30 – 9.00 Judges briefing SA
- 9.00 - 14.00 Arrival and registration (For those not able to register on Wednesday)
- 9.00 - 12.00 Semi Final Sport Aerobic Cadet**
- 11.00 – 12.00 Judges briefing Fitness
- 12 .00– 13.00 Judges meeting SA
- 12.15 - 14.00 Semi Final Cadet Fitness categories**
- 14.00 - 14.15 Announcement of finalists for all Cadet Age Division
- 14.15 – 15.15 Judges meeting Fitness
- 14.15 - 16.15 Preliminary Sport Aerobic Junior**
- Men, Women, Mixed Pair, Teams
- 16.15 – 17.15 Judges briefing SA
- 16.20 - 17.20 Preliminary Fitness Teams Junior**
- 17.20 - 17.35 Announcement of semi finalists, Junior Sport Aerobic Age Division
- 17.45 - 18.45 Semi Final Junior Fitness categories**
- 18.45 Announcement of finalists for Junior Fitness Age Division
- Fitness Judges Meeting
- 19.00 - 20.35 Semi Final Junior Sport Aerobic Junior**
- 20.35 - 20.45 Announcement of finalists for Junior Sport Aerobic Age Division
- Hip Hop Judges briefing

FRIDAY JUNE 24th

9.00 - 11.30 Preliminary all Hip Hop Categories

- Cadet, Junior, Senior

11.30 – 12.00 Lord Mayor Reception - City of Turin

11.30 - 12.00 HIP HOP judges meeting

12.00 - 13.00 Semi Finals all Hip Hop Categories

12.30 - 13.30 Judges meeting Sport Aerobic and Fitness Senior

13.00 Hip Hop Judges debriefing

13.45 - 15.45 Preliminary Sport Aerobic and Fitness Senior

- Women, Men, Step, Fitness, Teams, Mixed Pairs

15.45 - 15.55 Announcement of semi finalists

16.00 - 16.15 Opening ceremony of the FINALS, CADETS and JUNIORS categories

16.15-18.00 CADETS FINALS

- Women, Men, Fitness, Mixed Pairs, Teams, Step, Hip hop

18.00 - 18.30 Award ceremony for CADET categories

18.45 - 20.45 JUNIORS FINALS

- Women, Men, Fitness, Mixed Pairs, Teams, Step, Hip hop

20.45 - 21.00 Award ceremony for JUNIOR categories

SATURDAY JUNE 25th

8.30 – 9.00 Judges meeting, Sport Aerobic and Fitness

9.00 - 13.00 Semi Final Sport Aerobic and Fitness Senior

- Women, Men, Step, Fitness, Teams, Mixed Pairs

13.00 - 14.00 Break

13.00-14.00 Judges meeting, Sport Aerobic and Fitness

14.00 - 14.30 Opening ceremony

14.30 - 18.30 Senior finals, all Categories

- Hip Hop, Women, Men, Fitness, Teams, Step, Mixed Pairs

18.30 - 19.30 Award ceremony, Seniors

20.30 - 01.00 FINAL PARTY at PalaRuffini

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production and communication

booking



FISAF Italia

Aerobic Federation Italia

www.federazioni.com





In Memoriam Jitka Polaskova



"On behalf of FISAF International, I would like to express our deepest and heartfelt condolences to FISAF President Jitka Polaskova's family. Jitka's death is a great loss for us all and for the FISAF as a whole. Her extraordinary commitment and enthusiasm promoting the values of FISAF, as well as her great contribution to our federation will remain in our memory forever. She was always ready to give advice and to help. She was a beloved friend and we will miss her tremendously."

"We thought of you with love today
But that is nothing new,
We thought about you yesterday
And days before that too.
We think of you in silence
We often speak your name,
Now all we have are memories
And your picture in a frame.
But in our memory you are with us
As you always were before.
You left us beautiful memories"



Jitka's funeral was attended by the FISAF Honorary President Stephane Barthelemi and Secretary General Riitta Hämäläinen-Bister.



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NEWS



Danish National Hip Hop Championships 11.4.2011, Horsens Forum, Denmark

See more on <http://www.fisaf.dk>

FIBO

**The Leading International Trade Show
for Fitness, Wellness and Health
will take place in Essen, Germany
on 14-17.4.2011.**

FISAF as federation will attend FIBO, and hopes to see many of FISAF Friends and Members there!

See more on <http://www.fibo.de>



FISAF Portal is now open!

Visit www.fisafworld.com and become active!





LIIKE MOMS & DAUGHTERS IN TANZANIA 2011



Liike ry and Project "Sport for Moms and Daughters" wishes to thank FISAF for the past cooperation. All the donated aerobic and fitness clothes were personally taken to their destination. Moms and daughters had a speed start also in Singida and there too the group was very active and the aerobics and fitness lessons were greeted enthusiastically by the Mamas. In Mtwara we had two new groups created out of five schools, which indicates that the project has been successful and we hope to continue it in the future. The need for the sports clothes and shoes is huge, as neither moms nor daughters ever before have had a chance to have own neither hobbies nor money to buy any clothes.



With happy faces and laughs we hold the sports moments and discussed the serious matters in between; nutrition, teen-age pregnancies, life style, children's rights etc. Very important topics, as the goal of the whole project was to keep girls longer in the schools and this way later obtain an education and work.

Along the project mothers have started to work in cooperation and to think of new ways how to get finances, and one of their goals is to buy more school costumes for girls, which is just amazing! Let's keep the Moms & Daughters in the move and let's create new opportunities for the future, step by step!

Wishing everybody a warm spring and a lot of sun shine in our minds and bodies!

Moms & Daughters Coordinator, Liike ry

Virve Ollila





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Minna Lauri

Project Manager

Diana Minarikova

(Starting 29.3.2011)



The Helsinki Olympic Stadium

Jokerit - HIFK "Winter Classic" outdoor ice hockey game in Olympic Stadium

February the 5th Olympic Stadium served as an ice hockey arena, when two of the Finnish Top Teams Jokerit and HIFK faced official league game. Last time Olympic Stadium hosted such an outdoor hockey event was 70 years ago, in February 1941. Total around 40.00 spectators enjoyed the nostalgic match in the cold and clear winter weather, and the atmosphere was unforgettable.

