

PRESS INFORMATION

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Aerobic Gymnastics

AEROBICS ENJOYS A BOOM IN IRAN!

Interview by Grégory Alcan (FRA)

Moutier (SUI) FIG Office, June 23, 2008: For the first time in the short history of the Gymnastics Federation of the Islamic Republic of Iran, athletes participated in an Aerobic Gymnastics World Championships in April in Ulm (GER). The premier was popular and brought a strong response from people everywhere, while the entire Aerobics community enthusiastically hailed its arrival.

Today, Iran has taken one more step toward the development of the discipline. And as a result of the wise council and coaching of Gregory Alcan, the good-natured Frenchman with multiple international medals under his belt, Aerobic Gymnastics is enjoying a veritable breakthrough in Iran and the surrounding countries; we're excited about seeing these new champions participate at the highest level in the future.



Grégory Alcan, gymnast,
coach and educator

Recently, Grégory "Greg" Alcan met with and interviewed Mr Ahmad Mohtashami, President of the Gymnastics Federation of the Islamic Republic of Iran, and Hadi Gashempour, national coach for Aerobics.

A look at the interview:

Ahmad Mohtashami: *With an eye on the beauty and appeal of this discipline, and the importance of furthering such a magnificent sport, I had decided to incorporate the launching of Aerobics into my master plan when I assumed the Presidency of the Gymnastics Federation of the Islamic Republic of Iran. Today, after 18 months of activity, I see the fruit of my labour as a real success.*

We are building several strategies for promoting and developing top level aerobics. This will lead us to become one of the most active nations internationally in Aerobics in the near future.

We are instructing over 25 international judges at this time, and already enjoy a good national team equipped to compete at an international level.

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Gymnastics took root in Iran roughly 75 years ago through the prodding of a handful of military dignitaries. Today, the discipline has blossomed and enjoys wide national support.

We appreciate the collaboration of our French friend, Greg, and hope to maintain a good relationship with him in the future. Working together will allow us to move forward and to situate ourselves among the elite.



Straightforward collaboration between the President, national Iranian coach and Grégory Alcan.

Hadi Gashempour: *I've been the national coach since 2007, and have 20 years of experience in artistic gymnastics. From 2003 to 2005, I was a reserve gymnast on the national team. My degree is in physical education. From 2001 until last year, I coached the national university artistic team. In 2007, we invited a selection of gymnasts to create the national team in Aerobic Gymnastics. Together with eight of those gymnasts, we are building up the discipline in Iran.*

Today, the average age of these gymnasts is 19. They are all A team gymnasts, three of whom have been national champions. They are students in finance, chemistry, mechanics, and architecture, and they participate in training camps.

I have great aspirations for this team, and hope to take Aerobics to the top in the Islamic Republic of Iran. I feel satisfied with the results of a strategy we undertook a mere 13 months ago.

We hope to progress over the next two years and rank among the best at the 2010 World Championships, as well as at the International Age Group Competitions.



National Team of the Islamic Republic of Iran.

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