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Halberg
Disability Sport
Foundation



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parafed waikato

Newsletter

July - September 2019



welcome

from your Parafed Officer

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

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 your membership is now up for renewal. You can do this through our website. Also all sporting information can be found at our website at www.parafedwaikato.co.nz

Thanks to everyone who contributed to this newsletter especially our youth club members. 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

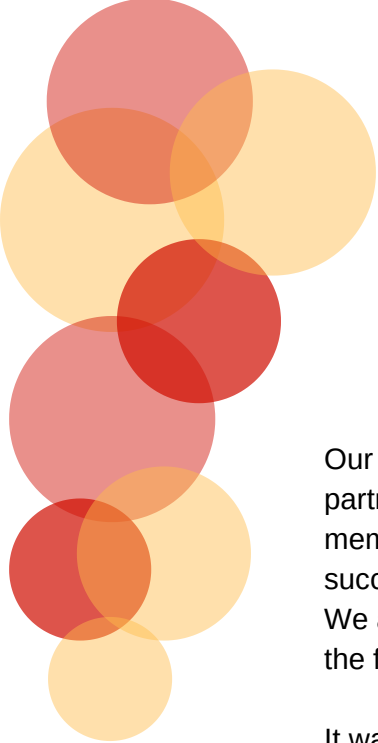
parafed waikato

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

Our recent AGM provided plenty of opportunities to celebrate. Our relationships and strategic partnerships have strengthened, our funding applications have been very successful, and membership numbers are up significantly on last year. Many of our members have had successful years in their various sports, with successes locally, nationally and internationally. We also wish our Halberg Games athletes the best of luck when attending the games during the final weekend of the October school holidays.

It was heartening to see all existing board members stay on at the AGM, enabling the current direction and positive vibes to continue for another year. However, the head of the table has had a change with Board Chair Tiffiney Perry stepping down, and deputy chair Peter van Vroonhoven taking over the chair role. It was heartening to note Tiffiney has decided to stay on for at least another year to impart her significant knowledge and wisdom, and support and hand over to Peter. Peter has no plans to make any changes initially, wanting to establish himself in the role before adding his own flavour and ideas.

Over recent months the Operational Plan has been completed by the trustee committee of Peter Van Vroonhoven, Chris Harvey, Viv Young and Alan McDonald. It was written to align with our strategic plan and it will help us put into action the board's plans and objectives for the next five years. It is a working document that will be added too as we find the resources, staff, volunteers and time to do the things we wish to do for our members. As we start the lead up to Christmas and hopefully enjoy some more settled weather, the board hopes you are well and get to enjoy a bit more sunshine.

Nga mihi
Parafed Waikato Board.

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

I've been busy organising fun things for our youth to try. During term three the sports the Youth Club have participated in are:

A 5 week trike/hand cycle and adaptive indoor rowing programme at the Avantidrome. We were very fortunate to have Eric Murray's expertise to run the indoor rowing programme and he inspired our indoor rowers. Rene Eales ran our trike/hand cycle programme and his enthusiasm and fun obstacle courses were amazing;

A 5 week athletics programme at Porritt Stadium. We were lucky to have Alan McDonald as well as 2 of our inspiring track and field athletes, Amy Dunn and Danielle Aitchison coach our team in preparation for the Halberg Games coming up in October. Our athletes have learned the skill of how to throw the discuss, shotput and club throw and they have also been practicing their race starts for the track events. Thanks to Chris Harvey who has put together 2 push rim track cycles for 2 of our athletes to try out and hopefully they will be able to compete in these at the Halberg Games;

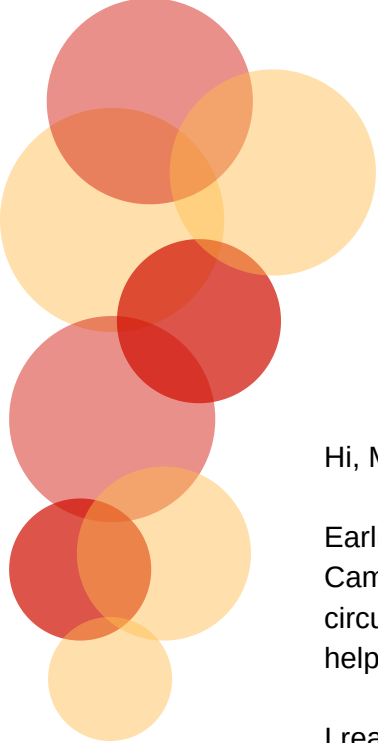
Rock climbing at Extreme Edge. Another awesome session for our youth club members.

