

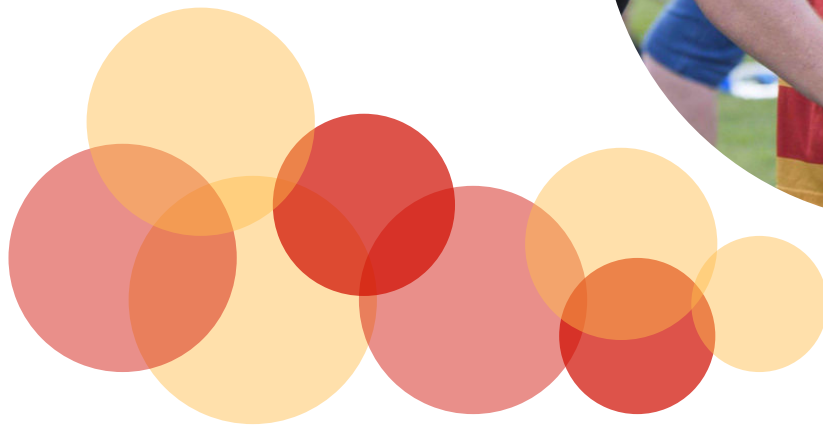


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parafed waikato

Newsletter

January - March 2018



welcome

from your Parafed Officer

Hello and welcome to the first edition of the Parafed Waikato Newsletter for 2018. This newsletter celebrates the success of our athletes and shares their stories.

I hope you are all training hard and are looking forward to this season. Did you know that this year is our 50th year? Parafed Waikato was established in 1968 and because of this milestone we will be having a celebration event later this year. Hopefully you will all be able to come along and celebrate with us. It will be nice to look back over the past 50 years with our members.

In this issue we introduce a new Parafed Waikato staff member, keep you updated on what is happening with our board and have reports about our various sports. We also had news that our funding application to the Lion Foundation was successful so that will be keeping our athletes and teams going throughout the 2018 season. Thanks Lion Foundation!

Remember all sporting information can be found at our website at www.parafedwaikato.co.nz

Thanks to everyone who contributed to this newsletter. My email is david@parafedwaikato.co.nz if you would like to share your sporting story in the next issue. Also if you know of anyone who would like to get this newsletter please email their details to david@parafedwaikato.co.nz

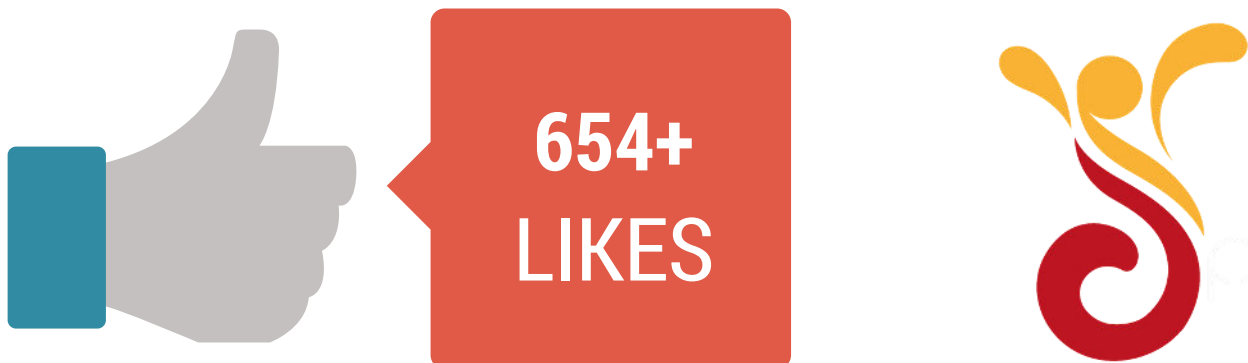
David

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 all Parafed Members and Families

Christmas has come and gone but the good weather is hanging around which is great. Hopefully you are getting out and enjoying the Autumn sunshine! Already this year the Parafed Waikato Board have been very busy.

From April 1st Parafed Waikato are employing David Klinkhamer directly whereas previously David was employed by Sport Waikato. There is no change really for our members but just to make you aware. David continues to reside at Sport Waikato with the same mobile number but his email address has changed to david@parafedwaikato.co.nz

We have also just employed someone for six months to update our database and bring us into the 21st Century. Cathy Wooller will be working with the board and David as well as the sports groups to update some information on volunteers, coaches, supporters, sponsors etc. This information will be helpful when you are holding events and need volunteers or sponsors or if you just want to email your athletes and their families. We are grateful to Halberg Disability Sport Foundation for funding this project.

