

Welcome to the Newsletter of the Games Organizing Committee!

ISSUE 3 MAY 2022



# Sol2023 UNVEILS MASCOT

**More Detials on Page 7** 



## Welcome

This is the official Newsletter of the 2023 Pacific Games, published and distributed on a monthly basis.

It contains updates and news from the Games Organizing Committee, Facilities Committee and the SINIS High Performance Centre.

This publication is produced by the Media & Communication Deparment of the 2023 Games Organizing Committee.

#### **CONTACT US:**

Sol2023 Office Sea King Building Central Honiara

**Tel:** (677) 43210

Email: PLilomo@sol2023.com.sb

#### **FOLLOW US ON:**





#### We're on track

PM assured that all facilities will be ready in time for the Games

**p**6





#### **Mascot Winner**

Local artist announced as winner of Mascot competition

p10

#### **Radio Show**

Sol2023 Fortnightly radio show gains momentum

p11





### **G-Province support**

Here we highlight local staff working with the different committees responsible for Sol2023

p11

#### **Venue Use Signed**

Venue Use
Agreement
signed with
schools for
Games Village

p12







#### **Sponsors Prospectus**

GOC launches
Sponsors
Prospectus with
local business
Chamber

p14

#### **Regional Businesses**

GOC engages with regional businesses with virtual presentation

p15





#### **Cluster Managers**

Meet the Sol2023 Cluster Managers from our Sport Delivery Dept

p16



## Solomon Islands Govt takes delivery of 'Training Track & Field'

ess than one year since the ground-breaking ceremony of the 2023 Pacific Games Stadium Project in May 2021, the People's Republic of China (PRC) handed over the first of the eight projects under the Pacific Games Stadiums project that is constructed by China Civil, Engineering and Construction Company (CCECC).

The 'training track and field' designed as a support field for the main Pacific Games stadium, and an early replacement of the old track and field at KGVI Grounds, east of Honiara where the main national stadium is currently under construction.

The official handover took place on Friday 22nd April, 2022. Solomon Islands Prime Minister, Hon. Manasseh D. Sogavare received the brand-



new track and field facility from H. E Ambassador Li Ming of the Peoples Republic of China.

The 'practice track and field':

 Boasts Solomon Islands' first ever, all-weather, full length synthetic four-lane

Continue next page



ABOVE & BELOW....The 'training track and field' in east Honiara.

#### from previous page

400-metre running track with a 6-lane 100-metre sprint lane,

- A full-size field for Soccer and Rugby,
- Facilities for other athletic sports such as the jumps and hammer throw.
- It allows Solomon Islands athletes to train in a proper training field since the close of the old KGVI track and field
- The running track can be used immediately however the use of the field is being delayed until the new turf grass grows to cover the field surface,
- The field has water irrigation, water catchment, and drainage facilities to ensure the field has a good water management and drainage system.

Speaking during the handover ceremony, Prime Minister, Hon Sogavare said the 'hand over' of the 'practice track and field facility' marks another significant milestone in Solomon Islands' journey toward the



2023 Pacific Games.

The practice track and field facility is the first part of the two-facilities package. The second part is the '1000-seat secondary stadium'.

Apart from the 'practice track and field' and the 1000-seat secondary stadium, the other seven facilities that are being financed by the Peoples Republic of China (PRC) for the 2023 Pacific Games are:

- A new 10,000-seat national stadium,
- A new 6-court Tennis centre,
- A new Aquatic centre hosting a 50-metre

competition pool and a 25-metre practice pool,

- A new Sports
   Administration and Food court building,
- A new hocky field,
- A new 95 metre by 50
  metre multi-purpose hall

   which will be the largest hall in the country.
- A new PG2023 Games village at SINU Kukum Campus comprising 3 four storey dormitory buildings with a support hall that can accommodate 900 athletes during the Games.

## "Our Journey towards Sol2023 is on track": PM Sogavare



Solomon Islands Prime Minister, Hon Manasseh Sogavare reiterated that by June 2023 most of the facilities will be completed.

ake a drive eastward in Honiara City today and you will witness the rapidly changing landscape of Solomon Islands''Sports City' for the 2023 Pacific Games.

Solomon Islands Prime Minister, Hon Manasseh Sogavare has reiterated that by June 2023 most of the facilities will be completed while some are just undergoing final completion checks before being handed over to the Solomon Islands Government.

