

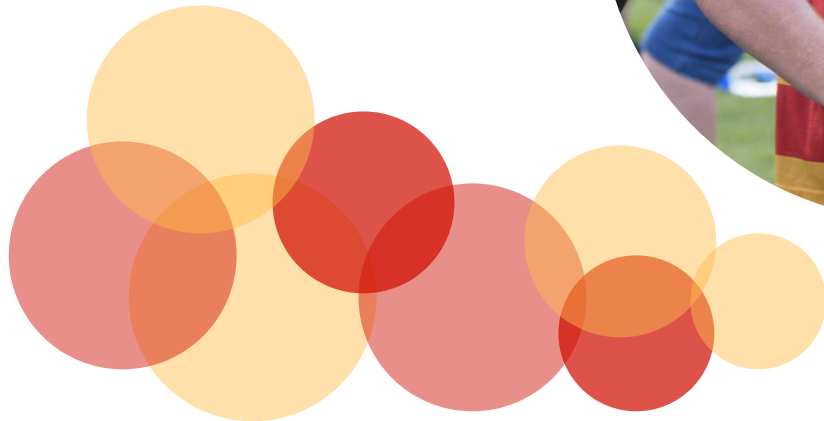


MAJOR PARTNERS

Halberg
Disability Sport
Foundation



TRUST WAIKATO
TE PUNA O WAIKATO



parafed waikato

Newsletter

January - March 2017



welcome

Hello and welcome to the first edition of the Parafed Waikato Newsletter for 2017. This newsletter celebrates the success of our athletes and shares their stories.

We have had some changes here at Parafed Waikato so make sure you make a note of our new contact details! These are outlined in the message from the Board below.

Just a reminder about the Spirit of Gold Collection. This is a beautiful set of 12 Portraits representing some of New Zealand's most well-known summer and winter Paralympians and Para athletes. The portraits were painted during 2015 by well-known Kiwi artist, Amber Stephens. The Spirit of Gold® Collection is NOW open for bids at trade.me/spiritofgold

Thanks to everyone who contributed to this newsletter especially our sports reporters. My email is david@parafedwaikato.co.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 david@parafedwaikato.co.nz

parafed waikato on the Web

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

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





message

from the Board

Hi there Parafed Waikato members and supporters.

The Parafed Waikato board would personally like to thank Carol, our SportsForce Parafed development officer for her commitment and work over these past 3 years towards our sports and our organisation. Carol is part of the Parafed Waikato family and we are sure that we are going to see Carol around with her new role for Sport Waikato as the Inclusion Officer.

David, as the Parafed Waikato Officer, will remain as the main point of contact if you have any questions or you need any information. Please do not hesitate to contact any board members too.

The new email addresses for Parafed Waikato are:

david@parafedwaikato.co.nz

For general enquiries: **info@parafedwaikato.co.nz**

For membership enquiries: **membership@parafedwaikato.co.nz**

For account enquiries: **accounts@parafedwaikato.co.nz**

We are also getting a brand new website which is in the process of being developed. It will be up and running soon so keep an eye out for that.

Carol on behalf of the Parafed Waikato family, thank you and we wish you all the very best in your new role.



upcoming events

Don't miss out

Wheelchair Basketball Northern League

April 29th, Cambridge High, Waikato.
May 20th, TSB Arena, New Plymouth, Taranaki.
June 27th, Trust Arena, Auckland.

Wheelchair Rugby WRC Competition

May 13th-14th, Bay Park Arena, Mt Maunganui, Bay of Plenty.
June 10th-11th, Te Rauparaha Arena, Wellington.

Powerchair Football ACTIV8 Competition

May 28th, Westpac Events Centre, Morrinsville, Waikato.
Six teams will be competing for the ACTIV8 trophy.

Boccia

6th-7th May, Te Awamutu Events Centre, Waikato.
Volunteers are needed for this event, contact scott@boccia.org.nz

If you need more information about any of these events please contact info@parafedwaikato.co.nz





fitness revolution

Get Fit

Fitness Revolution is for physically disabled people, including those with visual impairments, to improve their fitness, coordination and overall well-being.