Please endeavor to help Cathy out when she calls on your sport.

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message

from the Board

This year we are also celebrating our 50th year since we became an Incorporated Society. We are planning to celebrate this milestone later in the year and we hope you will all join us in a fun filled evening with more details to follow.

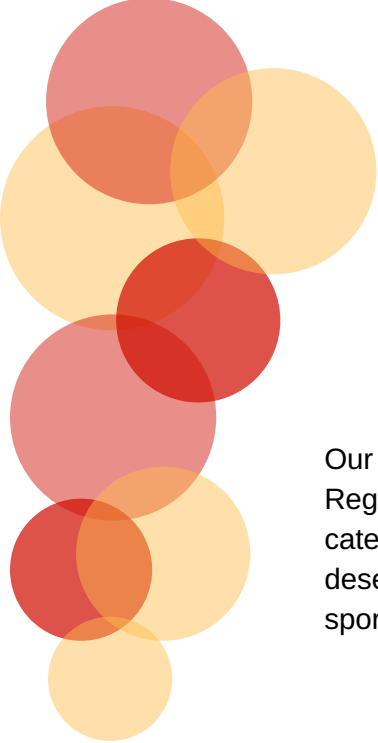
Parafed Waikato is also continually trying to grow its membership base. If you know anyone physically disabled that would like to connect with us feel free to pass on this newsletter and encourage them to get in touch. We are also keen to keep track of our supporters and volunteers so pass on their names to one of the committee.

Please also make a note to check if you yourself are a current member. Annual subscriptions can be a nuisance as they roll around every year. Why not set up an automatic payment to save the hassle. Subs are due every year and are set at the AGM in August so setting up a payment in September would save you time and hassle and the risk of a late sub of an extra \$15. Subs are \$35 for a full member if you pay before October 1st and then they go up to \$50 to encourage you all to pay nice and early.

If the amount is changing at the AGM we will let you know but I have been involved with Parafed Waikato for a number of years now and these have only ever gone up once.

Remember you need to be a paid up member to train out of the venues, use our equipment, compete at our events for which Parafed pays for and to apply for any funding to attend national/international competitions. With the help of the trusty team at PIML Parafed can gain funding through Trusts for our sports. Please respect the process and pay your subs on time.





sports awards

Team of the Year - Finalists

Our DG Sport Waikato Stampede wheelchair rugby team were finalists at the Waikato Regional Sports Awards. Even though they had a very successful season they didn't win their category but had a great evening and the Womens Hockey team that won was most deserving. It was great just to be a finalist and the awards were an awesome celebration of sport in our region.



bequest

Leave a Legacy

Our organisation started operating when one of our member's left a bequest to Parafed Waikato. A bequest is your special gift to help Parafed Waikato to facilitate opportunities to Waikato's physically disabled and visually impaired that are global, national, local, competitive and social. Help to create a lasting legacy for generations of disabled people to improve their life quality through active participation.

Maybe you could consider leaving a gift to Parafed Waikato in your will.

We would like to invite you to visit the following link:

<https://parafedwaikato.co.nz/wp-content/uploads/2017/08/Bequest-Intention-Form.pdf>



upcoming events

Don't miss out

Boccia Start date for 2018

1st May. 5.30-7pm at Fairfield College, Bankwood Road, Hamilton.

Lawn Bowls Activ8 Tournaments

June 23-24 Frankton Railway Bowling Club, Riflerange Road, Hamilton.
August 18-19 Frankton Railway Bowling Club, Riflerange Road, Hamilton.

Wheelchair Rugby Tournaments

May 12-13 WRC Round 1 - Christchurch
June 16-17 WRC Round 2 - Palmerston North
August 31st NZ Nationals - Auckland

Wheelchair Basketball Tournaments

Waikato Northern League 21st April, 9am- 5pm - Cambridge High School
Northland Northern League 19th May - Whangarei
Auckland Northern League 23rd June - Auckland

WBNZ Nationals 22nd/23rd September - Tauranga

Social league runs for 8weeks every Tuesday from
24th July to 11th September, 6pm to 9pm
Get your team ready!

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



wheelchair rugby

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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 Athlete Nation, 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



fitness revolution

Feedback

Blair Whitaker is one of our Fitness Revolution participants who has now moved back to Queenstown and is working for AJ Hackett. Blair has an incomplete spinal injury that was a result of a skydiving accident. Blair wrote about his Fitness Revolution experience below.

