



Vision : Enrich the lives and health of all Fijian through physical activity and sport at all levels.
Mission : To encourage every citizen to actively participate in sports and physical activity for a healthy nation
Values : Integrity, Service Excellence, Accountability, Transparency, Teamwork, Safety and Security



From the Editor's Desk

By the end of the third quarter, a total of **37,392** people across Fiji had either participated or benefitted from programs organized by the Fiji National Sports Commission

Program highlights for the quarter ;

- Sports Outreach Program and Train the Trainer Program in Rewasa Ra.
- "Oso Mai Ra" Wellness Initiative to kick off
- Cicia Schools in Lau visited
- Fiji Sports Coaches Forum, an initiative of Fiji National Sports Commission, ONOC and FASANOC attracted over 70 coaches of different sports.
- 14 community coaches who were accredited through Train the Trainer Programs were rewarded for their efforts in the community by being invited to be part of the Coaches Forum and participate in the Annual NSO Sports Conference at the Grand Pacific Hotel.
- Saiasi Bose attended the regional Strength and Conditioning Educator's Course and is on course for accreditation.
- New FNSC Staff attended the OSEP Educators Course
- Trained Volleyball Referees officiate in Labasa Red Cross Volleyball Tournament
- Fitness Leaders in Central Urban Division make a mark
- NRL happy to join Sports Commission's Sports Program
- Community Assistance to Newborn Rugby 7's and Netball Tournament – Naitasiri
- Special Olympics celebrate World Down Syndrome and World Autism Awareness Day

Happy Reading

Joji Liga
Sports Development Manager
& Editor

Third Quarter Highlights

Western Division Hosts Sports Outreach Program, at Rewasa Village, Ra

Rewasa Village which is 5 minutes drive out of Rakiraki Town was the host of the programs in Ra in April. Rugby, volleyball, netball and rugby were the main sports at the program. The Fitness Leader's Program is has now become part of the Sports Outreach Program to align with the health objectives of the program. 103 participants from 16 villages participated in the weeklong program. The five tikina's represented included; Naroko, Saivou, Rakiraki, Nalawa and Naiyayala. The following sports facilitated coach and referee accreditation at the Train the Trainer Program; Rugby Referees – Soccer D-Licence Coaches – Netgo Netball Coaches – Volleyball Community Coaches. Honorable Minister of Youth and Sports Mr Laisenia Tuitubou officially closed the weeklong program and awarded certificates to the 103 participants.

Fiji Netball in partnership with Fiji National Sports Commission Delivers Netgo Coaching Accreditation for Rakiraki Teachers.

The Educate the Educator Program of the Sports Commission provides opportunities for teachers in schools to be up-graded in their knowledge and skills of different sports. Netball conducted their Netgo Coaching Program in Rewasa where 25 primary school teachers from the Rakiraki area participated. This was the first time the Fiji National Sports Program facilitated a Netgo Netball Coaching Program for teachers as part of its Educate the Educator Program. The online registration of teachers to participate in this program posed some challenges on this program but our western staff worked around this well through the limited resources available to get all 25 teachers fulfill the online requirements.