The programme runs on Tuesdays and Thursdays from 1:30pm until 2:30pm at Athletes House, 502 Grey Street, Hamilton East.

For more information on the programme or to register for a session please contact David Klinkhamer 07 858 5388, 027 212 5496 or david@parafedwaikato.co.nz

The programme is sponsored by Life Unlimited. For more information on Life Unlimited and their range of services please see their website www.lifeunlimited.net.nz



membership

If you are not already a member or to renew your membership please go to our website www.parafedwaikato.co.nz or email membership@parafedwaikato.co.nz for a form.

Full Membership \$50
Junior Membership \$30
Social Membership \$15





message

from your Development Officer

It has taken me a long time to sit and write this piece. This is because it will be my last newsletter item as a SportsForce Parafed Development Officer. As of Monday 3rd April, I will be working as Inclusion Advisor for Sport Waikato. This means that Parafed Waikato will be forging the way forward without me. This saddens me and yet I am very excited to see where this goes.

Parafed Waikato has been operating for 49 years and only in the past seven years it has had a Development Officer through the SportsForce programme at Sport Waikato. Rest assured people, Parafed's existence does not hang in the balance. David Klinkhamer will continue to work in an administrative role for the organisation and as you all know, this leaves you in very capable hands. The Parafed Board have been tirelessly working behind the scenes to make this transition as seamless as possible.

So what changes? The way in which you communicate with Parafed Waikato will be the main change that most of you will notice. Rather than having a generic email address for all enquiries, the Board will have a list of specific emails to make it clear regarding who to contact for which reason (eg membership or finances etc). Sports will still be sports, Parafed will still be Parafed and the region of Waikato will still have beautiful sunsets and foggy mornings. So, you see, it's going to be ok.

Why is this happening? Good question. This decision to terminate the SportsForce programme has come off the back of extensive research into participation in our region. The regional strategy which has been designed and developed collaboratively with Sport Waikato, Sport New Zealand and many key partners has a unified approach to the planning and delivery of sport, recreation and physical activity opportunities for the people in our region.

Continued below...





message

from your Development Officer

The SportsForce programme ran for 17 years and positively impacted 15 sports organisations, one of which was Parafed Waikato. Without the programme, it is difficult to say how much progress would have been made however, you simply need to look at the number of quality events, sportspeople and volunteers that we have affiliated to Parafed Waikato now to see that the programme has been instrumental in supporting this growth. It still needs the people, the passion, the determination and the talent to thrive and knowing that these things exist in abundance within the organisation enables me to tip my hat and bow out tearfully and gracefully.

My role as Inclusion Advisor is geared towards the education of existing clubs and schools and organisations to grow the accessibility of sport and recreation for all who have disadvantages to inclusion – disability, religion, immigration status, culture. For the first 12 months, my focus will be remaining firmly within the disability sector though will be incorporating all disabilities. Within Sport Waikato there are two Sport Capability Advisors and these individuals will be tasked with assisting sports to be as capable as possible from within their own organisations. We also have a Regional Facilities Advisor with whom I will be working closely to ensure all newly built facilities have more than adequate levels of access and are user friendly and that those facilities which are currently inaccessible are encouraged to make some changes.

It is time to say farewell. I am grateful to the people who have surrounded me and made me look good for the past 3 years and 1 month. To David Klinkhamer for being by my side all the way, to Chloe Wickman who started my journey and gave me the wings to fly, to Tiffney and Chris who have been solid rocks and have never made my job difficult, to Sue and Denise for putting up with my inability to understand accounting and for making it understandable, to the board members past and present for always seeing a light at the end of any tunnel and for having the vision to drive PW forwards regardless of what crops up, to the sports committees for going on an amazing journey over the past few years – Thank you all.



life unlimited

2017 LIFE FIT PROGRAMME

DO YOU WANT TO :

- * IMPROVE YOUR HEALTH & FITNESS
- * START TRAINING WITH A GROUP
- * LOSE WEIGHT
- * MEET NEW PEOPLE IN A SAFE AND FUN ENVIRONMENT