The Prime Minister made the assurance recently during the official handover of the track and field practise facility funded by the People's Republic of China (PRC). This is the first of nine facilities that PRC is financing. The other 8 facilities will be handed over incrementally as they are completed with the final handover being that of the national Stadium after May 2023.

"We have gone past the point of no

return in the hosting of the 2023 Pacific Games," Hon Sogavare said.

"Within the next few months, the new Futsal multipurpose hall will be handed over by the Government of the Republic of Indonesia.

"During the second quarter of 2023, the Sol2023 SIFF Football Academy will be handed over from the contractor. We expect to complete a small marine centre to host Water Sports by middle of 2023.

"So, in summary, our journey toward the 2023 Pacific Games is on track," he added.

Prime Minister Sogavare highlighted that the investment in the 2023 Pacific Games is much more than an investment in two weeks of sports.

"It is the catalyst that is helping this country right now to emerge from the negative impacts of the COVID-19 pandemic because it is putting money into our economy, employing our local people and local contractors," he said.

The Prime Minister also stated in Parliament earlier this year that by the 3rd quarter of 2023, the 2023 Pacific Games will be the single largest employer in the country for several months with numbers between 9,000 and 10,000 employees, contractors, and volunteers.

"Most importantly, the investment in the 2023 Pacific Games is a direct investment into the future of this country.

"Never before, had any government of this country invested so much in the future of human development through sports, physical and mental health, and wellbeing in the way the 2023 Pacific Games had enabled my government to do since our political independence," he said.

## **Mascot Unveiled**



he Mascot for the 2023 Pacific Games in Honiara, Solomon Islands has been revealed.

The winning design was officially unveiled on Thursday 12th May, 2022 after the Sol2023 Games Organizing Committee (GOC) Board endorsed the winning entry after an expert panel of judges selected the winner from a total of over 19 entries received from local artists in the country.

The Mascot for the 2023 Pacific Games is a Turtle.

Games Organizing Committee (GOC) Board Member, Mr Robert Iroga said the Board agrees and endorses with the Turtle's significance to our society and community in terms of our country and region.

"In agreeing to that we also see the need to protect turtles as it is an endangered species in our region as well as in the Solomon Islands. Turtles are also not only found in the ocean but on the land too as the place of life and where life begins.

Also, it is common to all our islands and the region," Mr Iroga said.

He highlighted that the Mascot is a notable icon of any Games and the Pacific Games is no exception.

"For Sol2023, the Mascot will surely be a prominent feature of our Games especially in the months leading to November 2023. The mascot elevates the value of the Pacific Games by promoting friendship, unity and building sportsmanship.

"I am sure it will be the heart-beat of our celebrations as prior to the Games the Games will visit valleys, lagoons, mountains, terrains, sandy-beaches, our blue ocean to crossing rivers and lakes as it travels the width and the breath of our country.

"In a nutshell, it is a uniting factor for our country which I also believe will be a source of pride for our people," Mr. Iroga said.

The Mascot captures the spirit of the 2023 Pacific Games with a character that is representative of all regions

and peoples of Solomon Islands.

It is also authentic and imaginary, inspirational, fun, vibrant, positive and energetic. It is sporty, adventurous and friendly reflecting the theme for the 2023 Pacific Games that is "Challenge Celebrate and Unite".

Chairman of the Mascot Judging Committee, Mr. Robert Au explained during the launch that the selection criteria was based on five categories including originality, Solomon Islands' four national colours, character, creativity and functionality.

"I must say that the submissions were of very high quality and all of them are Solomon Islanders.

Local artist, Brain Feni was the winning Designer whose original drawing was digitalized to the 2023 Pacific Games Mascot which was officially unveiled on Thursday 12th May at the Sol2023 Headquarters in Honiara.

### 2023 GAMES INFORMATION SHEET!!

The first Pacific Games in Solomon Islands

From 19 November, 2023 Honiara will welcome 24 countries from around the Pacific region including Australia and New Zealand to compete across 24 sports... all in just 14 days of action.

## DATE

19th November to 2nd December, 2023

## WHAT ARE THE GAMES AND HISTORY?

The Pacific Games (formerly known as the South Pacific Games) is a continental multi-sport event competing Olympic sports, with participation exclusively from archipelagic countries around the Pacific Ocean. It was renamed the Pacific Games in 2015 the includion of Austraia & New Zealand. It is held every four years and began in 1963.