FIJI NATIONAL
SPORTS
COMMISSION

Meet the Development Team



Sports Development Manager
Joji Liga



SDO North
Saiasi Bose



SDO West
Charlene Lockington



SDO East
Josia Tuinamata



SDO Central
Elesi Ikanidrodro



SDO Central
Saula Koroi



ASDO North
Savneel Prasad



ASDO North
Tabua Kaikimoce



ASDO West
Timoci Bakanivesi

ASDO Central
Viliioni Rarasea



ASDO Central
Mitieli Savu



Educate the Educator Participants List

No.	Names	School	Male / Female
1	Eta Marama	Rakiraki District School	Female
2	Sereana Kaususu	Vatukoloko Secondary School	Female
3	Mirdula Sharma	Naroko Primary School	Female
4	Vimi Rasiga	Navunibitu Catholic School	Female
5	Lavenia Nakadavu	Vunidawa District School	Female
6	Vasiti Serukalou	Vunidawa District School	Female
7	Pio Ciriyawa	Nalawa Central School	Male
8	Samisoni Tokova	Waimari Primary School	Male
9	Emi Vosa	Naroko Primary School	Female
10	Cagi Ravaga	Rakiraki District School	Male
11	Fulori Nailitiwai	Navunibitu Catholic School	Female
12	Tarisi Nialau	Naroko Primary School	Female
13	Seruwaia T	Waimari Primary School	Female
14	Ana Kulaniloga	Navitilevu District School	Female
15	Semiti Qalo	Waimari Primary School	Male
16	Tevita Musudole	Naroko Primary School	Male
17	Anaisi Liwa	Nokonoko District School	Female
18	Samuelua Bale	Nalaba District School	Male

Oso Mai Ra Wellness Initiative to Kick Off in Ra.

Following the success of the Ra Sports Outreach Program Honorable Minister Laisenia Tuitubou of Youth and Sports proposed a wellness program for the villages that attended the training to activate the Fitness and Wellness Leaders trained at the program to give something back to the community. The Sports Development Unit quickly put together a proposal to use a committee of Fitness Leaders under the guidance of our Wellness Expert, Sunia Rakuita and our Western Division Staff. The initiative will run over 12 weeks where a village will host a wellness program each week. The Fitness Leaders will run wellness programs on a daily basis to conclude with an inter-village music dance competition where prizes will be offered. We will bring you more highlights in our next issue.

Fiji Sports Coaches Forum Attracts Interest

The first ever Fiji Sports Coaches Forum took place at the Albert Park Complex in Suva thanks to the initiative of the Fiji National Sports Commission, Oceania National Olympic Committee and Fiji Association of Sports and National Olympic Committee (FASANOC) Over 70 coaches at all levels of coaching converged at the Albert Park Complex to rub shoulders and share their experiences, the challenges they face and how they could contribute to raising the profile of sport in the country.



Participants from the First Fiji Coaches Forum held at Albert Park, Suva Fiji on 8th - 9th March, 2018. Fiji Sports Commission was proud to have supported this initiative with ONOC through their OSEP program and FASANOC

National Coach : Vicky Wilson and Flying Fijian Strength and Conditioning Consultant, Jeff Marsh were among the experts who presented on their experiences in the field of coaching. The following sports were represented at the forum, netball, tennis, volleyball, karate, athletics, rugby union, hockey, rugby league, table tennis, basketball, cricket, AFL and swimming. An outcome of the forum was the collective input of coaches on how they can work more effectively with national executives of sporting bodies in the operations of individual sports. A four member team was selected from the forum to represent the coaches forum at the National Sports Conference at the Grand Pacific Hotel in Suva.

14 community coaches trained through FNSC's Train the Trainer Program were part of the two day program as part of the Fiji National Sports Commission's recognizing the efforts these coaches have put into developing their sport in their communities. The commission viewed this as an opportunity to expose these community coaches to higher level coaches and share their experiences and learn from the more senior coaches in the forum.

Here are some comments from community coaches who attended the forum;



Daniel Tazim (Volleyball) – Labasa

“I was fortunate to be part of this forum and learn new ideas from fellow coaches who have far more experiences than me”.



Vilitati Onoitoga (Rugby) – Lakeba, Lau

“I found the session on LTAD model very exciting. So far we have coaching the wrong way with too much focus on competition for beginners which should be more participative and fun for children”



Katarina Vueta – Hockey Coach from Levuka in Ovalau.

“I found the forum beneficial because it gave me an opportunity to learn what other coaches do in their different sports”



Tome Taqini (Volleyball) Ovalau

“I developed good networking at the forum and now know that I have people to refer to whenever I am in need of help”



FNSC Staff trained as OSEP Educators and Master Educators

Staff of the commission attended a two day OSEP Training for Master Educators and Educators at the Albert Park Facility . The following staff of the commission attended the training;

1. Charlene Lockington – Educator Training
2. Timoci Bakanivesi – Educator Training
3. Miteli Savu – Educator Training
4. Vilisini Rarasea – Educator Training
5. Saula Koroi – Educator Training
6. Saisai Bose – Master Educator Training.
7. David Denton (Peace Corp Volunteer) – Master Educator Training.

