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parafed waikato

Newsletter

October - December 2019



welcome from your Parafed Officer

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

I hope you are all looking forward to some summer sunshine and rest after a busy year. You deserve it! Hopefully you all can start the holidays with our Christmas Party this weekend.

It's been great to see all of our athletes and teams doing so well this year. We are busy working hard behind the scenes to make sure everyone can do it again in 2020.

This issue of the 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.

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

Merry Christmas!
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

Do you want to support Parafed while you shop online?

Rewardhub lets you earn free donations for the school, club or cause you care about, just by doing every day online shopping from their Rewardhub page, and it won't cost you an extra cent. Sounds perfect for that online Christmas shopping!

Click the link below to support Parafed Waikato.

<https://rewardhub.co.nz/parafed-waikato?q=parafed%20waikato>

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>





christmas party

Do Join Us

All members, families and volunteers are invited to our Christmas Party.

2PM,
SUNDAY DECEMBER 15TH,
23 DROMARA DRIVE, ROTOKAURI

Bring a salad, dessert or vege dish and bring your togs for a swim.

RSVP to Tiffney:

07 849 1178 or 021 522 735

It's always a good time, we hope you can make it!





message

from your sport development officer

It's been an action-packed year for our members and I'm delighted that our Youth Club has grown to 35 members.

As well as our regular sports teams, we have been able to offer the following sports and recreational activities this year: rock climbing, table tennis, badminton, gymnastics, 2 para swim camps, ten pin bowling, trike and hand cycling, adaptive indoor rowing, dodgeball, volleyball, and athletics.

I'm looking forward to booking in some new sports and activities in 2020 for you all to try. It's awesome to see your love for sport and it's always magic when someone finds a sport that they love playing and makes them passionate.

See you at our Parafed Waikato Christmas party. I hope you all have a lovely Christmas and enjoy some fun holiday time with your families.

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





indoor rowing

by Cathy Wooller

The 2019 New Zealand Indoor Rowing Championships was held at the Avantidrome on the 23rd November.

Parafed Waikato had a few members participate in this championship and achieve some awesome results as follows:

'Skippy' David Branje achieved a PB and won a gold medal in his 500m Masters C para category

Ron Satherley won 3 gold medals in the Masters H para categories - 500m, 1000m & 2000m

Zac Schultz (7yrs old) won a gold medal in the para U10 category

Ben Healy won a gold in the U14 para category





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 David Klinkhamer

It has been an awesome year for the DG Sport Waikato Stampede. We came third in the WRC Competition, we came 4th in the NZ Low Point Nationals and we won the NZWR Nationals, defending our National title for the 3rd year in a row.

As well as that our volunteers have been doing great things. Tony Dinnington has been overseas as technical commissioner. Bevin Jenkinson has done a fantastic job on the commentary at Australian Nationals. Calvin Hewitt has also been to over to Korea and Australia as mechanic for the Wheelblacks. Robbie Hewitt and Cameron Leslie continue to represent us well on the international stage as members of the Wheelblacks and it was a pleasure to watch them in action at the Asia-Oceania Zonal Championships in Korea and the World Wheelchair Rugby Challenge in Tokyo.

Throughout the season we had good numbers to training, it's been really great to welcome Kelly and Levi along and to see the big improvements in Mitch, Amy and Georgia. We have loved having you all part of the club. We topped off the season with our Stampede League which was a fun and super competitive tournament.

This year the most improved player award went to someone who has an awesome attitude and who truly loves the game of wheelchair rugby, so much that they even squeeze in extra trainings over in Tauranga each week. Our MIP for 2019 is Mitchell Simpson.

This year the MVP award went to someone who has brought so much to the team. From their dedication at trainings to their awesome work at tournaments and a superb performance in the Stampede League. Not only does this person eat, sleep and breathe wheelchair rugby but they bring along a support crew that have become part of the family. This year our MVP is Georgia Mecchia.

We would like to thank all of our players, supporters, volunteers and sponsors who have made this year possible. We look forward to the 2020 season.

Go Waikato!





halberg games

by Cathy Wooller

It's been 6 weeks since we got back from the Halberg Games at Kings College. A BIG thanks to our Waikato athletes and supporters who attended the Halberg Games.

Our Waikato team made us very proud and it was great to watch you all achieving some pretty cool sporting goals as well as have a go at new sports with sooo much determination and positivity. We also had some very enthusiastic and entertaining parents in our team who made the 3 days and the supporters/parents races a lot of fun!

Congratulations to Caelan Harris who received the trophy for the best archer of the Halberg Games and to Andrew Fairweather who was acknowledged as the most valuable player for badminton. We were very thankful and grateful that we had Waikato team jackets sponsored by Vulcan Stainless Hamilton, the team looked great in these.

We held our prize giving on Sunday 17 November. A BIG thanks to Sam & Rachael Robertson for hosting us.

