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parafed waikato

Newsletter

Oct-Dec 2020



welcome from your Parafed Officer

Hello and welcome to the fourth edition of the Parafed Waikato Newsletter for 2020. This newsletter celebrates the success of our athletes and shares their stories.

Wow, where have these last few months gone! It's been a busy time for us and you'll see from this newsletter that there have been plenty of things happening. I hope you are all looking forward to our Christmas Party. We have over 140 people registered so it will be a great night of socialising and bowling on the 11th of December.

In this issue we have reports on Wheelchair Rugby, Powerchair Football, Tennis, Horse Riding, Youth Club and much more. I hope you enjoy the read.

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

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

Kia Ora Tatou,

Compliments of the season to you all. As we wrap up what has been an interesting and challenging year, hopefully, you can all start winding down and reflecting on how you have coped, and what holds for 2021.

I have been lucky enough to have attended a few functions and events over the past few months and have been pleasantly surprised at the degree of optimism there is in the business community, especially in the construction sector. You only have to drive around Hamilton to see the tower cranes and major construction sites to see the level of investment and confidence. While a few projects are government-funded, like school upgrades & extensions, and infrastructure, most of the high profile projects are private investments.

How does this relate to Parafed and disabled sports? Good news and positive attitudes travel well and travel fast. I for one am excited about the continued evolution of Parafed. I am meeting this weekend with someone about a major communications and promotions initiative, we have some new sponsors to support us and our sports, powerchair football is rebuilding and, active recreation, driven by Sport NZ's disability initiative, will be something we want to develop in 2021.

The one cautionary note we have to be aware of is the funding pool available from gaming trusts and other charitable organisations etc. With bars, restaurants and retail closed for a big chunk of this year, gaming revenue is down which will affect what we can access in 2021.

Parafed Waikato so far has weathered the storm extremely well compared to many, and I have total confidence in Sue and the Finance Committee to make the best of whatever 2021 holds.

So, let's celebrate surviving the 2020 annus horribilis, enjoy the sunshine, family, friends, wins and successes, and keep our heads up as we greet the arrival of the year of the rebuild.

Have a very very merry Christmas from all of the Parafed Waikato team. See you at the bowling and then next year.

Nga mihi a nui.
Peter





christmas party

Bowling and Pizza

PARAFED CHRISTMAS PARTY



BOWLING & PIZZA

BRING YOUR FAMILY
ALONG TO JOIN IN THE FUN!

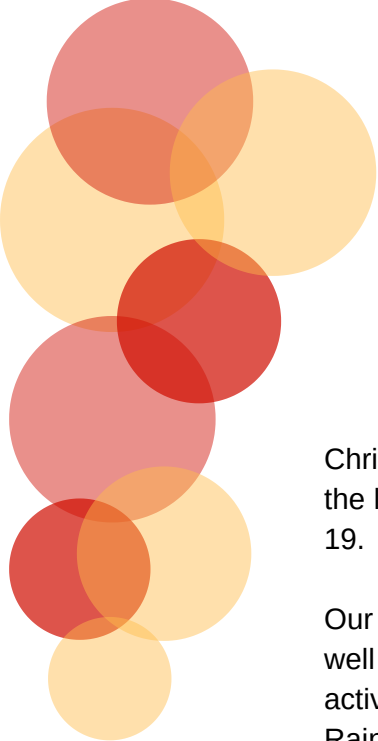
11 DECEMBER AT 6-8PM
SKY CITY HAMILTON



We will treat you to pizza & chips followed by
ten-pin bowling (buy your own drinks)

Please RSVP asap – we will book this once we
have confirmed numbers cathy@parafedwaikato.co.nz





message

from your sport development officer

Christmas is nearly here and it's been an action-packed year for our members, especially in the last couple of months as we tried to catch up on missed sports opportunities due to Covid-19.

Our youth club continues to grow and we have recently welcomed some new members. As well as our regular sports teams, we have been able to offer the following sports, recreational activities and have a Go days this year: Tennis, Powerchair football, horse riding, badminton, Rainbows End trip, lock down challenges, rock climbing and golf.

We also worked with Parafed BOP and held a fun youth day where our youth got to play volleyball, badminton, surfing and sailing. This was also a great opportunity for our members to meet kids from another region.

The Parafed Network Regional Series was held recently and all the Parafed regions from around NZ got their members to participate in swimming and athletic events. Each region awarded a \$50.00 rebel sport voucher to someone and Caelan Harris was the lucky winner from the Waikato.

