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parafed waikato

Newsletter

January- March 2019



welcome

from your Parafed Officer

Hello and welcome to the first edition of the Parafed Waikato Newsletter for 2019. This newsletter celebrates the success of our athletes and shares their stories.

This year will be a busy one for Parafed Waikato and thanks to a generous grant from the Lion Foundation we will be able to see more of our athletes achieving in their various sports. We are looking forward to another big year in 2019.

This newsletter is packed with interesting things that are happening with Parafed Waikato and remember we have Ross Flood a roving reporter so if you have a story that you think needs covering let us know and Ross will get on to it.

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

What an awesome long hot summer we have had. Hope you've all had time to get out and get into some summer sports. I know athletics, cycling, swimming and tennis have had a great start here in the Waikato. Not to mention water skiing and rock climbing to name a couple more slightly adventurous sports. The Youth Club has been a great success and it has been nice to watch our young members enjoy an organised weekly swim session with some quality coaches this term.

Meanwhile the board has also been pretty active with their own personal sports as well as supporting their daughters and sons. Peter our VP and his son have been to Aussie with the National Powerchair Football side with some great results. You will see Amy has got some PB's to tell you about from Athletics and Jacob our secretary Maree's son has also got some great results in Athletics.

Our board have been busy beavering away applying for funding to assist our members to achieve their goals in sport or to help fund our staff to facilitate our programs. Every year the funding gets harder to find but fingers crossed it comes through so we can carry on doing what we love!

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>





message

from your sport development officer

Our Youth Club started off at the beginning of 2019 and we now have 23 youth club members aged between 8 to 21 yrs. Our Youth Club has already been a great success with some fantastic friendships forming.

We were fortunate to receive funding from Sport Waikato for our Youth Club and this has been used in term one for our swim squad and rock-climbing sessions.

We have had two very experienced swim squad coaches, Sue & Luke and it has been incredible to see the improvement in fitness, skills and technique of the swimmers over this term.

Our first Youth Club indoor rock-climbing session was on Saturday 16 March. Thanks to our very skilled instructors Sylvia and Doug from Extreme Edge who make the whole experience a lot of fun.

We are looking at offering the following sports and recreation activities from term 2 2019 through to term 1 2020:

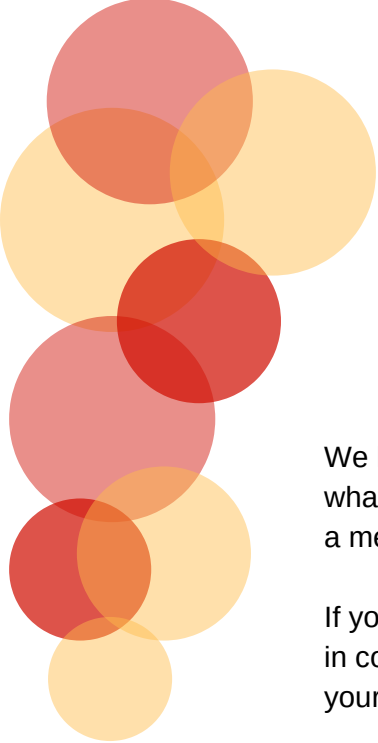
- rock-climbing;
- archery;
- adaptive indoor rowing;
- trikes programme at the Avantidrome;
- athletics;
- badminton;
- swimming; and
- table tennis.

Other sporting opportunities coming up are:

- Gymnastics open day at the YMCA (date tbc); and
- Para Swimming Camps on Saturday 4th of May and Saturday 23rd of November at St Peter's, Cambridge.

We have had 2 Youth Club fish and chip nights and we would like to thank the Branje family for hosting these on our behalf. These get togethers are a great opportunity for youth club members and their families to play a few games and socialise.