## **SOME STAGGERING FACTS!!**



5,000 Athletes



15,000 meals per day



3,000 Volunteers



**Bus Fleet (250 vehicles)** 



**1,000 Contractors** 



**Car Fleet (50 vehicles)** 



3500 Bed Hotel



**60 Tonnes of waste per day** 

### 2023 GAMES INFORMATION SHEET!!

## 24 Countries, 24 Sports

## **SPORTS**























LIFTING





LEAGUE 9























TABLE TENNIS

TAEKWANDO

TRIATHLON

VA'A

VOLLEYBALL

WEIGHTLIFTING

JUDO

## PARTICIPATING COUNTRIES



## **Mascot Naming Competition**

The Sol2023 Games Organizing Committee is seeking entries from school students in Solomon Islands for the naming of the 2023 Pacific Games Mascot.

The Mascot Naming Competition offers school students in the Solomon Islands a unique opportunity to get involved with the Games and create a lasting legacy.

The Winning Mascot design launched in Maywas chosen based on originality and the ability to capture the spirit of the games through a character that is sporty, adventurous and friendly.



## Local artist wins Mascot competition

Local painter and artist Brian Feni's turtle design will officially become the mascot for the 2023 Pacific Games.

Feni's turtle aims to raise awareness about protecting endangered turtle species in the country.

Out of 19 entries submitted by members of the local artist federation, Feni's masterclass was picked as the winner by a panel of expert judges.

Feni said he was very happy his design won saying this is by far the biggest achievement for his painting and artistic career.

"To win the competition is a big achievement for my career. I'm really happy for my entry to be picked as the winner," he said.

"I had to first decide what character I was going to draw and I took inspiration from turtles because it is a creature that can live in the oceans as well as the land.



Local Artist Brian Feni (centre) receiving the winner's cheque from Vice Chairman of the GOC Board, Jasper Anisi and GOC CEO, Peter Stewart.

"Not only that but turtles are an endangered species which we need to be protect so we need to raise more awareness about protecting them or else we might lose them.

"I think what made the turtle stand out was because most of the other mascot entries were birds. I had in fact entered two entries, one was the turtle and the other is inspired by the dugong fish," he said. Sol2023 GOC Chairman Peter Stewart said the unveiling of the mascot is an important stage in the country's preparation to host the Pacific Games November next year.

Feni's winning entry meanwhile qualifies for him for the \$25,000 cash prize offered for the mascot competition.



PAC SOLO CHALLENG

The Sol2023 Fortnightly Radio is ganinig momentum since the show in late March 2022 as the main communication mode of spreading information andd update to rural Solomon Islands where 80% of the

country's population reside.

The 10 minutes program with the National Broadcaster, SIBC, is hosted and produced by the Sol2023 Media and Communications Team.

The program will eventually become a weekly radio show and a half an hour program as of 2023 as we head towards the 2023 Pacific Games in November 2023.

## **Guadalcanal Stands behind Gov't in Delivering 2023**

Premier of Guadalcanal Province Mr. Francis Sade has conveyed his assurance to the Prime Minister's Office that his Province will always stand behind the Government in delivering ongoing policies as Guadalcanal Province gears up as host province of the 17th Pacific Games, 2023.

Premier Sade made this remarks at the Guadalcanal Provincial Headquarters when responding to a presentation to his Provincial Executive government, organized by the National Hosting Authority (NHA) who represent the Solomon Islands Government, for the Pacific Games 2023.

Games Organising Committee CEO Mr. Peter Stewart in his overview of the games said: "It is important that I present and highlight information on how Guadalcanal Province as the Host Province of the PG 2023 can be involved because we want local people and businesses to use every



Front Sitting - Guadalcanal Premier, Francis Sade, Games Organising CEO, Mr Peter Stewart and OPMC Rep Mr Bernard Bataanisia. At the back is the Guadalcanal Provincial Executives.

opportunity and to be able to grow as a result of the Games."

Mr. Stewart in his remarks further encouraged Guadalcanal Province and its people to grab the opportunity to be involved in the games as host province given the comparative advantage of close proximity to the Games Venue.

The Guadalcanal Premier Hon. Sade thanked Mr. Stewart for his overview and said: "As host province we are looking forward in supporting the PG2023 games and looking forward to working together to make it a success but most importantly as a province we would like to capture and maximize the benefits that are coming for our people."

## 'Venue Use' agreement for Games Villages signed



n Friday 13th May, 2022, Sol2023's Hosting Authority (NHA) and the Games Organizing Committee (GOC) signed agreements with seven (7) schools to become the Games Villages during the 2023 Pacific Games.