Parafed Waikato partnered with the Halberg Foundation as well as the Waikato Badminton Association to be able to offer our youth club and our Parafed Waikato members 'Have a Go' sessions for gymnastics and para badminton. These sessions gave our athletes a little taste of these sports and it's great to see a few of them have decided to continue on with these sports.

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.

Cathy Wooller
Parafed Waikato Sport Development Officer
Contact Cathy at cathy@parafedwaikato.co.nz or 027 318 0497





youth club

by Lucas Pederson

Hi, My name is Lucas, I am 10 years old.

Earlier this term I joined in with the trike/hand cycling programme at the avantidrome Cambridge. I really enjoyed it. It was my highlight each week. Racing around the different circuits and obstacle courses that Renee would set up for us. (Thank you Rene for all your help).

I really thought it was fun doing the limbo while hand cycling also crossing over the little bridge. It was fun going fast and speeding around corners. I found it hard at first until I got comfortable with it because it is different to my wheelchair. I also enjoyed making new friends and meeting others in wheelchairs.

I am looking forward to the next time we can do this. I am currently taking part in the Parafed youth club athletics programme and having a go at wheelchair track racing. I am enjoying it because it is a sport I can do with others like me.





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

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

Full Membership \$35
Junior Membership \$20
Social Membership \$20



wheelchair rugby

by Kelly Lee

The very first time I ever saw a game of Wheelchair Rugby was when I had just exited life in the Spinal Unit. I wasn't in a very good frame of mind at the time and decided then and there that sport in a wheelchair was not for me.... well 20 odd years later and just coming out of a period of ill health I decided it was time to get myself fit and thought I would try the game out again- and this time give it a decent go. Well, I absolutely love it!

I was pretty nervous going to my first training session, but everyone was so welcoming and before I knew it I was strapped up in a chair (that amazingly just happened to be spare and fit me perfectly) and playing Wheelchair Rugby.

Now I will admit, my first night was pretty horrendous- I must have dropped just about every ball that came my way, a bit tough to handle when you've played netball for Waikato... but everyone just cheered me on, so at the end of the day I just got over myself and did the best I could. Two months down the line and I'm probably not much better but I'm growing in confidence and really look forward to Monday evenings.

Wheelchair rugby is a fantastic game full of fast action, lots of crashing in to one another and sneaky tactical plays, plus its a really awesome way of meeting new people. So for anyone out there wondering if they should give it a go, I definitely recommend you do. My only regret is I didn't start years ago.

A massive shout out to David Klinkhamer for helping me into the sport- such a calm and reassuring presence in the team, Peter Klinkhamer (PK) for getting me game ready, Chris Harvey for the extra encouragement, the Mecchia Clan for the half time lollies and the rest of the team- well, because you're all just pretty cool... Plus my sock wardrobe looks just a bit nifty now too!





halberg games

by Cathy Wooller

This year's Halberg Games (Junior Disability Games) will be held on Friday 11th October - Sunday 13th October at Kings College in Auckland.

The Halberg Games is an annual three-day National sports tournament open to 8-21-year olds with a physical disability or visual impairment. It is a fantastic opportunity for young athletes to experience an authentic Games village environment with opening and closing ceremonies.

Athletes compete in regional teams and have the opportunity to enjoy the thrill of competition and try new sports.