Congratulations to the following athletes for their trophies:

Magic moment of the Games - Thomas & Sophie

Personality of the Games - Hazel

Sports Excellence - Caelan





athletics

by Jacob Phillips

On the 8th of October I headed overseas to compete in the World Para Athletics Champs in Dubai. We spent two weeks in Australia acclimatizing to the heat before heading into Dubai.

I thoroughly enjoyed my time in Australia, and it was awesome to spend some downtime seeing the sights of Brisbane and Darwin. Then we headed into Dubai for the champs.

I competed in the T35 100 and 200m. The 200m was up first and after a patchy pre camp due to injury niggles I was stoked to place 6th.

Then came the 100m, it was a long wait for this race as it was near the end of the program, but I was happy to run a personal best and, in the process, break the New Zealand and Oceania record.

It was an amazing event which I greatly enjoyed and to have fellow Parafed Waikato member Danielle there and two other members named in the initial selection shows just how much para athletics is growing in the Waikato region.

Finally I would like to say a huge thank you to Parafed Waikato for all their ongoing support and opportunities they have given me over the years.



swim camp

by Cathy Wooller

On the 23rd November, ParaFed Waikato had 7 swimmers attend the para swimming camp at St Peters.

These para swimming camps are helping to develop our swimmers and it's great to see the para swimming programme is always evolving.

We were really fortunate to have Cameron Leslie and Jesse Reynolds there as guest speakers to inspire our swimmers and help out with the coaching.

Thanks to Swimming Waikato and Henk Greupink at United Aquatic Sports for organising this fantastic event.

ParaFed Waikato were pleased to be able to support this and also offer financial assistance.





boccia nationals

by Troy Robertson

2019 saw four athletes from the Waikato compete at the Boccia New Zealand Nationals, two of which had never competed at a Boccia competition before, Cian Wackrow (12) and Rhys Wyks (12). The other two athletes had a little bit more competition experience, former two time Paralympian Maurice Toon along and myself Troy Robertson.

Maurice and Rhys competed in the BC2 category, Cian and I were in the BC3 category. Unlike Maurice and Rhys who competed against each other in the team's event, Cian and I decided to pair up. For me Nationals starts 3 months before the actual competition, my ramp assistant, Manaia and I put in countless hours of training per week to prepare for a competition like Nationals.

Training involves calibrating balls, marking up our ramp, practicing certain shots and just simply playing games again and again. Some say that Manaia and I are very "geeky" in that our setup is very technical and relies on spread sheets and calibrations for all the different lengths each ball rolls for, but we find it works for us, so everyone can call us geeky all they want!

This year's Nationals was different from the previous nationals I had attended because I set myself two goals that I wanted to achieve, the first was to make sure Cian had loads of fun, and the second was to beat Greig Jackson aka "The Boccia Surgeon".

For easier transportation while at the competition, Manaia and I take our van if the competition is in a reasonable driving distance. So after ten hours of bad karaoke and a number of bags of lollies, Maurice, Manaia and I finally arrive in the windy city that is called Wellington, meeting the other two Waikato members down there ready for the competition the next day.

To start day one of the competition was the pairs sector, Cian and I had the toughest match up first. I was somewhat nervous and a little doubtful prior to Nationals and more exclusively before that first game on whether I was pushing Cian too much too soon, but all that doubt dissipated after our first game. She played superbly though and drove all hint of worry from my mind! We won every game quite convincingly until the match in the final, which we lost to a 20 year veteran of Boccia, Greig Jackson and his partner. But Cian and I enjoyed ourselves and both learned a lot from the experience.





boccia nationals

by Troy Robertson

Moving onto the individual section of the competition I find myself changing mindset a little, deciding where to play for certain games, picking what Boccia balls to use for different games, but honestly listening to music is the main change. A hour or two before each game I just put earphones on and listen to music, I've found it gets me focused for games.

I won each of my pool games going on to win both the quarter and the semi finals, which got me a ticket to the final where I would face Greig. I saw Greig in his semifinal play at a new spot that I've never really played much before, and straight away I knew he was going to play there against me.

Leading up to our match I just did my usual thing, listening to music and driving around annoying people, so nothing new. The match itself if I'm being brutally honest was pretty lackluster on my behalf. Which meant I only achieved one out of my two goals I set going into Nationals, however losing to Greig is bitter sweet because he's an awesome friend and also has 17 years more experience than I do. Plus there's always next year!

All in all it was a fantastic competition, seeing all four Waikato athletes came back home with medals! Maurice Toon won gold in both the team's and individuals sections in the BC2 category, Rhys Diprose won silver in the team's section in the BC2 category, Cian Wackrow also won silver in the pairs sector with myself in the BC3 category, to go with another silver medal I won in the individuals section of the BC3 category.

On behalf of all the Waikato athletes, I would like to give a massive thank you to Parafed Waikato for the Lion Foundation Grant that helped us cover the cost of travel and accommodation!!! And also a huge thank you to our Waikato coach Carol Armstrong, she was a tremendous amount of support throughout the competition!





para climbing

@ Extreme Edge

What a great day we had at the first ever Waikato Paraclimbing Championships!