King George Sixth National Secondary School, St Joseph's Tenaru and St Nicholas College signed their contract agreement to allow their facilities to be upgraded and used as part of the Games facilities.

Deputy Secretary for the Education Authority, Christopher Sakiri said they are pleased King George Sixth was selected as one of the venues to host athletes when the games are delivered next year adding they are committed to fulfil their obligations.

"The ministry is fully supportive and is committed to ensure what is stated clearly in the agreement for the planning and finally the delivery



Executive Director of HNA, Christian Nieng (left) and GOC Chief Executive Officer, Peter Stewart signing the Venue Use Agreement.

of the games in 2023.

St Joseph's Tenaru Catholic School Deputy Principal, Abraham Haiuasi, also welcomed the recognition saying it will definitely benefit the school infrastructure and it students. "It will definitely benefit the school in two fold; motivation for our students to involve in sports activities and also it will be a great benefit for the school in terms of infrastructures

Continue next page

#### from previous page

development and uplift of the facilities.

"So indeed it is a great opportunity we cannot let go. We see it as very important for the school. We sincerely appreciate and welcome this development and so I would like to register here our greatest support to the national government, NHA and to the GOC," Haiuasi said.

St Nicholas College board chairman, Dr Alex Munamua also shared the same sentiments saying the school administration and the Anglican Church of Melanesia also welcomes this project.

The identified schools whose facilities will be used as venues for the Games Village are Solomon Islands National University (SINU) Kukum, Panatina and Marine campuses, KGVI, Tenaru, St Nicholas College and Don Bosco Institute (Henderson).



Venue Use Agreemenr signing with schools to become Games Villagesin 2023.



St Joseph's Tenaru Catholic School Deputy Principal, Abraham Haiuasi.



St Nicholas College board chairman, Dr Alex Munamua.

## **Sol2023 Sponsors Prospectus**

he Sponsors Prospectus for the 2023 Pacific Games is now available following our official launch on Thursday 7th April.

Thank you again to the Solomon Islands Chamber of Commerce & Industry for your continuous partnership with Sol2023 on behalf of your members of the business community.

This Sponsorship is about how the 2023 Games can help businesses use the event to leverage benefit that meets existing cooperate strategies.

The benefits businesses get and the marketing rights associated with a sponsorship of the 2023 Pacific Games can be tailored very much to an organization's needs.

Whatever relationship Sol2023 enters with any business or organization whether it is a cooperate partnership or a commercial arrangement, we always look for benefits to Solomon Islands and Solomon Islanders.

"We are looking for partners who are prepared to make serious commitment to the Games and linked to that commitment in return the opportunity for us to tailor marketing support for you and marketing opportunities you would not have unless it is in partnership with the Games," Sol2023 Games CEO, Peter Stewart, said during the launch.

Stewart said the Games will also create a unique opportunity to unite the nation, bring all the provinces together and also bring all the people of Solomon Islands together behind a common objective.

"It will be an event which people will talk about for years to come. People will tell their children and grandchildren about that period of time and their involvement in it.



CEO of the Solomon Islands Chamber of Commerce & Industry (SICCI), Ms Natalina Hong (left) and CEO fo the Games Organizing Committee (CEO), Mr Peter Stewart during the launch of the Sponsors Prospectus.

The 2023 Games Sponsorship Package consists of 5 Sponsorship Tiers:

- Presenting Partner SBD5 million plus
- Gold Sponsor SBD5 million
- Silver Sponsor SBD2 million
- Bronze Sponsor SBD500,000
- & Official Supplier SBD500,000

"It is a once in a generation opportunity to develop the capacity of businesses here in the Solomon Islands and we are really looking forward to providing an opportunity for businesses to grow and develop in this environment.

"The opportunity for businesses to develop new products, new services to be able to cater for Games needs, to be able to form joint-venture with other organizations that grow and strengthen those businesses.

"And we would hope this event will be able to help foster tourism and other business opportunities for many, many years to come.

"We need organizations to bring their expertise, their experience and their staffs on board and partner with us to deliver this wonderful project," the Sol2023 Games CEO said.

## Sol2023 engages with regional businsesses



ol2023 on 5<sup>th</sup> April engaged with the Australian Trade and Investment Commission, the Australia-Pacific Islands Business Council, and the New Zealand-Pacific Business Council, New Zealand Trade and Enterprise and the Solomon Islands Chamber of Commerce in a joint virtual briefing on the 2023 Pacific Games.