WHAT: The LIFE FIT programme is a fitness, exercise and health programme

WHEN: MONDAY and WEDNESDAYS 11AM-12PPM

WHERE: Hamilton Old boys Indoor field, Richmond street, Whitiara, Hamilton

WHO FOR: People with an intellectual disability and or mental illness

COST: \$10 one off Annual membership fee



2017 SPORT OPPORTUNITY AFTER SCHOOL PROGRAMME

DO YOU WANT TO:

- LEARN A NEW SPORT
- PLAY SPORT AFTER SCHOOL
- DEVELOP SOME NEW SKILLS FOR SPORT
- HAVE FUN AND MEET NEW PEOPLE
- LEARN FROM EXPERIENCED COACHES



WHAT: We provide an environment that will allow children and young people with a disability the opportunity to participate and develop skills in sport.

WHEN: TUESDAY and THURSDAYS 4PM-5PM

WHERE: Delivered around the Hamilton area (Dependent on sport) utilizing the community,

WHO FOR: All young people with a disability and their families

Contact Life Unlimited for more information: 0800 008 011



otago rail trail

by Tiffiney Perry

I recently went on a trip to Otago to do the Rail Trail. I did this in an electric RGK Attitude bike that fitted to the front of my wheelchair. I also used mountain bike nobly tyres on my wheelchair. Me and a bunch of girlfriends, namely the "Bike Bitches" did it in 3 days from Clyde to Middlemarch and it was one of the coolest things I have done in a while!

The trail was quite rough in places but having the electric assist made it very achievable. When I got tired or there was a hill I couldn't handle I would just click up a battery notch and away I would go.

It was incredibly accessible at every stop we made whether it was for coffee, lunch or wine there was always a wheelchair toilet around. Being in the Attitude I could just unplug from the bike and head on in to the café.

Same goes with the accommodation. We would arrive from one destination to the next along the trail and our bags would be there along with my everyday wheelchair wheels so I could get around the rooms and property a lot easier and we would be booked in and have a meal and head off the next day.

The scenery was amazing, the food also to die for and being with the girls we had a lot of laughs. The company was called "Bike it Now" and nothing was a problem in regards from the airport pick up or transporting our gear.

I totally recommend if this is on your bucket list then tick it off because we had the best time. I would do it again but maybe take 4 or 5 days just to take in some more sights and enjoy the Southern hospitality. We finished with a couple days in Queenstown which was a beautiful place to end our 6 days away.



wheelchair rugby

by David Klinkhamer

DG Sport Waikato Stampede win 2017 Healthcare Rehabilitation Low Point Wheelchair Rugby National Championships!

The weekend of April 1-2nd was a great one at the Te Awamutu Events Centre for the DG Sport Waikato Stampede. The team played well winning the tournament unbeaten. As we say 'team work makes the dream work' and it really was a team effort. All of our players worked hard and the results showed with high scores against every team. It was a fantastic weekend and it is nice to have the trophy back here in the Waikato!

The DG Sport Waikato Stampede was made up of 1.5 David Klinkhamer, 1.0 Cody Everson, 0.5 Chris Moore, 0.5 Timothy Young and 0.5 Jacob Spooner.

Overall Results

1st Waikato

2nd Manawatu

3rd Auckland

4th Bay of Plenty

Best 1.5 Shane Brand

Best 1.0 Cody Everson

Best 0.5 Chris Moore

MVP Gavin Rolton

Healthcare
Rehabilitation



Photos from the event can be found on our Waikato Wheelchair Rugby facebook page. Now we set our sights on the next tournament which will be held in May. Go Waikato!



wheelchair rugby

Platinum Partner



*Together we'll
realise possibilities*



Be it at home, work or play, Healthcare Rehabilitation is all about supporting you to achieve your goals.

Our network of support workers, nurses and registered health professionals is nationwide. That means you'll always have someone nearby you can count on to provide you with home and community services. It's all about giving you the freedom to realise your possibilities.