The climbers gave it everything and it was a really close competition. Congratulations to our winners in the 5 categories who were:

Open- Stefan Hadfield

Reduced Power - Kate Harpur

Visual Impairment - Verne Pavreal

Youth - Niven Urlich Youth Visual Impairment - Leniux Taipari

A huge thank you to Extreme Edge for the support and the spot prizes, to Doug and Sylvia for organising it so well and to all the fantastic volunteers who helped out with scoring and belaying.

It was a great first competition and will be good to build from this in the years to come.





lawn bowls

by Lynda Bennett

During the week of 4 to the 7 November 2019 over 60 Disabled Bowlers took to the greens in and around Riverside Kaiapoi, Christchurch.

This was was biggest number of bowlers and all games were played in great spirit. We had some really hot weather and those players not in the finals were able to watch Live Streaming (thanks to Bruce Walker) in the club house.

The week concluded with the presentation of trophies and medals at the Thursday evening meal, with guest speaker DickTaylor (1974 Commonwealth Gold Medalist) entertaining the group, along with representative's from Bowls NZ and Bowls Canterbury.

After four rounds in the singles there was only seven four winners. Next morning saw teacher verse pupil, Chen Naude' and Lynda Bennett. Bennett overcome Naude' and Reardon and in the final, Frank Overend to become the 2019 Disabled Champion Singles winner.

The pairs we saw Gary Taylor from Hamilton Cossie Club coming home in third place. There was only one four winner in the drawn triples giving Skip Bennett her second Gold of the tournament. Bennett gave praise to her team especially Anthony Broderick a relative new bowler.

Gary and his team came third. Gary was also presented with the Best improved player of the tournament. Well done Gary and I did see some great bowls from you when you and Mike beat me by one in the pairs.

Once again thanks Parafed for your continual support.





athletics

by Danielle Aitchison

And just like that my first World Para Athletics Championships is complete. What a journey this experience has been. I am extremely blessed to have been given this opportunity to represent my country at something I am still new too but absolutely love.

I am grateful for all the support that I received from everyone so a huge thank you to you all. The pre camp in Darwin was all about acclimatisation to get used to the heat for when we head over to Dubai. However my legs continued to get worse, so I ended up not training as much but instead spent my time at sports doctors and hospitals getting scans done to try to figure out what was wrong with them.

Then heading over to Dubai, I competed in the 200m heats on Saturday morning. The heat was a very cruisy run. Then it was a quick turnaround to rest and recover in time for the final that same night. It was an amazing moment to pass the line second. As I hadn't been able to prepare and do much of the longer endurance work for the 200m so there were no expectations from me.

I had the medal ceremony that same night where I received a silver medal. I was over the moon and super happy with how I ran to come away with a silver medal considering everything. I had the 100m heat on Tuesday morning which was a very good run. The final was the next evening which was a very tough day on the track but am still happy with 4th place in 100m.

I am incredibly proud of myself and how much I have achieved at this champs with an ongoing injury and not having done much training. To come away as #2 in the world, a silver medal and an Oceania Record in the T36 200m. Then #4 in the world in and an Oceania Record in the T36 100m is an amazing achievement and am extremely excited for what the future holds for me.

Now back to New Zealand for a couple weeks break and a chance to get on top of this injury. Then getting into the NZ summer athletics season, with the aim to set new PB's and to qualify for Paralympics in Tokyo next year.



at one with nature

by Life Unlimited

Life Unlimited joined other health providers in Hamilton's Garden Place to raise awareness around mental health issues.

Heading out doors and being one with nature was a key theme for Mental Health Awareness Week along with understanding the importance of good nutrition, social interaction, physical activity and occupational wellness.

Life Unlimited's information advisor Tinihua Nassar said it was a great opportunity to interact with other providers and the community who braved the cold winds and rain. "It was a very moving experience to hear the guest speakers, who included family members of people living with mental illness, as well as people living with mental illness themselves, talk about their lived experiences."

The crowds were entertained with live music and poetry, stories of recovery and also the challenges mental health issues bring, she said. Mental Health Awareness Week ran from 23-29 September. The theme was "Explore your way to wellbeing – Whāia te ara hauora, Whītiora".

The 2016/2017 New Zealand Health Survey found that one in six Kiwi adults have been diagnosed with a common mental disorder at some time in their lives.

WHERE TO GET HELP

Lifeline: 0800 543 354 (available 24/7)

Suicide Crisis Helpline: 0508 828 865 (0508 TAUTOKO) (available 24/7)

Youthline: 0800 376 633

Kidslife: 0800 543 754 (available 24/7)

Whatsup: 0800 942 8787 (1pm to 11pm)

Depression helpline: 0800 111 757 (available 24/7)

If it is an emergency and you feel like you or someone else is at risk, call 111.





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