This brings to full capacity our staff trained as OSEP Educators with an extra two trained as Master Educators. Our total OSEP Trained Personnel stands at Master Educators x 4, Educators x 7. Up -skilling staff in the area of trainer development under OSEP pathways increase our trainer capacity as a Training Provider. In addition, Saisai Bose attended the regional Strength and Conditioning Course held in Nadi while Josia Tuinamata joined a team of Regional Master Educators who now prepared facilitate course in country and regionally. We congratulate the two staff for their outstanding efforts in these areas of training.

The commission is preparing to sign an MOU with OSEP to become a registered Training Provider.

Cicia Schools in Lau benefit from Educate the Educator Program and Kids in Community Sports Programs

Eastern Division staff, Josia Tuinamata and Vilisini Rarasea return from Cicia in Lau in February to conduct an Educate the Educator Program and Kids in Community Sports Program. Five primary schools benefitted from the Kids in Community Sports (KICS) Program. These included Tabutoga Village School, Mabula District School, Natokalau Primary School, while 16 secondary school teachers from Cicia High School attended the Educate the Educator Program. The 21 primary school teachers attended indoor sessions on the roles of the Fiji National Sports Commission and the different programs run by the commission in the community. Teachers had the opportunity to ask general sports questions on different areas of sport. They were given soft copies of sports notes on topics presented.



Cicia Primary School Teachers at the FNSC Presentations

279 primary school children were beneficiaries of the Basketball, Tag Rugby, Kids Athletics and Cricket programs conducted by the commission. Cicia High School Teachers were up-skilled in athletics disciplines to help them with their preparations for Coca Cola Games, 2018.



Community Assistance to Red Cross Volleyball - North



Red Cross Volleyball Tournament Action.

A total of 90 participants competed in the Red Cross Volleyball Tournament in Labasa as part of its community assistance programs. Interestingly 4 trained Volleyball Referees through the Train the Trainer Program officiated at the tournament. These were; Sairusi Wereivalu, Jone Matasere, Vilimaina Ravula & Daniel Tazim. Great to see our trained referees engaged in community programs.



Action from Cicia Programs



Saiasi Bose (SDO North) Attends Professional Development Regional Strength & Conditioning Course, Nadi

Regional Strength and Conditioning coaches gathered in Nadi for a weeklong Strength and Conditioning Program. The course covered the following topics; Principles of Training, Components of Fitness, LTAD, Functional Assessment, Physical Profiling, Game Demands & Needs, Speed & Conditioning, Field based Fitness Testing, Pool Recovery, Strength & Power, Gym Workouts & Planning & periodisation]. The course helped S&C Coaches gain more knowledge of S&C and its application, Professional development to strengthen work force, level 2 World Rugby Strength & Condition Accreditation and building networks with other regional countries



Strength and Conditioning Coaches in Nadi

Central Urban Division Fitness Leaders Make Impacts

The Fitness Leader Concept is attracting a lot of interest in the Central Urban Division with trained Fitness Leaders recording good turnouts at Aerobics and Zumba Sessions.

Bruce Aitchen of Valenicina Settlement and Kaliopate Levena of Qauia conducted the aerobics session during a Lami Youth Network Wellness program.



Metu of Tamavua Village conducted an aerobics session at the Nasese Police Compound Wellness Program.



Netani Muri of Namadi was invited by the Central Rural team to conduct an aerobics session during the wellness program in Davuilevu. Netani was also part of the Tamavua Train the Trainer Program.



National Rugby League Takes the Sport to Primary Schools



Report from NRL – Manager Ema Vereivalu



BULA!!! & HAPPY FRIDAY TO ALL!!