"In September 2016 I was introduced to Fitness Revolution. This was one of the best things that could happen for me due to the position I was in. It gave me something to focus on and also a great social time with people dealing with similar struggles, which was good for learning ways to deal with them.

My physical improvement would never have been as good without Fitness Revolution. I enjoyed it all from passing the ball at the start of a session to achieving the next level on the programme set for me.

I can't give any criticism for improvement as I believe the way it is run maximised the results for me.

If I was still living in Hamilton i'd still be going to Fitness Revolution this year as the improvements physically and mentally have been awesome and has helped me to move back home and get back to the life I love."





wheelchair rugby

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athletics

by Amy Dunn

In February/March I was fortunate enough to be able to go to Melbourne to get internationally classified in athletics and to compete in the 2018 Para & Open Track and Field Championships.

An international classification means can compete at an international level. I also show up on the World Rankings in my T/F41 classification. This is important for getting selected for the World Para Championships in Europe next year, and the Tokyo Paralympics in 2020 as these results will help with selection.

Melbourne was definitely one of the best athletics experiences to date! There were about 30 of us in total. Two coaches, two team managers and a physio, the rest were athletes who most were also getting classified, and others came along for the competition. A really neat bunch of people filled with banter! I look to having more competitions with them!

Over there I gained a new PB in discus, and got to compete against someone else of short stature which I haven't done before! No placings, but the experience and getting internationally classified were what mattered! We had a pre-camp in Auckland prior to flying out. Here we had some team bonding sessions, where we also came up with some pretty cool values. Part of these values were something called "Be: REAL", which is what I'll end with.

BE:"Respectful of others and responsible for your actions remembering why you are here, who you are with and what you are came to do.

BE:Engaged in your environment and with each other ensuring you remain committed to the team and the cause.

BE:Active in your values and pride but also active in uplifting each other whenever required.

BE:Loving yourself, your purpose, the experience, your team and the challenges ahead and together we will overcome them."

I am so thankful for Parafed helping me get over there. I had a blast!



wheelchair tennis

by Tiffiney Perry

Perry New Zealand Wheelchair Open
ITF Group 3 – 22-25th January 2018
Albany Tennis Park

The ITF Perry NZ Wheelchair Open Tournament was held again this year and despite the threat of cancelling due to slow entries it was overall a successful event. Thanks again to Tennis Northern staff providing the facilities and support, especially our President Nikki Howlett who oversaw the event and assisted where required.

Weather was similar to last year with periods of rain but we were lucky to have the use of the indoor facilities during the wet periods.

The men's entry was lower than the last few years with 13 entries but we had an increase of female entrants with nine competing. The disappointing factor was only one of the women's entrants came from New Zealand. Tiffiney Perry kept our flag flying and competed well in the events.

Glenn Barnes was our most successful player and when he teamed up with Daisuke Arai (JPN) for the men's doubles they were runnersup in the main draw to the Chinese pairing Dong Shunjiang and Du Chao.

For the first time in a number of years we played a mixed doubles event with partners randomly selected and played in a Fast Fours Format. This was highly entertaining and enjoyed by all the players participating.



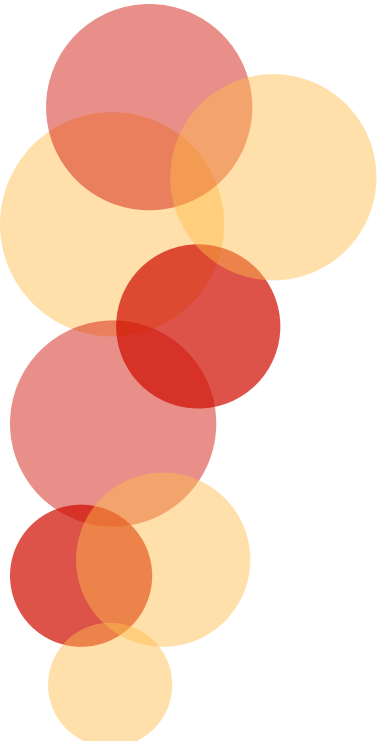
wheelchair tennis

by Tiffiney Perry

Our local tennis players have a hit on Thursdays 4-6pm at the Waikato Tennis Centre in Dey Street, Hamilton East.

