



**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



The second quarter of the year was an exciting one. The Eastern Division Team conducted a Sports Outreach (SOP) and Train the Trainer Program in Lakeba Lau (TOT). Rugby talents were identified in Lakeba, then placed on playing and refereeing pathways by Fiji Rugby Union. The Northern Division facilitated a Train the Trainer Program for 15 clubs in Labasa. Assistant Minister of Sports Iliesa Delana officiated at the opening of the

Train the Trainer Program - a first for the Central Urban Division - involving ten (10) communities in the Lami Zone. Central Urban Division has structured the communities in the Greater Suva Area from Pacific Harbour to Nasinu by dividing them into zones as the commission moves its Train the Trainer focus to the urban areas to accommodate the growing number of youth population in the urban areas. Outrigger Canoeing joined the Train the Trainer Program for the first time by offering coaching accreditation at the program. Fiji Volleyball Federation trialed out its revised community coaching program under Coaching Director, Sainimili Saukuru which also proved a huge success. Ra Provincial Youth Sports Tournament organized at Saivou District School Grounds proved to be a great success following the Train the Trainer Program conducted in Bu relevu Ra in 2017 where organisers of the provincial tournament were trained. 12 youth clubs were established or re-established in Ra when follow up on the Ra Program was conducted in December. 8 clubs on Ovalau to form the Ovalau Volleyball Association following the conduct of the SOP and TOT Programs in Ovalau. Awaiting affiliation with Fiji Volleyball Federation. Over 2400 youths converged in Laucala on 15 and 16 December to participate in the Southern Division Youth Sports Tournament. The Fiji Police Force and Fiji National Sports Commission initiative was possible following the signing of a partnership between Fiji National Sports Commission and Fiji Police. The program involved; rugby 7's, netball, soccer, volleyball and tug of war. The competition was organized on police post basis

Joji Liga  
Sports Development Manager & Editor

## Second Quarter Highlights

### Lakeba Sports Outreach and Train the Trainer Program

The Sports Outreach and Train the Trainer Program conducted in Tubou Village, Lakeba, Lau attracted participants from all 8 villages in Lakeba. Following the Lau Trip by the Minister of Youth and Sports, Honorable Laisenia Tuitubou in 2017 where the Fiji National Sports Commission was represented through Sports Development Manager, Joji Liga, initial talks were held with the Community Police Networks regarding hosting the program in Tubou. The Fiji National Sports Commission had later signed an MOU with the Fiji Police Force where this partnership was formalized not only in the Southern Division where it was initially targeted but throughout Fiji. We bring you highlights from the Lakeba Sports Outreach.

- The sports of volleyball, rugby coaching and refereeing, netball and cricket were involved following requests from the youths on the island.
- Accreditation was offered in rugby coaching and refereeing, volleyball coaching/refereeing and cricket coaching.
- The Lakeba Youth Sports Council was established to represent all villages on the island.
- Lakeba Police acted as consultant in the council
- Arrangements and logistics were coordinated through the Police Network on the island
- Lakeba Rugby Referees Association was formed following the training of Referees through Samu Tuidraki, World Rugby Referee Coordinator.
- Two rugby players and two rugby referees were identified and placed on development pathways.
- The Annual Vanua Tournament was organized with minimal disturbance and trouble following the accreditation of referees to control the rugby games in December.

We bring you this story from a referee who was identified at the program.

### Lakeba Report

FRU Development Officers/Scouts (Ben Soso and Samu Tuidraki) identified raw talent at the Lakeba Sports Outreach Program last November, 2017 and wasted no time in putting them through potential career pathways. This is an account of one of young referee Ledua Tuitubou identified in Lakeba during the program who has now moved to Suva to study and pursue his referee dreams through the Suva Rugby Referees Network. The second referee is Risiata Ciri 2017 Head Boy of Ratu Finau Secondary School who has moved to teacher training at FNU