The following sports have been confirmed for the 2019 Halberg Games: Adaptive Cross Fit Challenge, Athletics, Swimming, Golf, Gymnastics, Wheelchair Basketball, Boccia, Badminton, Archery, Rowing, Pop Tennis, Wheelchair Rugby, Powerchair Football, Rugby, Turbo Touch, Taekwondo. Still to be confirmed – Table Tennis, Ambulant Football, Adaptive Cricket.

I am looking forward to managing the Waikato team again this year.

More information can be found at www.halberggames.co.nz.



youth club

by Caelan Harris

Earlier this term I was privileged enough to attend an Indoor Rowing course through the Waikato Parafed youth group.

Over 5 weeks we met at the Avantidrome in Cambridge on a Sunday afternoon, to train in the fully kitted out, state of the art training facility, with 2x Olympic gold medalist, Eric Murray.

It was great to have such a fun and inspiring athlete to encourage us. On the first week we just familiarized ourselves with the equipment, Eric commented on the rosy cheeks we all had!

The following three weeks we engaged in intense interval style training. This worked us hard and gave everyone their rosy cheeks! Just what Eric wanted to see!

Thanks to Cathy for organising and Eric for his willingness to give us his time and expertise.





nz nationals

by Robbie Hewitt

The big event of the New Zealand wheelchair rugby calendar the New Zealand Nationals took place in Christchurch on the 16th-18th of August. The DG Sport Waikato Stampede came into the tournament as 2 times defending champions but had a vastly different squad this year.

The Stampede were able to scratch together with help from the Wellington Club and Drake Medox a competitive squad but definitely not the favourites. With the number 1 mechanic Peter Klinkhamer secured the weekend started great for the Stampede with a surprising 55-34 demolition of a strong Canterbury team.

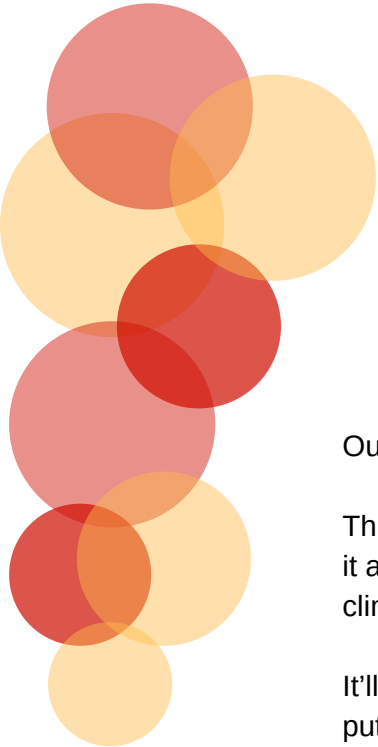
Day 2 saw the stampede take on a spirited BOP team that have developed well over the 2019 season. The BOP team also included Mitchell Simpson a Stampede member offering his services to help out BOP who had a great tournament and was one of BOP's best players. The result would go the Stampedes way 49-43. The last game of pool play saw The Stampede tack on tournament favourites Auckland. In a game that was fit to be the final a real up and down ding dong battle had spectators on the edge of their seat.

Unfortunately for the stampede Auckland edged out the win 47-46. At the end of pool play the Stampede had finished 2nd and qualified for the 2 v 3 semi-final. Day 3 started with a hiss and a roar as the 2 v 3 playoff proved to be a lot closer than the earlier Stampede v Canterbury game. Canterbury took it to the Stampede in the 1st half but the stampede was able to grind them down to get a much tighter victory and secure a place in the final.

The final was to be a rematch with Auckland and a chance for revenge for the Stampede. The Stampede got out of the gate early taking the game to Auckland and eventually securing a surprising win and defending their national championship for the 3rd year in a row with a 48-40 win.

The team played very well and secure some well-deserved individual awards. Gavin Rolton Best 0.5, Chris Lay Best 1.5, Rob Hewitt Best 2, Barney Koneferenisi Best 3.5 and Rob Hewitt MVP. A huge thank you must go out to our support staff, the entire Waikato Wheelchair Rugby family, Parafed Waikato, Drake Medox and DG Sport without your support we wouldn't have the opportunity to compete without it.





para climbing

@ Extreme Edge

Our next paraclimbing session will be on the 2nd of November.