HHL Group

Healthcare Rehabilitation Limited is a wholly owned subsidiary of Healthcare of New Zealand Holdings Limited (HHL Group)

Contact us to find out more:

0800 621 222 | www.healthcarerehab.co.nz

Healthcare Rehabilitation is a contracted ACC provider that specialises in injury-related home and community support and nursing services.

wheelchair tennis

by Tiffiney Perry

The tennis scene has been steadily hitting balls over the summer with two tournaments held in the last quarter. The Rob Courtney Memorial Champs kicked off the Christmas summer period in Auckland with many of the local Auckland players turning out to support a tournament that Rob started and supported for many years.

The Hamilton contingent went up and battled it out. Dave Venter won the final in a thrilling 3 set match against Punch Singh eventually winning 36 75 15/13 in a super tie break for the 3rd. Dave was very happy after waiting 18 years to win the tournament.

Next up was the NZ Open in January which went really well attracting 22 players, a bit down from previous years but some great tennis played. Japan reigned supreme in winning Mens and Womens singles titles. They are great supporters of our tournament and great to have some top quality competition come to our shores and want to play in NZ.

A group of us are still hitting regularly on a Thursday indoors at the Perry Arena. We hope to have another regular slot in term 2 and offer coaching and hitting opportunities for anyone wanting to give it a go.

Tennis is such a great sport that you can play with able bodied people socially or competitively. I have been playing many years and am enjoying it now even more than ever!

Dave Venter accepting his trophy at the Rob Courtney Memorial Champs



para-cycling

by Brendon Stratton

The recent Activ8 Para-cycling event was held 4 – 5 March 2017. This yearly event is one I always make time for with a smooth running process, excellent food, great atmosphere, great courses, and time to get some additional prep work before the European para cycling calendar fills up.

The TT was run on the same course as last year, which provides a great mixture of undulating country roads which is easily managed by new comers to proven athletes. The conditions were good with a light breeze, although we all looked towards the darkening clouds starting to roll in and with a few sprinkles of rain we all stayed mostly dry.

The race is managed by the experienced team of Dave and Bev May from the Morrinsville Wheelers cycling club that continues to be a strong supporter of para-cycling. Bev has been involved with cycling for many years and is also involved at a UCI level so understands what it means to put on a stellar event. Dave, Bev and the Activ8 team appreciate that the courses and abilities of the athletes are equal and at times often higher than the able-bodied cyclist so the courses are designed with that in mind.

Sunday brought the road race (RR)... a new course for this year due to traffic management plans, but true to form Tiffiney, Dave, Bev, and the extended crew that make the event happen pulled together to get things happening. The road used for the previous days TT course with an addition of an extension for the RR. A new bunch of riders turned up for the RR and full credit goes to the new comers who with little training managed to complete some great times and steady performances. The day was better than the TT, less wind and a lot more sun so a great end to a fantastic weekend of racing and introduction of para-cycling to a new bunch of riders.

Continued below...



para-cycling

by Brendon Stratton

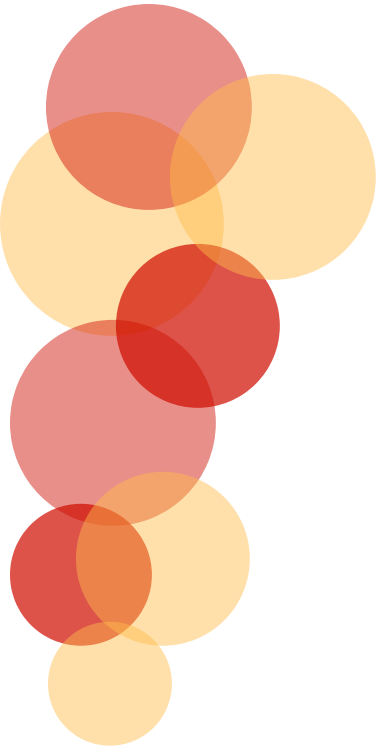
The food, drinks, and food... oh the food. This is something that is done extremely well. The folks at the Perrinpark are OUTSTANDING... there is always a great home cooked meal, with more than you can eat, but I made sure to give it a good go!

Te Kowhai Perrinpark Retirement Village is the home base for the event with race briefings, prize giving, and general telling of tales of the completed races, and personal goals people achieved. Having the more experienced riders mixing with the newbies ensures the newbies get the right information, motivation, equipment information; getting a clear understanding of what lays ahead of them and what's required.