youth club

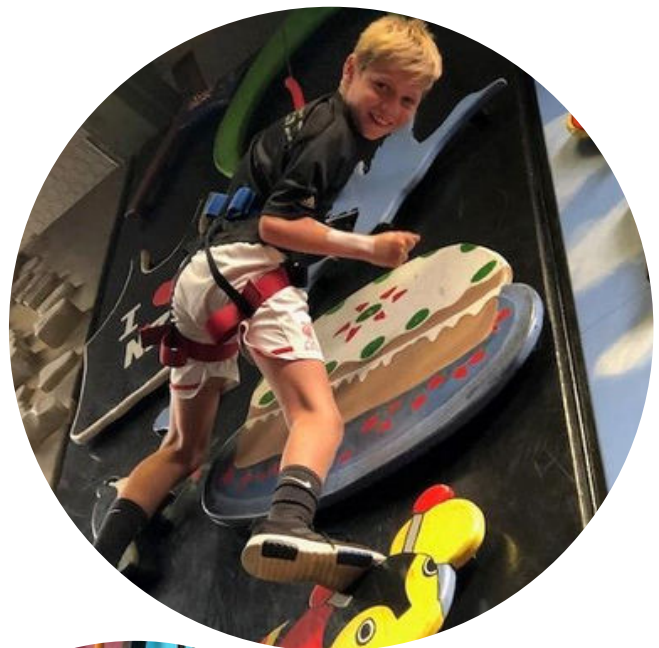
by Cathy Wooller

We have a Parafed Waikato Youth Club Facebook page which has regular updates to show what's happening as well as news and photos of our athletes accomplishments. If you are not a member and would like to join this Facebook page, let me know.

If you would like to join our Youth Club or know of someone who would like to join, please get in contact with me. We apply for funding for all our sporting activities so there is no cost, only your Parafed Waikato membership fee of \$20 for juniors.

We would like to thank Sport Waikato for supporting us and our youth development programme with the kick start grant.

Please contact me at cathy@parafedwaikato.co.nz or on 027 318 0497





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 Snap Fitness Hamilton North, 6/697 Wairere Drive, Hamilton.

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

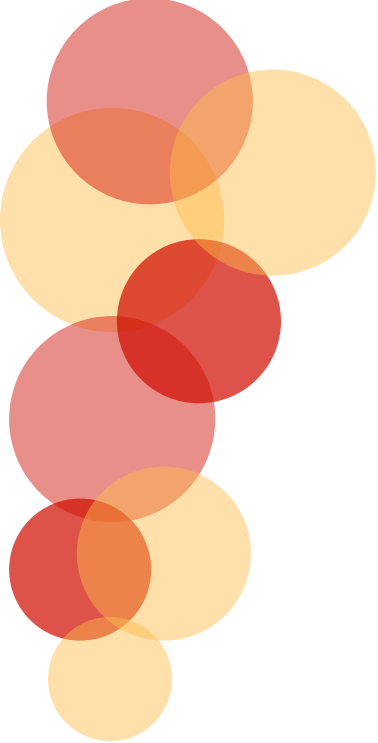


membership

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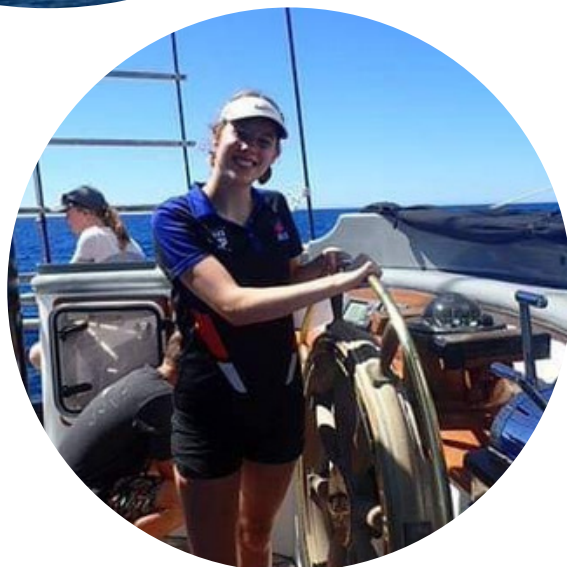
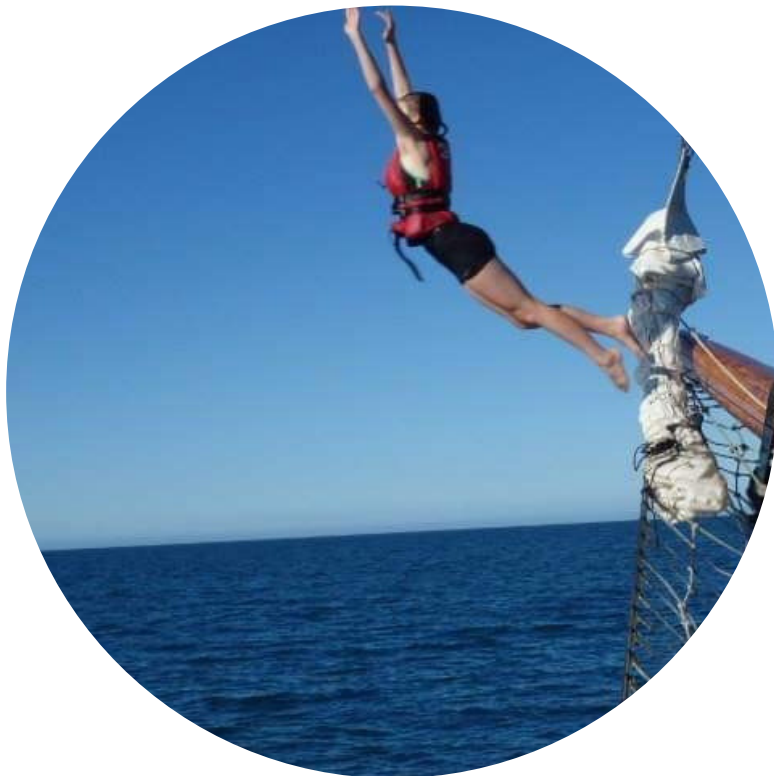