This will be the Waikato paraclimbing championships. I hope that you will come along and give it a go. If you want to come and climb just for fun that's great but we'll have some competitive climbs set up for you to try if you are keen for a bit of competition.

It'll be our last climbing session for the year and it'll be great to see all of your climbing skills put to work in a competitive climbing session. It's going to be great!




Entry is free for Parafed members. Please register before October 26th with david@parafedwaikato.co.nz.

**WAIKATO
PARACLIMBING
CHAMPIONSHIPS**

EXTREME EDGE
90 Greenwood Street
November 2nd
3pm

REACH YOUR PEAK

Register with David Klinkhamer by October 26th
david@parafedwaikato.co.nz





shooting

by Larry Faaaliga

10 metre air rifle shooting will commence training on Wednesdays 6pm to 8pm at The Hamilton Pistol Club Airport Road. Enquiries from interested athletes please contact Dave Sheely 02721099566 or David Klinkhamer david@parafedwaikato.co.nz





asia-oceania champs

by Robbie Hewitt

The Wheel Blacks left to Korea filled with nerves and excitement as old foes Australia and Japan had all ready booked their spots at the 2020 Tokyo Paralympics which still left one spot up for grabs for either the Wheel Blacks, Korea or Thailand at the Asia-Oceania qualification tournament in Gangneung Korea.

The tournament took place from the 6th-9th of September and is the last of the zonal competitions to sort out a qualification spot for the Paralympics. Getting off the plan the Wheel Blacks noticed straight away they had left the wild winter of New Zealand behind and jumped straight into very hot very humid conditions.

The Wheel Blacks stayed a few days in Incheon to acclimatize then it was a 4 and a half hour bus trip to Gangneung to get stuck into the tournament. With 2 training days before the tournament it gave the Wheel Blacks a chance to take in the venue and get familiar with the surroundings.

The venue was fantastic but unfortunately for the training the aircon was not and the trainings were extremely hot and energy sapping. To make things more interesting the floor that we played on was soft and felt like you were pushing in mud, but it was the same for every team.

For the Wheel Blacks the tournament finally started with a game against the newly crown world champ Japan team. The Game started extremely competitive with the Wheel Blacks running line ups only being down by 2 at half time. The coaching staff of the Wheel Blacks before the tournament come up with tactics and strategies for the entire tournament to give the Wheel Blacks the best possible chance of qualification to Tokyo 2020. Knowing this the Japanese ran out comfortable winners 60-37.

The Wheel Blacks then had to recover for an evening game against world number 1 Australia. Coaching staff again implemented strategies but this time nothing the Wheel Blacks could do to stop the onslaught that Aussie brought running away with a crushing win 62-29.



asia-oceania champs

by Robbie Hewitt

After the 1st day the tournament draw was a bit kinder to the Wheel Blacks which saw them only have one game on day 2 against new kids on the block Thailand. Thailand put in a spirited effort but were no match for the Wheel Blacks. The Wheel Blacks coming out convincing winners 78-8. This left the Wheel Blacks with a 2 loss 1-win record and an early morning game on day 3 V Korea for a spot in the 2 V 3 playoff game.

The Wheel Blacks anticipated a intense game V Korea on day 3 but started extremely well and continued to stretch the gap throughout the match to run out eventual winners 50-37. This set up a match V Australia for a chance to play in the gold medal match. The Wheel Blacks put in a much better effort V Australia this time around but still lost 63-44.

This set up a game v Korea for a Bronze and a spot at the Tokyo Paralympics in 2020. Both teams knew this was probably how the tournament was going to play out and help a few things back from their 1st encounter. With everything on the line, the game started tight going back and forth with the Wheel Blacks gaining a slight advantage heading into half time.

The Wheel Blacks continued to change line ups and eventually get out to a comfortable lead. He team played extremely well and absorbed everything Korea threw out to win 50-43 and book a spot in the Tokyo 2020 Paralympics. The 1st time rugby has qualified for the Paralympics in 12 years.