FIJI NATIONAL  
SPORTS  
COMMISSION

### Meet the Development Team



Sports Development Manager  
**Joji Liga**



SDO North  
**Saisasi Boise**



SDO West  
**Charlene Lockington**



SDO East  
**Josia Tuinamata**



SDO Central  
**Elesi Ikanidrodro**



ASDO Central Urb  
**Sada Koroi**



ASDO North  
**Savneel Prasad**



ASDO North  
**Tabua Kauitimoci**



ASDO West  
**Timoci Balkanivesi**



ASDO Eastern  
**Vilioni Rarasea**



ASDO Central  
**Mitieli Savu**

Lautoka and chase his referee dreams through the Lautoka Rugby Referees Association. The other young player identified by Ben Soso was 15 year old Ravunivadra Uluilakeba earned himself a spot at Marist Brothers High School after his raw talent was identified at the program. The other player Lenatitasi Cakacaka will join the FRU Rugby Academy and has also joined the group of talents identified at the program. This is a classic example of how the commission and NSO's can work in partnership to identify talent out there for development into sports pathways, be it playing or officiating.

### Lakeba Rugby Referee Find Nov 2017

#### Profile

Name: Ledua Qalobula Tuitubou

Date of Birth: 6th February 1998

Village: Waitabu, Lakeba

Height: 175 meters Weight: 63kg Occupation: Student [Rt Finau Secondary]

Sporting Background: Member of Waitabu Rugby Club and always play as a First or in the half back position.

2016 – Represented Ratu Finau Secondary School in Volleyball

2017 – Member of the Waitabu Rugby Team

2018 – Enrolled at FNU – Accounting and Economics.

Phone Contact: 7346499 Email Address: [qalobulatuitubou@gmail.com](mailto:qalobulatuitubou@gmail.com)

#### My Story

I first learnt to become a rugby referee when the Fiji National Sports Commission visited our shores here in Lakeba. They arrived in November of 2017 and created awareness during their Sports Outreach Programs, and one of the sports that they brought was rugby. I had to choose between Rugby Coaching and Refereeing. I didn't wait and I took it upon myself that this is a pathway and a passion of my dream that I can follow and do well in. I registered my name under referee.

Throughout the week I learn as much as I could from World Rugby Referee Educator – Samuela Tuidraki and I am so happy to learn from the best. We did World Rugby Level 1 MO's Course with Theory and Practical. We did Presentation and group work on rugby ready and practical on referee positioning, communication, hand signal / body language, running lines and AR's lead and trail.

It was a very resourceful week with theory and practical sessions happening together. This way I could understand the principles of refereeing, roles of referees and roles of AR's. During practical we work on checklists for tackle, scrums, lineout, ruck and maul. We also did our online exam and received our certificates.

**First Assignment:**

After receiving my certificates my first assignment was the Annual Lakeba Sports Day – the annual vanua sports tournament that takes place on Tubou every December. The tournament attracts people of Lakeba from all over Fiji. We had our briefing with other fellow referees and I began to feel the confidence within myself that I can do this.

We had our schedule called out to us and I had to start with the Under 16 grade where I controlled 3 games and then I progressed to the Under 19 grade where I controlled 4 games.



With my outstanding performance the games committee moved me up to the Open Grade where I controlled 9 pool games, 2 games in the Quarter Final and 1 game in the semi final. The biggest achievement in my career which had just started was when I was approached to control the Open Grades Final which was the main game of the day. This was the highlight of my life. With confidence building in me, and the enthusiasm I had, I controlled the game well. I know I have the talent to get into career pathway that can take me places that I've never been to before.

**Studies**

I have moved to Suva to study at FNU at the same time will chase my referee career with the help of Samu Tuidraki who identified me in Lakeba.