inspiration voyage

by Danielle Aitchison

I went on the Inspiration Voyage which is run by Spirit of Adventure. This voyage was aimed for physically challenged 16-20 year olds. This was an amazing 5 days spent on the boat learning so many new things, making new friends and memories.

I got the opportunity to climb the mast, go sailing, rafting, and jumping off the boat. We even got to see lots of seals. If you get the chance to go on a voyage by Spirit of Adventure, definitely take the opportunity because it will be worth it. As I loved every minute of it.





surfing

by Amy Dunn

On the 9th of March I headed over to Mount Maunganui and participated in an Adaptive Surf Day supported by Surfing New Zealand and the Halberg Foundation.

I had experienced surfing once before over last Christmas, and was hooked and keen for more. I was super excited once this opportunity popped up!

It was a beautiful and sunny day. The volunteers at the Mount were really supportive, but weren't too "in your face" yet helped at the right times. I got up on my knees most rides, and almost got up onto my feet before falling off!

I've been hinting at Honey from Halberg about having one in Raglan, so hopefully it happens!





athletics

by Amy Dunn

The 8th-10th of March were the NZ Track and Field Championships at the new blue track in Christchurch. My third consecutive Nationals and first ones out of Hamilton! Here I did the 100m for fun, and of course discus and shot put.

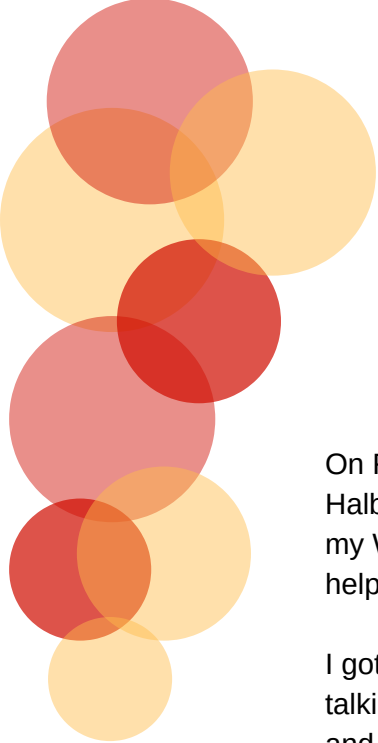
In both discus and shot put, I gained new PB's and NZ Records. I even managed to achieve a minimum qualification standard in shot put for the World Para Athletics Championships in Dubai later this year!

I stayed in accommodation with some of my club athletes. It was great to get to know them better and they were fantastic company on meals out.

Danielle Aitchison got three personal bests and golds in 100, 200 and long jump and then new New Zealand records in 100m and long jump. She was happy with her results considering the weather was less than favourable with it being cold and drizzling.

It was her last competition in New Zealand for this session. Danielle is now on to international athletics session with the first trip to Australia in April to compete in the Senior Australian Champs.