One of the highlights this year for me was our powerchair football open day. It was just magic to see all the wonderful support from all our families and supporters/volunteers, our new coach Sandy Schaare as well as North Auckland and BOP who joined us on the day to show us how it is done! It looks like we will definitely have enough players to form a team again in 2021.

I'm looking forward to booking in some new sports and activities in 2021 for you all to try. See you at our Parafed Waikato Christmas party for ten pin bowling on Fri 11 December. I hope you all have a lovely Christmas and enjoy some fun holiday time with your families.

Cathy Wooller

Parafed Waikato Sport Development Officer

Contact Cathy at cathy@parafedwaikato.co.nz or 027 318 0497





parafed radio?

Get on the Air

We want to explore the idea from within the membership about setting up a weekly radio show on Free FM to share content, advice, stories etc

You can find Free FM on 89.0 FM.

Free FM is a Community Access station, and giving voice to under-represented parts of our community is their priority. They bring in people and train and support them as 'content creators' – and then deliver that content in several ways – on air via 89.0FM Waikato wide, via live streaming, via a podcast available via freemf.org.nz, accessmedia.nz, Apple Podcasts, Spotify, iHeart Radio.

It's a weekly commitment, and shows are 28 or 58 minutes duration. If you are interested in being involved in creating this radio program please contact cathy@parafedwaikato.co.nz





halberg games

Get Involved

The Halberg Games will be held next year from Friday 23 April - Sunday 25 April 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. This is your chance to make new friends and set new sporting goals.

The following sports have been confirmed for the 2021 Halberg Games. Adaptive Cross Fit Challenge, Athletics, Swimming, Golf, Gymnastics, Boccia, Badminton, Archery, Rowing, Table Tennis, Adaptive Football, Wheelchair Rugby, Powerchair Football, Adaptive Rugby, Wheelchair Turbo Touch, Taekwondo, Adaptive Cricket, Wheelchair Basketball and Netball.

If you're interested, please contact Cathy by email cathy@parafedwaikato.co.nz or phone 027 3180497.

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





wheelchair rugby

by Georgia Mecchia

Do you need a cape to be a hero?

How is someone fully expected to know exactly what they want to do with their life after a life changing incident? After a tragic motocross accident in 2001, the life of David Klinkhamer changed forever - this event eventually led to him to a new found love and passion.

So how much has he really influenced and impacted the wheelchair rugby community?

Having a passion can lead to new-formed bonds with others, happiness, and a sense of purpose. When David was asked about his first encounter with wheelchair rugby he stated that "I was in the Otara Spinal Unit in Auckland. I was hanging out in the gym a lot doing my rehab and that's where the Auckland Wheelchair Rugby Team train. It looked so fun...and they were really encouraging. They said I should get into wheelchair rugby when I got back to Hamilton... I was hooked from the moment I began." True to his word, David has been hooked and a vital member of the wheelchair rugby community for the past 19 years!

Impacting the life of someone else for the better is something that David has done time and time again. Timothy Young, a current member of the Waikato Wheelchair Rugby Team, recalls the lengths David went through to recruit him to the team. "David recruited me after seeing an interview of me in the paper after I returned home from rehab, where I said I wanted to get into wheelchair rugby. He found out where I lived and turned up."

He says this experience was surprising but ultimately he was grateful. This wasn't an isolated incident of David tracking someone down! Fellow team-mate and current captain Robbie Hewitt also fondly remembers him "stalking me until I agreed to play wheelchair rugby."

Even though David isn't the loudest player, his calm and positive attitude creates an inclusive environment for everyone to enjoy each and every wheelchair rugby experience, whether you have played for years or it's your first training.

Having a positive and well-respected influence in your life can change your perspective on how you see the world. After meeting with David and finding a new passion in the sport Timothy Young says, "Dave has impacted my life significantly as a role model for what could be achieved as a tetraplegic. He showed the way to having a career, a home, a family, and still having energy to be a community leader."

Continued next page...





wheelchair rugby

by Georgia Mecchia

From a simple smile or a conversation with the neighbour, a simple gesture can change someone. David Klinkhamer is known for being “the heart and soul of the club” according to current captain/coach of the Waikato Wheelchair Rugby Team, Robbie Hewitt. The impact he’s had on this community can’t be overstated; from being a player, coach, to a member of the committee, treasurer, while also securing funding/sponsorship. David, better known as “DK” by team members, “is the reason our club continues to be successful and is the benchmark for clubs in New Zealand wheelchair rugby” Hewitt adds.