If you are interested in trying tennis or having a regular game you are most welcome to come along.





wheelchair rugby

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para cycling

by Tiffiney Perry

Another great Activ8 event was held March 3rd and 4th with the race circuits nice and handy on our local Te Kowhai roads. It was our 5th Parafed Waikato Activ8 Para Cycling event and the 3rd time being hosted by the lovely folk at Perrinpark Retirement Village.

The weather was beautiful and as good as the summer has been this year. Bev and May from Morrinsville Wheelers did an awesome job time keeping and traffic management and keeping all riders safe. It was great to have some solid volunteers from previous years and thanks to Carol Armstrong and her friends from the Waikato Rivertones who stepped in as last minute ring ins.

Paralympics New Zealand also held a Development Camp over the 3 days which complemented our event and bought some more entries from new riders and from the track crossing over. They introduced a new 3 wheel series competition this season where handcycles and trikes race for their own jersey through the factor system.

By the end of the weekends racing we now have a new series leader being Jono Nelson from Timaru. Jono raced hard all weekend and got more points taking the jersey off Shane Blows from Motueka. Stevo Hills from New Plymouth retained his jersey in the Trike classification but our own Eltje Malbender from Cambridge is definitely one to watch.

The event itself went very well with 22 competitors throughout the weekend in the Time Trial and Road Races. Cycling is such a great sport and a great way to get around and enjoy the summer – we even have an e bike classification for those that need a little assistance.





life unlimited

ELTJE MALZBENDER A 55-year-old German physiotherapist, who features in Life Unlimited Charitable Trust's online information hub, is on a mission – to represent New Zealand at the Tokyo Paralympics in 2020.

It was on March 5, 2016 that Eltje came off her bike near Waitomo and ended up in Waikato Hospital's Intensive Care Unit with a severe traumatic brain injury. Rehabilitation continued at ABI in Auckland, a facility for people with brain injury or stroke. She has ataxia, a condition that affects her balance and gave her double vision from a damaged eye muscle.

Eltje moved from Te Kuiti to Cambridge last year to be closer to her cycling coach Michael Bland and the facilities at the Avantidrome. Part of her had always hoped she could get back on a bicycle so when Michael gave her a racing tricycle, she recalls being very offended. Now she realises the tricycle and The Alinker, a bright yellow walking bike without pedals sold exclusively in New Zealand by Life Unlimited Charitable Trust, will enable her to have an active life and get her to Tokyo in two years' time. Eltje's other big goal is to increase her independence on the Alinker.

There are two large reminders in Eltje's lounge about what cycling and health mean to her. The pictures, taken while on a cycling trip in the Dolomites mountain range of north east Italy in 2015, show her at the top of a peak and another of her with her arms over her head overcome with the beauty that is a village on the Sella Ronda ski circuit. When they first went up, they added to Eltje's negativity; now they drive her to improve and succeed.

"I just remember how I felt being out on my bike in such a beautiful place."

The Alinker bike comes in three sizes and can be purchased from www.lifeunlimitedstore.co.nz



wheelchair rugby

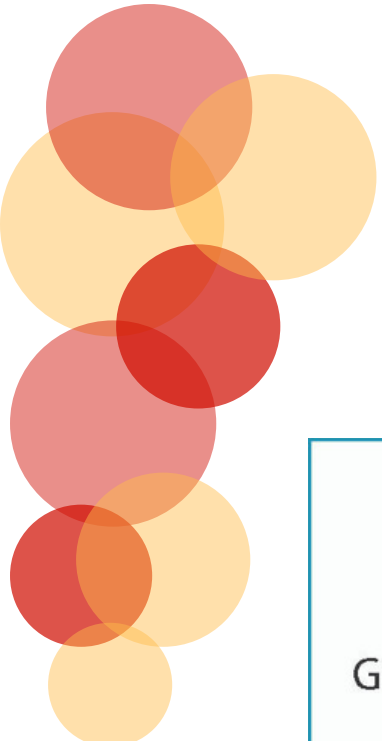
by David Klinkhamer

Over the weekend of the 7-8th of April the Te Awamutu Events Centre was alive with the crash and bash of Low Point Wheelchair rugby action. Four teams from around the country gathered to take part in the HealthCare NZ Low Point Wheelchair Rugby National Championships.

It was a great competition with lots of fun and laughs. The final results were:

- 1st Waikato
- 2nd Auckland
- 3rd Bay of Plenty
- 4th Manawatu.





wheelchair rugby

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Seating to go



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