This is an event which should get more support... there are the makings of a national event and it would be something we can be proud to call ours; no longer an afterthought but a true national event! The option to further expand this event to have a development and elite level are there, and is something that could assist in growing the support further. To keep the current athletes there and supporting the new ones coming through is critical to the on-going future of our sport.

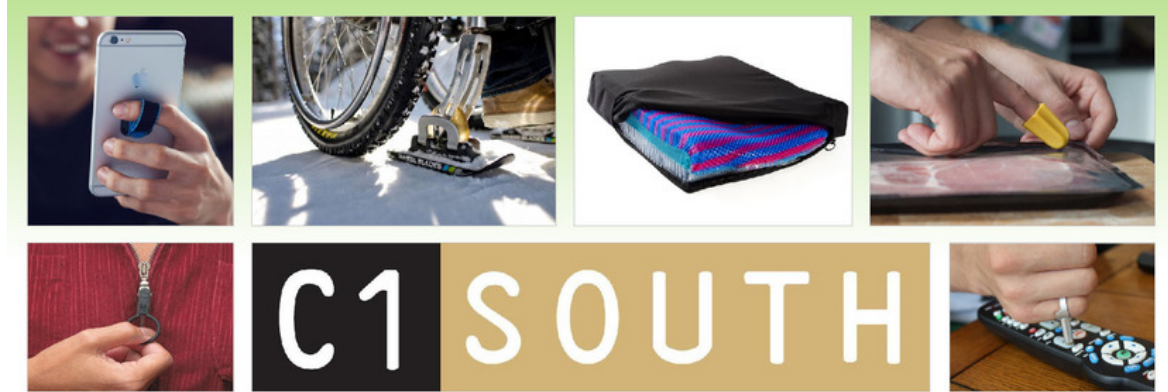
The 2017 ACTIV8 Para-Cycling Team





wheelchair rugby

Gold Partners



2017 BUSINESS EXCELLENCE AWARDS WINNER: BEST COMMUNITY IMPACT



Proudly supporting Waikato Wheelchair Rugby

View our full range of wheelchair seating, accessories and aids for daily living on www.c1south.co.nz



*The right care
makes a big
difference.*

If you or someone in your family needs support and care at home, Drake Medox can help. For over 40 years, Drake Medox has been supporting individuals live safely and independently in their home with our team of qualified registered nurses, healthcare assistants and caregivers.

**DRAKE
MEDOX**

P: 0800 840 940

W: DRAKEMEDOXNURSING.CO.NZ

E: HOME CARE@NZ.DRAKEINTL.COM

para-shooting

by Rene Eales

Parashooting has recently acquired a very invaluable piece of electronic training equipment known as a SCATT. Essentially it is an Infra-red laser or camera which is attached to the end of the barrel and connected to a computer and records all the shooters movements throughout the shooting process in the form of a trace, graphs and just pure data.

The greatest benefit of this electronic trainer is that it allows the shooter and/or his coach to visualize and understand what is occurring during the entire aiming and shooting process. Not only does this system show where the shot went, most importantly it shows why it went there. It gives the coach and the shooter the power to detect every movement prior to the shot and following the shot, it follows and records the trace of the aiming point in real time.

A wide variety of metrics which SCATT provides ranges from a visual representation of the aiming trajectory to graphs and mathematical models of shooting patterns. It helps the shooter discover even the finest errors in aiming, hold control, attention, trigger release, etc.

The tool which can be used not only with live ammunition but also with dry firing (shooting without no bullets) is used by shooters of all levels all over the world.

On behalf of the Parafed shooters we would like to thank the committee and the Lion Foundation for the SCATT and be assured it will be out to good use.

Anyone wishing to come out and test the SCATT is more than welcome. We have club rifles, targets, pellets and now a SCATT so just bring yourself. We meet at the Hamilton Pistol Club (right opposite the entrance to the airport) every Wednesday evening starting at 6pm.





lawn bowls

by Lynda Bennett

I've had a pretty busy month. First of all at the end of February, I competed in the NZ Open/ disabled section in Auckland and won the triples and was placed second in the pairs.

