

April – June 2016

Parafed Waikato, P.O Box 14067, Enderley, Hamilton.



Tiffiney Perry (#88) competing in the Club Road National Championships in Cromwell on April 21-24th. Read about it in this issue.

Hello and welcome to the second edition of the Parafed newsletter for 2016. This newsletter celebrates the success of our athletes and shares their stories.

We would like to say congratulations to Vishal Chandra on his bronze medal at the recent Australian Boccia Nationals. Well done Vishal!

Congratulations also go to Raewyn Hunter on her new role as National Manager for the Under 23 Wheelchair Basketball team.

Thanks to funding from KiwiSport Kickstarter our Powerchair Football Junior Development Programme is off to a very successful start with 14 players taking part.

Our Junior Wheelchair Basketball team the "Waikato Warriors" took part in the first Take it to the Hoop Competition against the Auckland "Wheelstarz". It was great to see some competition for the juniors and it looks like it will become a regular occurrence.

In this issue we have reports from Cycling, Rugby, Athletics and Tennis. I hope you are all well and are staying warm in this cold weather. Enjoy the read.

Thanks to everyone who contributed to this newsletter especially our sports reporters. My email is davidk@sportwaikato.org.nz if you would like to share your sporting story in the next issue.

Do you know of anyone who would like to get this newsletter? If so please email their details to davidk@sportwaikato.org.nz

Upcoming Events...

- Activ8 Lawn Bowls, 9-10 July, Hamilton
- Wheelchair Rugby, 23-24 July, Wellington
- Activ8 Powerchair Football, 30 July, Cambridge
- Activ8 Goalball, 21 August, Te Rapa Sportsdrome, Hamilton
- Activ8 Boccia, 10-11 September, Hamilton

If you need more information about any of these events please contact Carol Armstrong parafedsf@sportsforce.org.nz or 07 858 5388

A message from your Board...

Hi there Parafed Waikato members and supporters.

Since we farewelled our Executive Officer Chloe Wickman in January we have been busy reviewing our strategic plan for 2016-2019. Recently we have sent out a survey to our stakeholders and with no immediate plans to replace our EO we are currently in a process of reviewing the direction and structure of our organisation. We will update you more as we continue this process.

Last month we said goodbye to Sonia Waddell one of our valued board members. Sonia has only been on the board a short while but has had to resign due to family commitments. We wish her all the best and on that note if you feel you would like to contribute to our board and are passionate about Parafed Waikato then please get in touch with us we would love to hear from you!



Parafed Waikato on the Web...

If you haven't found our Facebook page yet go to www.facebook.com and search for Parafed Waikato. "Like us" and you will be kept informed of all of the latest Parafed events and information.

All of our other information, news, photos and membership forms can be found at our website www.parafedwaikato.co.nz



A message from your Parafed Development Officer...

Welcome to Winter everyone. Parafed is gearing up for a busy few months. We have our Activ8 events happening for Lawn Bowls, Goalball, and Powerchair Football in the next few months and shortly after those will be Boccia and Wheelchair Tennis.

We have seen a growth in some of our sports since the beginning of 2016. Boccia has grown by 6 new members since the Junior Disability Games in April. 4 of those are BC3 players. I have already been in touch with some of the BC3 players around the country and they are excited to have some new players to compete against.



Powerchair Football has gone from zero to 14 players, 1 coach, and 7 volunteers. We are enjoying the Cambridge High School venue as often there are others using the adjacent court which gives our sport a positive promotion.

Wheelchair Basketball Social League is packed with 11 teams this year and this is due in no small part to the connections that have been made between Parafed Waikato members and companies and groups such as PwC, Seating to Go, Fonterra, TruTest, Wetspac, PIML, WinTec, UniRec, Waikato Women's rugby and BNZ. Thank you to everyone who promotes Parafed Waikato in a good light.

Perhaps you can help us grow a bit more. Annual membership for Parafed Waikato is about to expire. July 1st marks the new financial year and we would welcome all of you back. Please visit the Parafed Waikato website at www.parafedwaikato.co.nz to renew your membership after June 31st. Early bird fees are in effect until October 31st.

I am excited to inform you that Parafed Canterbury has invited Sport Development personnel from the ParaFeds from around NZ to come together on July 5th and 6th for a Sport Forum. We will have presenters from the various ParaFeds and from Halberg and PNZ (including a session on Classification and what happens in the classification room). I am energised by this opportunity to collaborate and debate with other Sport Development staff. Cheers, Carol.

Wheelchair Basketball...

by Michelle Davies

Sheldon Larsen has been playing for 15 years, playing for Waikato all that time, 5 years in the under 23 New Zealand team and 10 years in the New Zealand men's New Zealand wheelchair basketball team.

Sheldon has been co coaching the New Zealand under 23 team from 2015 and plays an integral role in the Waikato and New Zealand men's team.

He mentors and has shared his knowledge with many people throughout New Zealand both on and off the court and in particular for Waikato, he is well respected and a valued all round elite player

When the NZBT team travelled to South Arica to play in September 2015, he was asked if he would be interested in a contract to play over there.

It is now confirmed that Sheldon will go to Durban - South Africa to play for the Marlins team in the super sport series.

This level of competition is much higher than what he can get here in New Zealand so he is looking forward to this new experience and to bring back new skills and knowledge to New Zealand players and the sport.

He will also have the opportunity to inspire and mentor youth with disabilities through the many schools in South Africa through an academy programme, I can see the asset he will be to that programme as he shares his story and knowledge to young up and coming players.