Exciting times ahead and next up for the Wheel Blacks is the World Wheelchair Rugby Challenge in Tokyo in October running alongside the Rugby World Cup.

A big thanks to everyone that has supported me along the way Parafed Waikato, Lynn River Gloves, NZ Rugby Foundation, DG Sport and NZWR.





goalball

by Verne Pavreal

Let me tell you how Parafed has helped me and other blind members enjoy and benefit from another sport, Goalball. First I'll explain the sport and then you'll know how helpful the Parafed contribution was and why I enjoy the game. I'll ask you if you can also help in a small way.

I often describe Goalball as a game like pinball, you know the old mechanical game where players flip little paddles to direct a ball bearing down or across a flat surface. Well in Goalball the paddles are people who need to deflect or better still catch a modified rattling basketball rolling across a polished wooden floor.

Each team consists of three players of any gender, two wings and a centre. Each player crouches or lies along one of three parallel tactile lines. The two wing lines are both set back 1.5 metres from the centre player's position and the wing lines are another 1.5 metres from the goal line. The other team is arrayed in a mirror image of this layout 18 metres away. There are also three tactile lines between the two teams' positions, the first marking a high ball line, which the ball when thrown must not cross without first bouncing. The final line is just a midway line, over which a blocked ball must not roll or the ball is forfeited to the team who just threw it. Enough boring detail!

Strategy:

When the rattling ball is pitched it is sent either quietly or rapidly down the court, skipping between the desperately groping limbs and bodies of the defending team. A cunning thrower will try to conceal the position of the ball on the court to make blocking as difficult as possible. Often the team with the ball will pass or pretend to pass to one another to confuse the other team. All players soon learn which of their opposition players tend to use which strategy, cunningly quiet or noisy or spectacularly noisy or... You get the idea. The golden rule is eyesight is equal, as in no one has any. Whether you have sight or just a little nor none at all, you must wear a blindfold. I think this is an essential leveler, allowing sighted and non- and partially sighted players to be on an equal footing.





goalball

by Verne Pavreal

So what have I found the benefits of the Goalball game to be?

Aerobic fitness: That ball can move fast or slow and you have to block it, catch it and within a short time frame hurl it into the opposition's net. Excellent players can run blindfold to the exact position to get the ball and score a goal.

Flexibility: That ball can be coming from anywhere. You may be lying in a blocking position on the floor, and have to come into crouch, stand, run and then back to lying down within seconds.

Comradeship: Enough said. Your team will back you up. And support you if you mess up.

Enhanced directional audio skills: I am noticing the benefits already when negotiating around town.

And ultimately, For many years I have sought an active team sport and have never found one best suited for a blind player. Goalball has now satisfied this yearning. My only regret is not having put on a blindfold and started playing 20 years ago when I was fitter and only partially sighted.

The Goalball nets Parafed provided have had much use over the last year, having been to tournaments in Raglan and Rotorua and Hamilton. Thank you. Now we have these lightweight, easily assembled nets, practice is fun and useful.

Here's where I'd like to ask you to help if you think you would like to have a go at goalball or know some one who might like a game please let me know. We have three keen blind or visually impaired players and a venue (fortnightly at Berkeley Intermediate, Hillcrest. Hamilton) but of course we need another three players to compete with. It's also helpful to have a couple of people to ref and fetch any balls which don't make it into the nets.

My contact details: verne.pavreal@gmail.com, 07 8564853 (preferred) or 027 5561333.





wheelchair rugby

by David Klinkhamer

Wheelchair Rugby fans were treated to what has been described as the most hotly contested Stampede League of all time. This was part of the Parafed Waikato Activ8 series.

The level of competition and standard of play across the four weeks was exceptional and a large amount of improvement was seen in each and every player.

This was such a great social event and I am hopeful that we will be able to further grow participation in the event for the coming years after such an amazing competition.

Congratulations to White Team who took the trophy. The final was very close and made great watching for the spectators.