**Thank You.**

Ledula Q Tuitubou  
19 January 2018

**Lakeba Talent Identification**



Rugby Referee – Ledula K Tuitubou



Rugby Player – Ravunivadra Uluilakeba

**REPORT FROM THE LAKEBA YOUTH SPORTS COUNCIL**

By; Inise Uluvula (W/IP), Station Officer – Lakeba

**Lakeba Youth Sports Council**

1. The committee has been formed and these are the post holders:
  - a. President - Eroni Katonisau: Nukunuku
  - b. Secretary - Lagilagi Uluiqalau: Levuka village
  - c. Ass. Secretary - Tevita Volavola: Waitabu village
  - d. Treasurer - Akanisi Maramanivalu: Nasaqalau village
  - e. Ass. Treasurer - Jeremaia of Yadrana village
2. Village representatives
  - a. Alipate Volavola - Vakano
  - b. Laijipa Jijiwa - Tubou village



- c. Iliesa Tuitaru - Tubou village (Lakeba Youth President)
- d. Isoa Kaitani - Levuka village

3. The Station Officer/Lakeba, W/IP Inise Uluvula is the advisor to the committee.
4. The Lakeba Annual Sports Event was held on 26, 27, 28 and 29<sup>th</sup> of December, 2018 where games were run by the referees and the Sports Administrators that attended the workshop.
5. Two boys were identified there and then, now attending Marist Brother High School:
  - a. Ravunivadra Musuka
  - b. Lenaitasi Cakacaka
6. Another two were also appointed, now they are in Suva:
  - a. Petero Cabebulu who played for Ben Soso's team during the Uprising 7s, 2018
  - b. Ledua Qalobula – wanted by the Fiji Referee association, now with FNU
7. The competition was one of its kind because there was no confrontation or interference done by the spectators, like what used to be experienced in the past.
8. Donation from the Fiji Sports Commission was \$500 and \$2,000.00 from a Tubou villager who is now residing overseas.
9. Prizes are as follows for the main games in their open category:
  - a. Rugby - \$1,000, runners up - \$500
  - b. Netball - \$800, runners up - \$400
  - c. Volleyball - \$500, runners up - \$300
  - d. There are prizes for other sports, the best players were also given prize money.

10. There is a rise in criminal activities initiated from liquor; the table below show the stats from the last 3 months:

	Nov 2017	Dec 2017	Jan 2018
Burglary	1		3
Assault	1	1	1
Drunk and disorderly	3	1	3
Criminal Trespass			3
Manufacturing of Homebrew	1	1	1
Theft	2	3	4
Missing from home	1		1
Annoying		1	1
Indecent Assault			1
Damaging property			1
<b>TOTAL</b>	<b>9</b>	<b>7</b>	<b>19</b>

There were good number of people that came from Suva during this event and this could be the cause of the rise.

The ground was well codoned by the Police who provided security during this 4 days event.

I would like to extend our appreciation to the Fiji National Sports Commission, for the changes sport has brought about on the island.

Central Urban Division Rolls Out Train the Trainer Program.



Assistant Minister of Sports Opening Central Urban Train the Trainer Program



Paddling Community Coaches at the Program

Assistant Sports Minister Honorable Iliesa Delana officially launched the first Train the Trainer Program for Central Urban Division involving 10 communities from the Lami Zone in December. The communities include; Suvavou, Quaqia, Vale ni Cina, Delainavesi, Nadonamati, Lami Koro, Navikinikini, Kalekana, Namuka and Veisari. Over 50 participants participated in the three day program. Participants were accredited in Rugby Level 1 World Rugby Coach, Volleyball Coach and Outrigger Canoeing Coach. Fiji Outrigger Canoeing President, Rachael Elaise was a delighted person after Outrigger Canoeing joined the accreditation program for the first time. Coach Educator Lilian Trail with Rachael's assistance delivered the three day program which saw ten (10) participants receiving their community coaching accreditation allowing them to be able to coach the sport at the community level.