Sheldon gets much satisfaction when he sees the passion to learn and succeed become a reality to those who think there disability prevents them from achieving their goals and dreams.

Sheldon is passionate about this sport, it is his life and to have this fantastic opportunity, is well earned, a privilege and is recognition of the talent, commitment and hard work Sheldon has put in to wheelchair basketball to be the best he can be.



Cycling...

by Tiffiney Perry

The end of the season culminated with the Club Road National Champs in Cromwell, South Island on April 21-24th. Although I was expecting the temperature to be a bit cooler down South I was pleasantly surprised that the extended autumn temperatures meant the cycling was still somewhat balmy and very pleasant conditions.

This year Dynamo included the Para Athletes in a Time Trial and a Road Race, which was great. The TT was as usual with a challenging hill in the middle so a very slow ascent and a very quick descent made way for a good but slower course. I placed 3rd in my event, which was factored amongst the hand cyclists. The RR was 30km and again a challenging course but great conditions. Again I came 3rd against the boys.

A great couple of days away and you can't beat flying into Queenstown at that golden time of year. Finally it is time to wrap up and possibly get that wind trainer out if you feel the need as winter has arrived this week! Training at this time of year is somewhat harder to get motivated and if it wasn't for snow skiing and fashion I would wish it was summertime again already!



Tennis...

by Dave Venter

It is with sadness that we report the passing of Rob Courtney aged 55 in January this year. Notwithstanding that he had a raft of health challenges and did his own dialyses on a daily basis for many years, he remained a tough competitor. He was known as the "Rocketman" in his early days and gave the phrase "mental toughness" new meaning. Giving up was just not something he knew how to do. Parafed Waikato nominated Rob for the Paralympics NZ Order of Merit in 2009.

Rob was the rock of Auckland Wheelchair Tennis and a friend who we will dearly miss. New Zealand Wheelchair Tennis is plaining a Memorial trophy in his honour.



As you well know it is that time of the year, the French Open is in full steam and Wimbledon is coming up soon. It is a good time to start playing tennis, just ask Ava Meehan, our latest recruit. She is 11 years old, floats like a butterfly on a tennis court and is definitely one to watch for the future. We are hoping to attract more new players and we have a 1 hour coaching clinic at Lugton Indoor Tennis Centre for all new comers on Thursdays at 4:00pm with our resident professional coach, Andy, who is also keen on seeing new faces.

In the mean time we keep on hitting as many tennis balls as we can. Not wanting to discourage you but Agassi once said you need to hit 1000 tennis balls a day to be a good player. Good luck with that, until next time.



Athletics...

by Alan McDonald

Thank you sincerely for the support Parafed Waikato granted to me, as a coach, to attend the Australian Track and Field Championships and maximize the performances and experiences of the athletes. It was also an opportunity to work with Para Athletics HP Director Raylene Bates and the other NZ Para Athletes.

This was an important event for local athletes Jacob Phillips and Aodhan Hamilton to compete at. The purpose was also for them to gain experience about travel demands and living in a team environment. I am pleased to say they gained a great deal from the competition.

Jacob achieved two personal best performances 14.05sec 100mt and 28.98sec for the 200mt and is creeping closer to the Rio qualifying mark of 13.44sec and 28.06sec respectively. It was also gratifying to see Jacob also step up as leader and supporter among his athletic peers, a great attribute that was commented on and noted by Raylene Bates.

Aodhan took a big step up in the pressure of a big competition and placed an excellent 5th out of 14 competitors in the Discus and 8th out of 15 in the shot put. He was disappointed with the distances thrown which were below what he has been achieving in NZ but from a coaches perspective I thought this was very good effort. I reminded him that he had only been competing for 2 years and to achieve these results at this level was good performance. Again Raylene Bates was impressed with his progress and sees a good future as an athlete.

Personally it was gratifying to be able to be with the athletes I coach for the entire time and be on hand to help them in more ways than just coaching. While I have managed athletics teams internationally before, this was my first time with Para Athletes. I am now better equipped to plan and advise future para athletes who may compete internationally.



Athletics...

by Jacob Phillips

Over the 28th of March to the 4th of April, I was fortunate enough to travel to Sydney for the Australian track and field Championships through the help of Parafed Waikato funding.

I competed in the 100m and 200m and managed to get personal bests in both times edging closer to the Rio qualification standards.

I would like to thank my Coach Alan McDonald for his continued support and to Parafed for helping fund a portion of my trip.



Wheelchair Rugby...

by David Klinkhamer

Over the weekend of 21-22 May our team the DG Sport Waikato Stampede travelled to Christchurch for the first round of WRC.

First up we played Auckland. It was a very close match with Auckland taking the win 38-37.

We then played Hawkes Bay who proved to be much tougher than we had thought. We got off to a rocky start but held it together and came through to win 47-41.

Next up we played Canterbury who were in top form. They won the game 57-43 but we learnt a lot and had a good time. Hopefully next round if we play them again we can do a bit better.

Our last game was against Manawatu and it was another great match. The game was close right up to the last quarter but we managed to squeak out a little lead to win the game 44-40.

It was a good first round and we are in a nice position going into the next round in Wellington. Hopefully we can get in a few more wins and then play well in the finals. Go Waikato!

Click the link to check out some photos from the tournament.
<http://janethompson.photodeck.com/.../wheelchair-rugby-22-may...>



Parafed Waikato would like to thank our major partners...



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