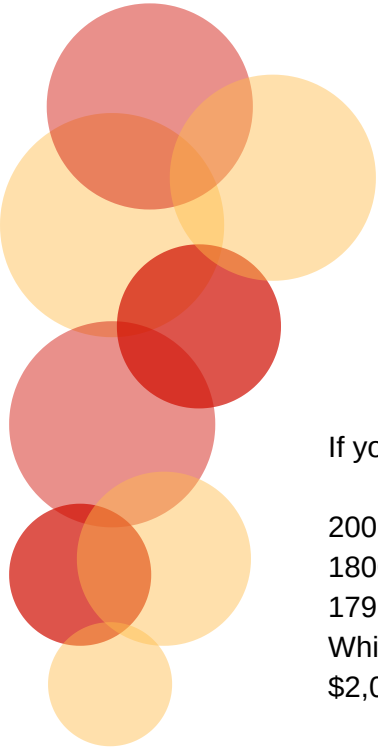
The final standings were:

1st - White Team

2nd - Red Team

3rd - Black Team





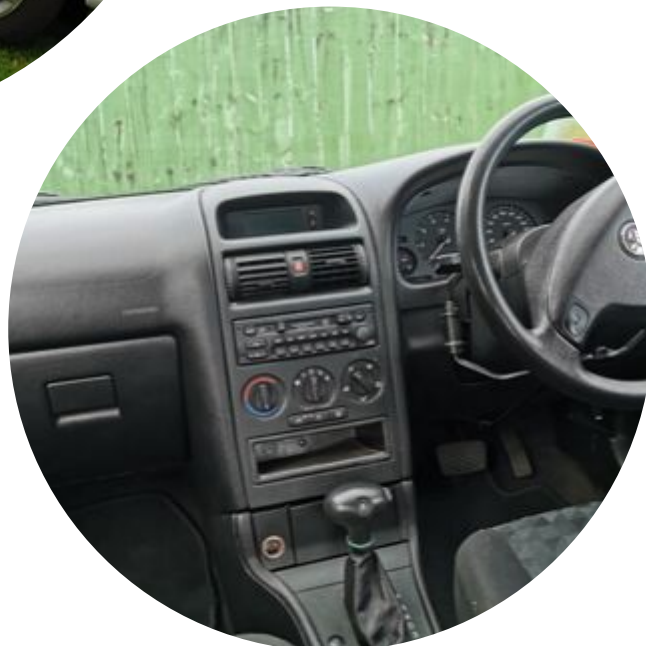
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Holden Astra

If you are looking for a little run about with hand controls, here's a good buy for you.

2001 Holden Astra
1800cc
179,000kms
White, in pretty good order
\$2,000 including installed hand controls

Contact: Bruce & Helen Tocker
Ph 07 8434125





launched festival

by Life Unlimited

Launched Festival highlights dance crew's talents

Several participants of Life Unlimited's Nga Mara Atea programme recently performed at the annual Launched Festival held at Southwell School's Performing Arts Centre in Hamilton.

In preparation for it, Nga Mara Atea's Dance Domination dancers came together every Monday at Excite Music Academy to practice under dance teacher Clayton.

The Launched Festival, previously known as the Hamilton Disability Pride Film Festival, was first held in 2008 and involved screening films about people with disabilities at various venues around the city.

It grew to include locally made digital stories, sporting and social events. It then went on to be an Arts Festival to celebrate the gifts and talents of people with disabilities in our community.

Over the years staff from various Hamilton support organisations were actively involved in arranging and running the festival, including Interactionz, Community Living Trust and Enrich+.

Independent volunteers involved include John Smith, Barbara Choat and Lillian Martin, along with many who are either participants or support people.

Tiffany Louise Collette show cased her art work, which she describes as Neopop, at this year's event. She is a recognised artist who has sold many of her paintings and hopes to have her own studio one day.

Below: Tiffany Louise Collette with her art work and "Dance Domination" from Life Unlimited's Nga Mara Atea programme get down and boogie with dance teacher Clayton.





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