rowing

by Ryan Branje

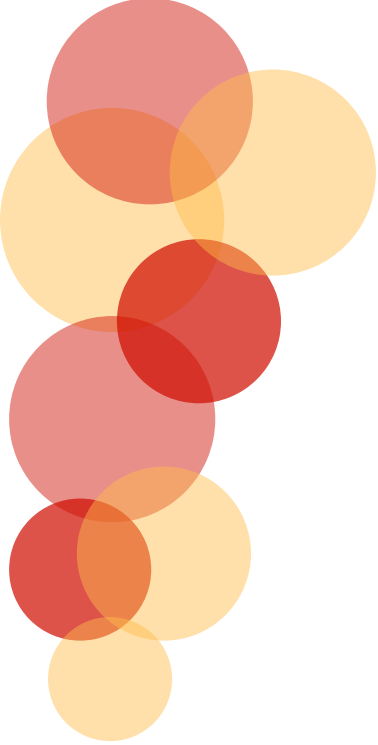
On Friday the 16th of November (my 13th Birthday) I was invited to be a Guest Speaker at a Halberg fundraising Dinner. Along with Cian Wackrow. It was an awesome night. I had to take my Wheelchair Basketball chair, and talk about the Halberg Games, and how Halberg have helped me (by helping me buy my Basketball Chair).

I got to tell James McOnie some jokes. Then I was given a huge Birthday Cake. Mum was talking about my favourite activities at the Halberg games. They are Wheelchair Basketball and Indoor Rowing . At dinner we sat with Jacob Phillips, David Nyika, Hamish Bond, Eric Murray and his wife, Cian and her Mum. There was lots of yummy food. I met so many people. I was allowed to go home after the dinner, but I wanted to stay to the end.

Just as well, because at the end James (McOnie) said Where is Ryan? We have another surprise for him! It was a huuuugggggeeee surprise!!! Gary from Concept 2 and Rob and Sonia Wadell gave me a Rowing Machine !!!

I have been really lucky to get my Rowing Machine. A few weeks later, I entered an Indoor Rowing Event and won a medal in my Category!





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lawn bowls

by Lynda Bennett

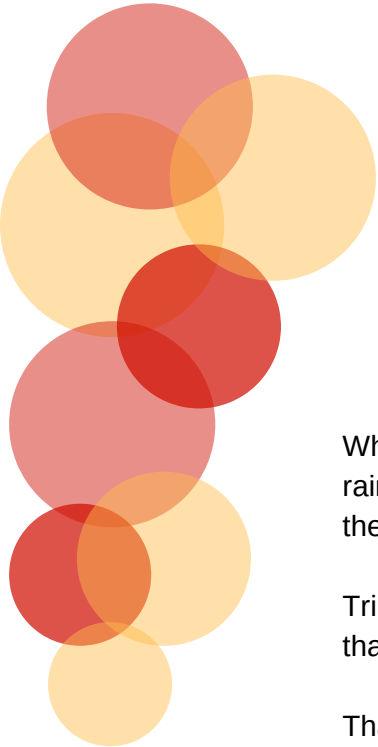
A group of ten Disabled bowlers from throughout New Zealand will be attending the 2nd International Lawn Bowls Games in Suwon, Korea on 30 June –6 July.

We will be playing singles and pairs. This is an exciting and a great sporting opportunity for two of Waikato's Parafed Members, Chen Naude and Lynda Bennett. The venue is at the VHS Rehabilitation Sports Centre, which was built in 2011 to activate a systematic rehabilitation sports for the disabled Veteran's and foster disabled elite athletes, as a main training centre for KDVSC (Korean Disabled Veterans Sports Council) athletes.

The KDVSC P lawn bowls games President Cup International Lawn Bowls Games, which firstly started in 2013, has a main purpose to promote harmony, friendship and peace through lawn bowls games. For me it will give me an opportunity to catch up with some of my Korean friends that I have made from playing bowls internationally.

This is a self funded trip and I know we will have a fantastic time.





cycling

by Tiffiney Perry

What a great weekend we had at the Parafed Waikato Activ8 Para Cycling Events. Even the rain didn't dampen our spirits at Hampton Downs on the Friday night. The twilight time trial on the track was awesome.

Trikes, Handcycles Tandems and E Bikes all turned up to do some hot laps. We would like to thank Morrinsville Wheelers for running the Time Trial event.

Thankfully on Sunday morning at Cambridge the rain cleared and the Road Race was run in perfect conditions.

Thanks to all competitors and organisers and thanks also to Hamilton City Cycling Club for helping run our Road Race.





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basketball

by Sheldon Larsen

Thank you so much for your support in helping me cover the flights to Brisbane to compete in the Sunshine Coast Spinners Tournament with the Christchurch team.

What a Tournament it was. I have never played as many games as what I have just done. Eleven games in three days has officially become one of the most draining tournaments I have competed in. There were eight teams in our Premier division.

We arrived on the Thursday night and drove from Brisbane airport to Caloundra where the games were held. We had a good rest, big breakfast and arrived at the gym for our first game. We played four games over the whole day being undefeated, slowly warming up and finding little issues we could improve on for the following day as the next day was going to be harder teams to play against.