The Pacific Games 2023 is an opportunity for Australia, New Zealand and Pacific businesses to partner with local Solomon Islands businesses to offer goods and services to support the running of the event. Over the coming 12 months the Games Organising Committee will be running a series of open tenders and calling for expressions of interest in a range of sectors including catering, cleaning, information technology, event management, training and security.

This webinar was targeted at Australian, New Zealand and Pacific businesses who offer goods and services to the event sector, including those already active in or considering entering the Pacific



region.

2023 Games CEO, Peter Stewart delivered a presentation on the requirements for the Games and the procurement procedures for the goods and services required to support the successful delivery of the games.

Australia and New Zealand businesses are well placed to partner with Pacific Island businesses to supply the products and services needed to deliver successful projects and events in the Pacific like the Pacific Games and support operational capacity building for Pacific workforces.

The 2023 Pacific Games in Honiara will be the largest event in Solomon Islands' History. The event will be held between 19 November and 2 December 2023 and will feature athletes from 24 Pacific Island countries competing in 24 sports.

#### STAFF FEATURE

The Sol2023 Games Organizing Committee now has four (4) Cluster Managers within its Sports Delivery Department.

The Cluster Managers are the key individuals for each Federation within each cluster of six national federations and with their Technical Delegate possible back-up, they are the single point of contact for all technical sports coordination for the Federations until each of the 24 National sporting federations separated with their own competition sport manager.

## Meet the Sol2023 Cluster Managers



Name: Rob Dorovolomo

Age: 25

**Province: Choiseul Province** 

& Western Province

Rob Studied at the University of the South Pacific from 2017 to 2020. Majoring in Management and Information System.

He is also a national Table Tennis player for Solomon Islands having played at the Commonwealth Games in Glasgow 2014, the Pacific Games in 2011 ( New Caledonia, 2015 (PNG), 2019 (Samoa) and a Oceania Championship.

Before joining Sol2023 he worked as the Secretary General for Solomon Islands Table Tennis Federation in 202, worked for NOCSI as an Assistant Development Officer for Provincial Tours and worked under Oceania-ITTF funded table tennis programmes such as the Para Activity & High-Performance Camp in 2021

As Cluster Manager Sol2023, Rob looks after Archery, Hockey, Sailing, Swimming, Triathlon and Vaá & Kayaking. He will also be responsible for coordinating volunteers as part of his responsibilities.

"Being part of GOC is a great Honour because I will be helping my country to successfully delivery the Pacific Games. I have only seen the Games from an athlete perspective, and it is a new experience to see what goes on behind the scenes. This experience is priceless and I am so happy and excited to be part of this Journey," Rob says.



Name: Sarah Gale

**Province: Malaita Province** 

Sarah is the Cluster Manager for Outdoor Sports at the 2023 Pacific Games.

Before joining Sol2023, she worked for the Solomon Islands Rugby Union Federation as Coordinator for Get Into Rugby PLUS VALUES program.

Sara is honoured to be part of the Games Organizing Committee.

"I'm honoured to be part of an amazing talented team working together for a successful delivery of the 2023 Pacific Games," she said.



Name: Genevieve Keleni Province: Mono, Shortland Islands, Western Province

From years 2020 to 2022, she worked with Bmobile SI Limited in the Finance Department working as an Accounts Payable Officer. In 2019, Genevieve worked with National Statistics Office as a Field Enumerator for the 2019 Census. From 2017 to 2018, she was a Bank Officer with the Bank South Pacific in Honiara.

At the Sol2023, Genevieve is responsible for the following Sports:

- Judo
- Karate
- Taekwondo
- · Weight-lifting
- Power-lifting
- Bodybuilding

"It is an exciting experience and role to be part of an enthusiastic Sport Operation Team in working together as a part of the Games Organising Committee to achieve a successful delivery of the 2023 Pacific Games," she said.

Genevieve is already looking for to a successful sports program at the 2023 Games.

"I am looking forward to see an attractive Quality Sport Program come to life that brings athletes from the 24 PGA's an excellent Games experience together as we unite, challenge and celebrate this historical event and the first for our country Solomon Islands. I am humbled to be able to contribute and be part of a this huge sporting event and its Legacy," Genevieve said.



Name: Luke Paeni Province: Guadalcanal & Malaita Province

Luke graduated with a Bachelor of Commerce (Economics & Finance) from the University of the South Pacific (USP) and a Associate of Arts (Business Administration) from NMMI.