So the answer is no you don’t need a cape to be a hero. If it wasn’t for David the Waikato Wheelchair Rugby would not be the strong, thriving association it is today. The purpose of this article was to highlight and praise the selfless and passionate work David has done for a community of individuals who have had their lives turned upside down with injuries, illnesses and other disabilities.

In the movie ‘Wonder’ there is a quote - “Everyone deserves a standing ovation at least once in their life.” For the person who has changed lives over the past decade, if anyone was deserving of a standing ovation it should be him.





power football

by Cathy Wooller

On Saturday 7/11/20 we held our powerchair football open day with over 50 people attending. We were really fortunate to have players from North Auckland and BOP join us on the day. Most of them are powerchair football players in the NZ team.

It was great for our players to see their skill level which will give them something to aspire to. Ricki Herbert also dropped in with a couple of elite football players as a surprise and they even jumped in the chairs and had a go! We are very lucky to have Sandy Schaare as our coach for next year and he brings many years of football coaching experience with him and I'm sure with the help of Peter and Will, he will soon get up to speed on powerchair football.

Thanks to all the families who came along and for your support and passion. An extra BIG thanks to Sandy (and his family), Peter van Vroonhoven and Angela (NZ Powerchair football President) for all the behind the scenes work.

Roll on 2021 and our new Waikato Wasps Powerchair Football team





youth club

by Cathy Wooller

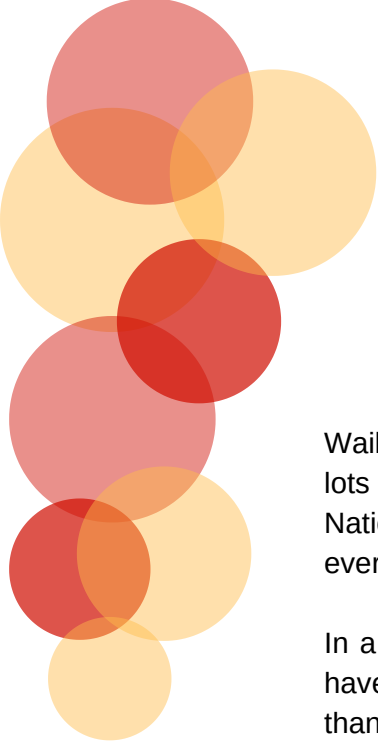
On Saturday 28 November some of the Parafed Waikato youth club members joined forces with Parafed BOP youth for an action-packed day of sports and fun!

Thanks to John and Jo from Parafed BOP for hosting us.

The kids had a fun morning playing badminton and volleyball. A free lunch was kindly provided by Rapid Relief. Everyone then headed to the Tauranga Yacht Club for sailability and Mount Maunganui for adaptive surfing.

The kids absolutely loved it and what a beautiful afternoon spent on the beach in the sun and playing games





wheelchair rugby

by David Klinkhamer

Waikato Wheelchair Rugby have just come to the end of an interesting season. We have had lots of fun and good local competition. We haven't been able to play Low Pointers, WRC or Nationals but it has made us appreciate our local trainings more and I'm thankful that everyone has been able to stay safe.

In a year when it's hard to get funding our sponsors/partners have been fantastic. DG Sport have been great again this season supplying uniform for our members. We want to say thanks to Parafed Waikato for all of the support. And with sponsorship from HealthCare NZ, Harlequins, Drake Medox, Access Healthcare, HGB and Top Gear trailers we've managed to get a really nice trailer for the club that we should be able to pick up this week. We couldn't do it without the awesome support we get from these and our many other partners.

This year the most improved player award went to someone who has shown a lot of commitment. Its been so great to see the improvements that this person has made and to see the potential that they have for the future especially with a new chair on the way! This years Most Improved Player is Levi Paekau.

This year the Most Valuable Player award went to someone who has brought so much to the team. From their expertise, advice and effort put into trainings to their awesome work putting together tournaments and making sure there were opportunities for our players to get court time. In a tough year this person has really worked hard to make sure the team kept going. This year our MVP is Robbie Hewitt.

We would like to thank all of our players, supporters, volunteers and sponsors who have made this year possible. Especially Tony, Sandy, PK, Bevin, Ed, Russ, Jenne, Robbie and Robert.