Brilliant start to the long awaited weekend today as the NRL Fiji Team visited Lomary Catholic Primary School all the way in Serua in Conjunction with [Fiji National Sports Commission](#) - Community Sports Program.

Despite the blistering heat and sun, Class 6,7 & 8 Students of Lomary Catholic powered through with smiles and laughter during the 'League for Life Program' today.

NRL Fiji Development Officer - Anisito Komai presented 5 NRL Mini Rugby League Footballs to Primary School Teacher MRS Karolina Tanono as a thank you for having us attend their school today. All participating students also received their own 2017 World Cup addition of NRL Rugby League Magazines.

Thank you once again to Fiji Sports Commission and to our neighbouring NSO's for the commitment into the Development of Sports in Fiji!

A Safe and Great Weekend to all.

Fiji National Sports Commission Assists Newborn Rugby 7's Tournament

Brief Report by Joji Liga (SDM)

The Fiji National Sports Commission was today part of the two day Newborn Rugby 7's and Netball Competition at the Muaira District School Grounds in Wainimala. The festive atmosphere at the grounds was encouraging to see. The commission assisted the organisers through its community assistance funding by meeting referee costs for the two day meet. The commission conducted a Sports Outreach Program at Matainasau Village across the river from Muaira District School in 2014.

Four years down the road we are witnessing a program organised at such a high level of organisation. Thanks to the efforts of the Newborn Rugby Club of Waibasaga Village who was the driving force behind this year's event. Club Manager Rev Kitione Tabuoivalu acknowledged the assistance of the Fiji National Sports Commission and promised that next year's event will be bigger and better. Vying for top prize money are teams like champion Wainimala Teams Seniboro and Matainasau Babas who will face a tough challenge from the police team from Suva who is boasting sevens stars in the likes of Rio Rugby Olympic Gold Medalist team member Kitione Taliga.



Newborn Rugby 7's Action in Wainimala Naitasiri.

Central Division Organises Inclusive Sports Program for Special Olympics

The Suva Special and Special Olympics Committee invited FNSC Central Division, to facilitate their Inclusive Sports Day for families with Intellectual Disability. The sports were modified to suit their abilities. The day also marked the World down Syndrome Day and World Autism Awareness Day. The students and parents joined in the program to make it an inclusive affair.

The teachers, parents and family members were all excited and happy with the student's achievement at the end of the session, because most of the activities were fun and enjoyable.

I take this opportunity to appreciate and thank the FNSC staff, Resources Personal and Management for your support towards this program. *Elesi Ikanidro - Sports Development Officer – Central Division*



Sports Development Participation Numbers as at 3rd Quarter 2017-18

Program	Males	Females	Total
Sports Outreach Program	242	140	382
Train the Trainer Program	295	101	396
Educate the Educator	72	80	152
Kids In Community Assistance Program	10,540	10,240	20,780
Wellness	1,893	2,324	4,217
Inclusive Sports Programs	781	611	1,392
Community Assistance	4,313	1,697	6,010
Central Urban Youth Programs	3,499	564	4,063
Total	21,635	15,757	37,392

For further enquiries; contact our divisional offices;

Head Quarters

Fiji Sports Council Complex, Laucala

Fiji National Sports Commission

P.O.Box GC 78

Garden City, Raiwai,

SUVA Telephone (679) 3300288 Fax (679)3300299 Website : www.fjisports.com.fj Facebook Page : Fiji National Sports Commission

Sports Development Manager : **Joji Liga** Phone 0388401 Email : jliga@fjisports.com.fj

Northern Division : **Saiasi Bose** : Phone 9388349 Email : saiasi@fjisports.com.fj

Central Division : **Elesi Ikanidro** Phone : 9388359 Email : ikanidro@fjisports.com.fj

Western Division : **Charlene Lockington** Phone 9388262 Email : charlene@fjisports.com.fj

Eastern Division : **Josaia Tuinamata** Phone 9388416 Email : josaia@fjisports.com.fj

Central Urban Division : **Saula Koroi** : Phone 9929403 Email : saula@fjisports.com.fj