Before joining Sol2023 Luke worked as am RR Support Officer from Pasifiki HR and a Assistant Tennis Coach for the ITF Regional Tennis Center.

Luke represented Solomon Islands as an athlete at the 2017 Pacific Mini Games in Vanuatu, 2015 Pacific Games in PNG and the 2011 Pacific Games in New Caledonia.

As Cluster Manager for Sol2023, he is responsible for Table Tennis, Basketball, Volleyball, Boxing, Netball and Tennis.

"It is an honour to be part of the Games Organizing Committee for the Sol2023 Pacific Games. It will be one of the biggest events in Solomon Islands' history and the biggest stage in our region for athletes, coaches and officials. Through teamwork, we will set an enabling environment where all athletes can compete at their very best," he said.





# COACHES AWARDED HIGH-PERFORMANCE DEVELOPMENT SCHOLARSHIP WITH SINIS



SINIS High-Performance launched its inaugural Coach Development Scholarship Program for over 32 coaches from different sports

On Monday 4th April 2022, the Solomon Islands National Institute of Sport (SINIS) High-Performance program launched its inaugural Coach Development Scholarship Program for 32 successful coaches across 15 different sports.

The program is an intensive coach development program for aspiring pathway and high-performance coaches.

It aims to increase the number and diversity of Solomon Islands high-performance coaches who can contribute positively to future Olympic/Paralympic, Commonwealth and Pacific Games. The program also is to develop contemporary ways of delivering coaching to future generations of athletes through enhanced use of innovation and technology, advanced interpersonal and leadership skills, and an increased understanding of holistic athlete development.

The initiative will compliment the sport-specific technical coach learning conducted in conjunction with the International Federation (IFs).

This was following the completion of 3 Phase Interview process, and the program's Induction Phase 1 & 2 - where candidates were accredited by their National Sports Federations (NFs) and the High-Performance management to undertake designated scholarships available at the national institute.

The scholarship is a 5 months duration starting April to August 1st 2022.

It's a holistic coaching development initiative designed to enable national coaches to pursue and maintain a career within the high-performance system.

The coaches were introduced to a High-Performance Sport Ecosystem with the signing of the Performance Service team structure & roles, Performance models & Sport Pathway, Code of Conduct, Agreement, Clean Sports Agreement, Anti-doping Agreement, scholarship agreement and learn about PST Coaches in each Portfolios.

Phase 3 Induction is where the coaches will be provided with an overview of the coach development program and process to follow according to the High-Performance Portfolios of sports.

Education then begins right after Phase 3 Induction, where each Portfolio conducts Education Program with their coaches.

- 1. Online Core units Intro to coaching, Play by the rules, Covid Safe Coach, Duty of Care, First Aid – Online and Face2Face Practical Session
- 2. Coach Performance Model Core Modules – Performance Culture, Athlete Preparation- (Physical,

continue next page

#### from previous page

Mental & Wellbeing), Coach Preparation- (Technical, Tactical & General Principles), Talent Pathways, Leadership, Personal Development, performance Planning, Performance Management and Performance Review.

5. Coaches' weekly commitment is 20 hours or 4 hours per day in – (Sportspecific coaching, Athlete performance services, Talent pathway development,

Professional development, and well-being & Lifestyle performance)

The second coach scholarship group for this year will begin later in September also to be an Open Sports category.

The program is a key component of the SINIS Coach Development Strategy. It will be delivered in partnership with the National Federations and support coaches across all National Federations participating in the 2023 Pacific Games.



## SWIMMERS' FIRST GYM SESSION

More than 20 local swimmers came in for their first gym session in early May.

These sessions are part of the High-Performance staff to assist the Solomon Islands Swimming Federation (SISF) for trial selection and part of the federation's strategic development plan for upcoming competitions.

Swimming Coach Elias Maui who is currently on coach development scholarship at SINIS says that such High-Performance training is what the sport has anticipated and the federation is determined to develop swimmers

"I'm so happy we have been given the access to train in this top class facility. Our first gym session consists of basic swimming training regarding the using of the gym and full body movements and exercise," he said.

He adds that the swimmers first gym session had positive feedback from the athletes as they look forward to doing more in an environment that is conducive to both athletes and coaches.

According to SISF, there are 23 selected swimmers based in Honiara and they are working to get their provincial associations to organize a competition to pick out the best athletes.







**CHALLENGE • CELEBRATE • UNITE**