

The Old Southportonians' Association

In profile

Ten questions with Jojo Fifita (ATK20)

March 2022



Popular Sosefo (Jojo) Fifita has signed a three-year deal with the Gold Coast Titans, and recently performed very well in a trial game. Jojo commenced at TSS in 2016 and before graduating took out a host of accolades and awards. Having never played Rugby League before this year - we sat down with Jojo to talk about this leap and more...

A bit about me...

I was born in Dunedin, New Zealand in 2003. I have two younger brothers and one older sister. I lived in Japan for a couple of years while my dad was playing professional rugby union for Sanix. I started playing rugby when I was four with my sister at my dad's club. We moved to Australia when I started prep at Sunnybank Hills and continued to play rugby at Sunnybank Dragons until we moved to the Gold Coast in Year 5. I continued playing rugby at Southport Eagles and Colleges Knights. I commenced TSS in Year 8 and started off competing in track and field and rugby for the School.



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Q1: As a boy, did you dream of being a professional rugby player?

Growing up I dreamed of playing professional Rugby Union to follow in my dad's footsteps.

Q2: Did you have Plan B if you didn't make professional rugby?

My plan B was to stay around physical exercise which is why I am pursuing a Bachelor of Exercise Science at Griffith University.

Q3: Why Rugby League over Rugby Union after leaving TSS?

Rugby league gave me an opportunity to play rugby whilst staying at home with my family and I also wanted to challenge myself with something new and the Gold Coast Titans offered me that opportunity.

Q4: Tell us about a day in your life as a Gold Coast Titan

- 7:00am arrival at the club
- 8:00 am team meeting
- 8:15-10:15 field session
- 10:30 recovery (ice baths)
- 11:00am lunch
- 12:00-12:30 ball skills
- 12:30-1:30 gym session
- 1:30 recovery then home
- 3:00 school pick-ups

Q5: Including pre-season and post-season, how much of your year is devoted to being a Titan?

Around 46 weeks of the year are devoted to training as a Titan.

Q6: What motivates you to keep to the gruelling training program?

The support from my family and friends pushes me to keep striving to become the best athlete I can.

Q7: What skills and values did you learn at TSS that you have carried forward to your career?

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Skills and values that I learnt at TSS which have helped me would be persistence and resilience. These have helped me mentally and physically to fight through the tough times at training, especially after my shoulder surgery.

Q8: You could be playing with fellow Titan and Old Boy Kaleb Ngamanu (SUR21), and there's going to be a big contingent of Fifitas cheering at games – what's it like playing with cousin David?

It's good having David at the club with me because he supported me and made me feel welcome in the club and he always pushes the best out of me.

Q9: How do you spend your limited spare time (and do you catch up with your fellow Old Boys)?

On weekdays I like to use my downtime to help recover my body and make sure I am well rested. On weekends I'm usually with my family or catching up with Old Boys from rugby.

Q10: What would be your message to this season's First XV?

To have fun and support each other and for everyone to embrace the grind from early morning training sessions to fitness sessions after school, it is all worth it in the end when you bring home the premiership.