Learning the basics of paddling



Paddling coaches take to the water



Coaching Participants

All 10 communities sent a representative to undergo OSEP's Sports in Community (SIC) Program at which was facilitated by Master Educator Josia Tuinamata of the Fiji National Sports Commission. Participants at this first workshop were very excited about being the first lot in the urban division to be trained in the Train the Trainer Program normally targeted towards rural communities. At the end of the training each community is expected to formally set up their multi-sports clubs which would now form under the Lami Zone Banner. Competitions can now be organized under the zone banner – the idea is to build the community through sports. The partnership with Police is probably the best arrangement in place to train and empower the youths in the community. Sports Development Officer, Saula Koroi was pleased with the outcome. He adds that similar training packages are in place for other zones in the Greater Suva Area.

**Southern Division Youth Sports Tournament (Fiji Police and Sports Commission Initiative)**

The Southern Division Youth Sports Tournament involving 2400 youths from Pacific Harbour to Nasinu was successfully hosted at the Fiji Sports Council facilities from the 15 and 16 December. Southern Division Community Police and the Fiji National Sports Commission jointly facilitated what was deemed the biggest sports tournament to be held in this part of the country. Rugby 7's, netball, volleyball (mens and mixed) and soccer were the sports involved. Youths competed in their respective police post teams. The Sports Commission assisted in the technical areas of organizing the tournament including the formation of tournament sub-committees to prepare defined areas of responsibilities. It was a learning experience for the police officers and youths who were part of the organizing committee for the tournament to run a tournament of such magnitude. Organising the hundreds of youths and selecting teams was no easy feat for the community police officers who had to coordinate with the organizing committee to fulfill registration and competition requirements. For some communities it meant organizing competitions to select their teams. They then had to organise training, uniforms and other logistics in the three weeks leading up to the tournament. The program started with a march from Kauvesi Park in Raiwai led by the Fiji Police Band to the Fiji Sports Council Car Park where the opening took place. Acting Minister of Sports Osea Naiqamu opened the two day program who highlighted governments support towards young people of this country which is reflected in the biggest allocation of government budgets going towards the young people of Fiji.



Action from Southern Division Youth Sports Tournament 15 and 16 December, 2017



**Northern Division Organises Urban Train the Trainer Program**

36 participants from 14 clubs around Labasa attended the five day program at the Labasa Scouts Hall in December. Volleyball, Rugby Union and Soccer were the three sports that accredited participants with

community coach accreditations. Netball provided refresher course for umpires but did not accredit participants due to demands by netball in the north. For the first time World Rugby Strength and Conditioning Program were accredited through S&C Accreditation on making them the first lot of S&C Accreditation in Fiji National Sports Commission Programs. The need for S&C knowledge and skills to supplement coaching remains a high priority amongst our coaches considering the competitive nature of sports at international levels. It is important that coaches at the very basic levels of coaching pathways understand strength and conditioning principles, periodization principles, long term athlete development (LATD) model and its application in order to correctly apply coaching in a sport. The certified participants will be monitored on their practical applications as part of the accreditation process.

#### Coaches Accreditation Data for Second Quarter 2017-18

##### Accredited Participants

Sport	Numbers Accredited	Accreditation	Accrediting Officer	Accrediting Body
Volleyball		Community Coach	Asesela,Laisenia	Fiji Volleyball Federation
Rugby Coaches	25	World Rugby Level 1 Coach	Ben Soso	World Rugby
Rugby Referees	25	Participation Referees	Samu Tuidraki	Fiji Rugby Referees Association
Va'a Outrigger Canoeing	10	Community Coach	Lilian Trail	Fiji Outrigger Canoeing
Strength and Conditioning	15	S&C Level 1	Lemeki Savua, Saisai Bose	World Rugby

#### Ra Provincial Youth – a Great Success

Following the Burelevu Sports Outreach and Train the Trainer Program in Ra, participants organized a provincial youth sports tournament at Saivou District School. It involved 32 rugby 7's teams, 11 netball teams and 5 volleyball teams. The tournament allowed NSO officers who conducted the accreditation in Ra to revisit the participants and assessed how they run the tournament as part of workplace assessment. Organisers of the tournament secured some sponsors and other income for the tournament to the tune of \$7,060.00 to cover their expenses amounting to \$6,450.00. Such experience give our trained participants opportunities to organise tournaments more and bigger tournaments. The full games results were as follows;