We look forward to the 2020 season. Go Waikato!





tennis

by Cathy Wooller

What a fun day everyone had who attended our 'Have a Go' Tennis day on Saturday 14 November at the Perry Tennis Arena. It was a hot day and plenty of water and sun block was needed!

We split into 2 groups to play wheelchair tennis inside and standard tennis outside. It was great to see our members bring along their families to join in the fun.

Thanks to Tiff who helped organise this, Chris who brought along all the wheelchairs and our fantastic coaches Pete, Alex and Oscar from Kiwi tennis/Waikato tennis and Matthew Jones who came down from Auckland. We had some awesome spot prizes to give away at the end that were kindly donated by Tennis NZ.





wheelchair rugby

by Robbie Hewitt

On Saturday the 14th of November the DG Sport Waikato Stampeded finally got to pack their cars and head over to beautiful Tauranga to take on the Bay Steamrollers in two games of wheelchair rugby. Both teams took this opportunity to get out have some fun and provide some rugby experience for new developing players.

The two teams were evenly matched through the 1st three quarters of the 1st game with Waikato holding a slim 2-point lead going into the 4th quarter. There had been massive efforts from Stampede players Georgia, Levi, Jacob and Russ to get the lead back after BOP shot out of the blocks. The DG Sport Waikato Stampede did not unfortunately get the bounce of ball in the 4th quarter and you could say the wheels fell off a bit as the Steamrollers turned a 2 point deficit into a 6 point win. As disappointing as it was for the Stampede to lose, a lot of good experience and learning came from the game and motivated the Stampede even more to get the victory heading into the 2nd game.

Game 2 was slightly due to navigational difficulties of one of the Stampedes more senior members. But it was worth the wait. Even though the Stampede fell behind early they were able to dig deep and slowly claw themselves back into the game. By half time the scores were back on even Stevens and it was game on. In the back stretch of the game some exceptional rugby was played by Stampede members Georgia, Levi, Jacob and Russ to not only overtake the BOP team but to pull away and win the game by 6 points. It was a great effort and fantastic result by the DG Sport Waikato Stampede.

A massive thank you must go out to the BOP team for organizing a great venue and hosting the DG Sport Waikato Stampede we greatly appreciate it. Also a massive thank you to the referees, scoreboard helpers, support staff, spectators and friends and family we cannot make these things happen without you and provide positive experiences for everyone to enjoy.



powerchair football

by Ross Flood

Following on from the hugely successful Powerchair football open day there are big plans stirring for 2021. The Wanderers Sports club are coming on board and so the Waikato Wasp Powerchair Football team will be an affiliated football club with the prospect of its own club rooms and uniform.

Newly appointed coach Sandy Schaare said the plan is to put in place “a small fixed season with a small club fee to help cover costs. My hope is an 8 week season finishing with a tournament and then another open day once a year” Coach Schaare recognises a major hurdle for players is to purchase a powerchair, so future plans involve the club owning 4-6 chairs so players can just turn up and have a go. Sandy is also trying to obtain a covered trailer for transporting equipment including chairs.

On a personal note I thoroughly enjoyed the Powerchair football experience. Thanks to Brennan and his fellow New Zealand team members for their patience, as they showed a clueless old fella where to position himself on the court. It's certainly an intriguing sport to become involved in with many techniques to conquer.

During the open day over 50 participants were whizzing around honing their skills, weaving between cones with football at their footplates. In the afternoon novices, like myself, were matched up with experienced players and the action games begun. The newbies soon realised it was all about angles and awareness of where you are on the court and how to connect with your team mates. I would like to report that I scored the winning goal but alas my greatest achievement was to keep the ball in play for at least ten seconds, before it dribbled over the side line. Obviously more practice is needed.

I strongly recommend giving Powerchair Football a go in 2021



horsing around

by Cathy Wooller

Our horse riding for the disabled day was held on Sunday Oct 18th. 14 kids attended and it was such a cool day. I loved seeing all the smiles which didn't stop for the entire 2 hour session. Ryan even wanted to ride his horse home. I wonder if they would have noticed 1 less horse in the stables!

Everyone was broken into 3 different groups and got to groom the horses and learn how to take care of them, ride them in the indoor arena and have a go on the pony and cart ride and then venture outside to ride them in the paddocks.

Thanks to Hannah at RDA and her amazing volunteers as well as Jo Southwick from Access Community Health who came along to help out. We will definitely look at making this a more regular activity for next year.





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





rewardhub

Get Shopping

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.

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>





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