On Saturday morning we were all feeling the body but knew we needed to fuel up and get this day started. We won 2 out of 3 games losing our last game against The Heat; a team which haven't lost a game in three years. Over all we were happy with our performance and put our team in 2nd place for the play offs.

Never have I seen a play off draw like this one. Point differential and stats played a big role in the outcome of this tournament. We lost our first game against the Sunshine Coast Spinners by 1 Point, going into overtime 2 times. Pretty gutted we knew we had to figure a plan of attack for the next game. Our team found our strengths and won the game without ease. All players then got the opportunity to sit down with the Australian senior and junior coaches to learn some drills and plays. Techniques and coaching methods and believe we all benefited from it.





basketball

by Sheldon Larsen

To our unpleasant surprise we found out we were going up against the Sunshine Coast Spinners again. With Christchurch winning the first game against them by 2 points and then they won the 2nd game by 1 point, this game was going to be the game of clash, bash and rumble between us.

Our team continued to show strength and pulled through with a great winning result sending us through to the finals. All players feeling every sore muscle in our bodies knowing we had the final to go in 2 hours.

We rested up after some lunch, followed with a good warm up and then started the final game against The Heat. The crowd was so quiet and surprised that we were keeping the game interesting and close. We had a really bad third quarter with around 10 turnovers which put us in the position of fighting harder to catch up for the win.

We managed to pull together in the fourth quarter and made a really good come back but it wasn't enough to secure the win losing 54 – 45. We have been the only team in 3 years to come close to beating them and it was a fantastic final game for all players and everyone watching.

After the tournament we stayed in the Brisbane city as a team to relax and reflect on our 2nd place winning and achievements. We have all learnt so much and what to improve on for the future and can't wait to share this knowledge with everyone in New Zealand.

I would like to thank each and everyone one once again for the continued support in my Wheelchair Basketball career and making my sporting dreams and achievements a reality for me to obtain.



water skiing

by Tiffiney Perry

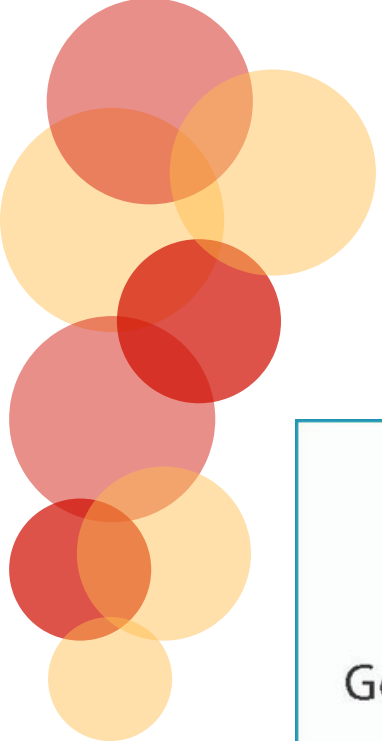
This summer after 26 years of disabledness I decided to try my hand at water skiing- the very sport that landed me in a wheelchair in the first place. Such a cool experience - I don't actually know why it took me so long! I purchased the ski from a Florida company called Liquid Access. They emailed me a booklet of instructions which they use to teach disabled peeps at their ski schools. What the hell I thought - looked easy enough I would give it a go.

That proved a bit difficult as I am usually the one teaching people to ski behind our boat. I was pretty nervous and initially I got my friends son to have a go first. He made it look pretty difficult tbh and I found myself putting it off most of the summer. Apparently the skis are designed for para's and quads and to have no muscle control to put through your legs, which is difficult to switch off if you're able bodied.

Eventually I rustled up a crew (which you definitely need) and had a go myself at Lake Tarawera on quite a cold morning with no wetsuit- Failed and bordered on hypothermia.

Then I bought the ski home and had a crack at Lake Karapiro - another crew and another fail. Buggar! Last weekend I finally nailed it with yet another crew and a damn good wetsuit :) such fun I totally recommend it! It's all about the boatspeed we discovered. And so thankful to all my crews who helped me. Someone to steady me in the water and then help me in the ski when I fell out. The driver and observer. Big ups to the Karapiro Water Ski Club. Giving up their time to help me was so cool and made some new friends :) I can feel a disabled water skiing day coming on next summer!!!





bronze partners

Wheelchair Rugby

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powerchair football

Will van Vroonhoven

In January of this year Will van Vroonhoven again jetted across to Australia, this time to play in the Australian Powerchair Football club championships, played in the Quay Arena at Sydney Olympic Park.