**Rugby** [Cup winner-Mosquito I, Runner Up – Namara I, Losing Semi Finalists – Koroka and Rosi ni Baravi]

**Netball** [Winner – St Francis, Runner Up – Nawaqavesi Netters, Losing Semi Finalists – Korolevu Warrior and Naiova]

**Volleyball** [ Winner – Nebs, Runner Up – Nalaba]

In the lead up to the tournament, seven new clubs were registered with the Ministry of Youth and Sports. Registration came about because of the interest generated by the competition. The newly established clubs are; Matakavou Youth Club, Burelevu Youth Club, Lado Youth Club (Naviti), Koroka Youth Club (Nabalabala), Nab room Youth Club, Burenitu Youth Club, Nasavu Boxing Club – already affiliated with Fiji Amateur Boxing Association.



Ra Provincial Youth Sports Pictures



#### Ovalau Volleyball Association Formed

Volleyball remains a popular sport in the community and an easy sport to organise given the minimal resources required to organise a competition. Following the Sports Outreach and Train the Trainer Program in Wainaloka Village, Ovalau in June, 2017, accredited volleyball coaches and referees have started a volleyball league on the island which now sees eight active clubs compete weekly at Nasau Park in Levuka. This has led to the establishment of the Ovalau Volleyball Association. This report from Sarah Tafo'u – Lomaiviti Youth Administrator ;

##### ovalau volleyball association

The Ovalau Volleyball Association is a newly formed association to cater for all volleyball teams in Ovalau. We are yet to be affiliated with Fiji Volleyball Association (FVA) which is also one of our aims.

Our objective is to:

- Give each athlete the opportunity to develop into being the best possible volleyball player they can be.
- Instill our athletes the values of hard work, discipline and cooperation within a team environment so they can learn to experience success through collective effort.
- Develop athletes for our community, whether they be athletes, coaches, officials or community leaders.

The Ovalau Volleyball Association is only able to serve the youths in our community through the generous support of local sponsors. These donations give the youths the opportunity to thrive within a positive team environment.

We also hold the HIV volleyball titles which were held last year, December 2017 which was hosted by Ministry of Health. We currently host weekly tournaments at Nasau Park with teams from Vagadaci, Baba Settlement, Draiba, Nasinu, Visoto, Viro to name a few. Our aim also is to take one or two teams to the National Championship to represent Ovalau. Current Clubs participating; Black Hawk, Highway Eagles, Vagadaci, Nasinu, Veiyasana, Combine

Attached is some pictures of weekly Saturday's games which is also can be viewed through our Facebook page: Ovalau Volleyball Association. Log onto our facebook page; *Ovalau Volleyball Association* for more information.



Action from Weekly Volleyball League – Levuka



## Wellness Programs Numbers Pick Up in the West

Wellness Programs particularly in the west continue to register a lot of interest among business houses and schools following the increased awareness and public perceptions of the threats of non-communicable diseases in the community. Requests for aerobics and physical activity sessions received through our divisional offices reflect this. Our staff have been on the go on the ground organizing aerobics and zumba sessions which are incorporated with sports activities as we mobilise our people towards becoming physically active.



Wellness Action from Lautoka Schools, Fiji Corrections Services Staff and Tropic Woods Staff

## Sports Development Participation Numbers as at Second Quarter 2017-18

Program	Males	Females	Total
Sports Outreach Program	183	97	280
Train the Trainer Program	218	71	289
Educate the Educator Program	27	32	59
Kids in Community Sports Program	6,725	6,975	13,700
Wellness Program	1,444	1,350	2,794
Inclusive Sports Program	576	396	972
Community Assistance Program	3,344	1,171	4,515
Central Urban Youth Program	3,097	408	3,505
<b>Total</b>	<b>15,614</b>	<b>10,500</b>	<b>26,114</b>

For further enquiries; contact our divisional offices;

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