I would like to thank Parafed for helping me with my accommodation bill. This tournament was of particular importance to me as the NZ Bowls Selectors for the Commonwealth Games were there watching and taking notes. It was very important that I played well even though I had a cracked rib. Yes I got the phone call to say I have been selected in a squad of six, which will be narrowed down to three, by the time the games come around.

The following weekend I was in Auckland playing with a team of 7 at the NZ Interclub Nationals. Yes we won! This was my first NZ Title in the able bodied discipline.

The next week I flew down to Dunedin to compete in the NZ National Pathways Fours champs (abled body). We came third equal, which was once again a very good effort.

At Te Awamutu Bowling club I have won the Ladies fours and also won the mixed triples.

My next step is to organise flights and accommodation to travel to Australia in June to compete in the Australian Open/disabled section





wheelchair rugby

Silver Partners



Lightweight,
Titanium, Custom Built,
Sports and Day Wheelchairs

MADE IN NEW ZEALAND

- In 1992 our first Day-Chair was fabricated from Titanium.
- In 2006 we built our first Titanium Rugby Wheelchair.

Contact us and talk to Mike, he can answer all your rugby wheelchair questions and help you get into a new lightweight high performance Melrose wheelchair.



Ph 0800 4 Melrose
www.wheelchairs.co.nz



NEED TO KNOW?



GET THE RIGHT INFORMATION TO MAKE INFORMED DECISIONS AND HAVE GREATER CONTROL OVER YOUR LIFE.

Visit our Online Information Hub for disability information articles on a range of subjects, including living options, financial support, wellbeing, and work and study.

Or make an enquiry and get personalised information to suit your individual needs - online, over the phone or at a Life Unlimited Store.

Freephone 0800 008 011
www.lifeunlimited.net.nz/information





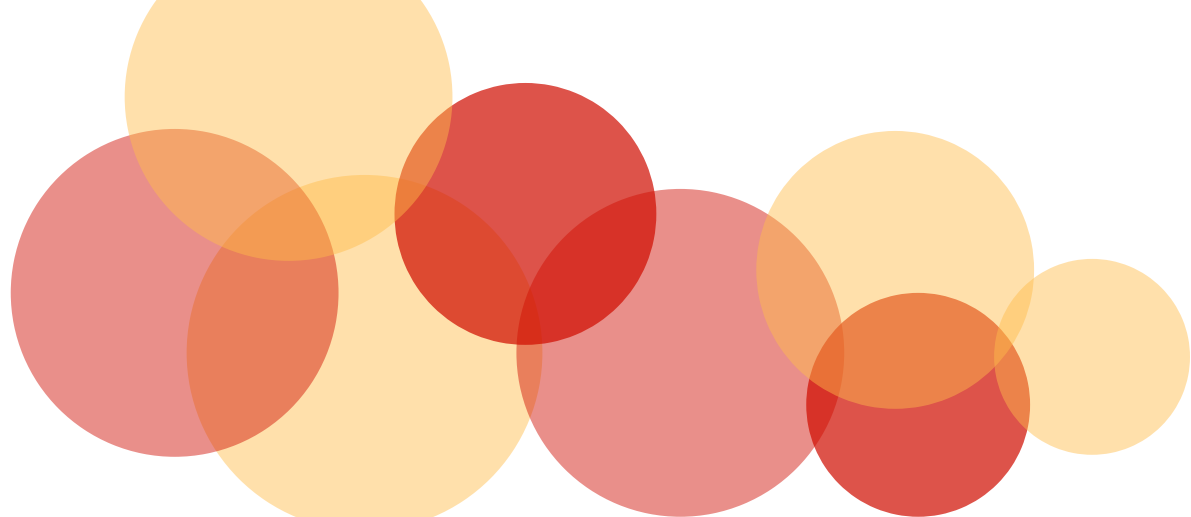
MAJOR PARTNERS



TRUST WAIKATO
TE PUNA O WAIKATO



TRUST WAIKATO
TE PUNA O WAIKATO



parafed waikato

would like to thank
our major
supporters