New Zealand was invited to send two club teams, with North Auckland and Canterbury taking up the offer. Canterbury invited two players to join their team, with Waikato's Will van Vroonhoven and BOP's Toby Lipinski taking up the offer. Canterbury was playing as Wellington Phoenix. In Australia most top club teams are adopted or supported by their local A League football team. As the Wellington Phoenix is New Zealand's only A league team, they were keen to support Canterbury Powerchair football by supplying player strips for all the players and allowing them to use the Wellington Phoenix name.

Will scored one goal during the event against the Central Coast Mariners who ended up 2nd in the tournament. The Phoenix team came 2nd in their pool beating the top ranked team in the pool, for the opportunity to play for third place. Unfortunately they lost this game 3 nil against the highly regarded Strikers Powerchair Football club from Brisbane, to end up fourth in the tournament out of 12 teams.





powerchair football

Will van Vroonhoven

There was some down time which was spent sightseeing. Highlights included Sydney Maritime Museum, a Sydney Harbour cruise, getting stuck in a lift at Darling Harbour (no joke) and a night at the incredible ANZ stadium watching an A League Football game courtesy of Western Sydney Wanderers.

As New Zealand develops as a Powerchair Football nation, their next goal is to get to Sydney in October for the APO cup, the qualifying tournament for a place in the next Powerchair Football World Cup, also to be played in Sydney in 2020. There are only 2 places allocated to the Oceania region for the World Cup with hosts Australia automatically getting one of those spots. New Zealand will have to beat Japan, South Korea and Singapore to get the 2nd spot. Will is working hard to get a place in the NZ team, but in the meantime continues to make his family, Waikato Powerchair Football and Parafed Waikato proud.

(If you would like to support Will and the New Zealand team to get to Australia, please go to our give-a-little page at <https://givealittle.co.nz/cause/nz-powerchair-football-inc-requires-support/donations>)



Harata Te Whetu

by Life Unlimited

Ngā Mara Ātea is many things to Harata Te Whetu – and one of the most significant is its stability.

Before joining the programme, based at Kirikiriroa Marae in urban Hamilton, Harata had spent time in schools and programmes in Taupo, the Coromandel Peninsular, Morrinsville, Ngaruawahia and Huntly.

Today the 41-year-old is one of the long-servers at Ngā Mara Ātea, which provides a marae-based programme for people with disabilities.

She has been there for 10 of the 19 years the programme has been running.

Harata, whose family are Tuhoe and Ngāti Kahungunu, had a nomadic time in her youth and spent periods in a number of Waikato, King Country and Coromandel communities before moving to Hamilton from Morrinsville.

The Life Unlimited team who care for Harata are impressed with her too as, community facilitator Alex Stockley explains.

“She thrives around people and our programme has some aspects of goals as well as focussing on life skill, fitness, health and culture. It is community oriented and Harata is a people person.

“Our programme is goals focussed and within our weekly schedule we cover aspects of life skills, health and fitness, community activities, crafts and dance.

Although we are a multi-cultural programme, we strongly cater to cultural components through kapa haka, karakia, waiata and pepeha,” Alex said.

“It’s really amazing to see their confidence grow through all of the activities we provide.”



powerchair football

Activ8

Parafed Waikato Wasps Powerchair Football club co-host this years Activ8 Powerchair Football Tournament.

Parafed Waikato's Activ8 series of events are based on three cornerstones; Motiv8, Particip8 and Invigor8. Parafed Waikato Wasps Powerchair Club has organised and run the Powerchair Football Activ8 event for the past three years, with a focus on the social side of the game and getting people involved, as opposed to the highly competitive National Tournament. In 2018, Powerchair Football NZ was invited to participate in the Parafed BOP/Healthvision festival of disability sports in Tauranga in 2019. It was decided to move Waikato's Activ8 event to the festival with the dual purpose of promoting their amazing sport and jointly running the tournament with Parafed BOP.

Powerchair Football had a presence over both days of the festival; running the have-a-go sessions on Saturday 30 March, with the Activ8 tournament proper being held on Sunday 31 March with teams from Auckland, BOP and Waikato taking part. Waikato's Will van Vroonhoven and David Ireland, player and coach respectively of both the Waikato and New Zealand B Powerchair Football teams, were both nominated for awards at a formal awards dinner, held on the Saturday night as part of the festival.


activ8 series
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