



APRIL - JUNE 2021

PARAFED WAIKATO NEWSLETTER

WELCOME

from your Parafed Officer



Hello and welcome to the second edition of the Parafed Waikato Newsletter for 2021. This newsletter celebrates the success of our athletes and shares their stories.

It's a new look newsletter this month. So I hope you like it. Feel free to let me know your thoughts. Speaking of new things, we have a couple of new opportunities starting up. One is a social coffee and exercise group on the first Friday of each month and the other is a table tennis programme. Keep a look out for these things happening and if you are interested please get in touch.

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. "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

I hope you are all well and are staying active, either indoors or keeping warm outside. Winter has most definitely arrived, with the heavy rain and wind going nuts outside as I write this.

I was privileged and proud to represent Parafed Waikato at the recent SportNZ conference and awards at the Claudelands Events Centre here in Hamilton. What a fantastic lineup of speakers, great discussions and an inspiring awards night. There are some amazing projects and organisations across Aotearoa/New Zealand in the play, active recreation and sports arenas, which gave me a lot of food for thought as to how to continue to grow and improve the work Parafed Waikato does.

Diversity and change were major foci of the event, with speakers ranging from Greg Foran, CEO of Air New Zealand, to Craig Hudson, Managing Director of Xero in New Zealand and the Pacific Islands. Craig's story in particular resonated with me.

Craig has been a professional rugby player forced to retire due to multiple injuries and overtraining, was deemed an academic failure by his school teachers, overcome many personal hurdles, yet despite all of this has climbed to the top of his profession. His message around dealing with mental health, suffering from imposter syndrome and being vulnerable and staying true to himself, yet being successful both personally and professionally was truly amazing.

We all at times experience challenge and face significant hurdles, yet by being honest, vulnerable and allowing the people around you to support you, you can overcome these things and reach your goals, whether that be to make every training or strive for a place as a Paralympian.

The other theme resonating very strongly throughout the conference and awards night was the influence of Te Ao Maori, and the place of Tikanga Maori and Te Reo Maori in our organisations. As a teacher, I am expected to develop in all of these areas, and as I said to the Parafed Board, it is something we need to embrace and celebrate.

MESSAGE

from the board - continued

As an organisation within a wider network that supports and empowers the 1 in 5 of us dealing with an impairment, we too are a minority that has to fight to be heard and provided for equitably, as are the Tangata Whenua of Aotearoa. The board have agreed to explore what this might look like for Parafed Waikato.

I want to acknowledge and thank SportNZ for their direct investment into Parafed Waikato, which replaces the No Exceptions Investment previously managed by the Halberg Foundation. A number of changes were announced or foretold by the Minister of Sport, The Honourable Grant Robertson, at the recent Halberg Games. This direct investment is 300% bigger than what we previously received, and is guaranteed for 3 years, enabling us to guarantee wages for Cathy and David, and invest in new initiatives and projects.

Lastly, a huge congratulations and well done to Parafed Waikato's 5 Paralympians; Jesse Reynolds, Cam Leslie, Danielle Aitchison, Nikita Howarth and Robert Hewitt. Stay safe and go hard in Tokyo.

Nga mihi a nui
Peter van Vroonhoven
Board Chair.



MESSAGE

from your sport development officer



Hi to our Parafed Waikato whanau. It's hard to believe we're already half way through the year. We have some new exciting sports and fun recreational opportunities coming up so don't miss out and let David or myself know if you're keen to come along:

- School holidays Ice Skating at the Cambridge raceway on Monday 12 July at 9am;
- School holidays Ten Pin Bowling on Friday 23 July at 3pm
- Table tennis 5 week programme at Waikato Table Tennis Assoc in Edgecumbe St, Hamilton. This will start on Wed 28 July and end on Wed 25 August from 4.30-5.30pm. (More info will be sent out soon for you to register);
- Adaptive Snow Skiing at Snow Planet on Sunday 15th August from 11-2pm;
- Horse Riding at RDA in Cambridge on Saturday 25th September from 10am-12pm (more details will be sent out soon).

We had our first Social Walking/Exercise Coffee Group meeting on Fri 2 July. We have started off with an awesome group of people. We had a nice walk around the gardens and then had a coffee and engaging conversation afterwards. Can't wait for our next meeting. We meet up the 1st fine Friday of every month at the Hamilton Gardens (Gate 1 carpark off Cobham Drive).

Boccia training is going well at All Saints Church on Tuesdays between from 5-7pm. There is a regular group attending and enjoying a social as well as a bit of competition. Thanks to Manaia and Viktor, our amazing volunteers who help out where required.

Powerchair Football have finished their first semester of training and it was a huge success. The second semester will start on Saturday 4 September and end on 27 November. The team will also travel to Auckland to play against the North Auckland team in this semester. The success of this team is thanks to our amazing coach Sandy Schaare, his assistant coach Will van Vroonhoven and the expertise provided by Murray Lipinski from BOP and Peter van Vroonhoven.

Wheelchair basketball has had a change this year with both the A & B teams training together at The Peak with Chris and Brendan as their coaches. Everyone is enjoying the camaraderie and the social aspect of the trainings too. Chris has recently recruited 4 new members from the youth club, Sophie, Ryan, Jayden and Katie. Good luck for the upcoming tournament in Christchurch in July and the 8 players going from the Waikato.

MESSAGE

from your sport development officer



Our youth club sporting programmes that are currently running are our swimming programme which is at Fastlane pools every Sunday from 4-5pm. Alan McDonald is also coaching three of our youth at Porritt Stadium on Thursday afternoons. Lucas is training in wheelchair track racing, Caelan has started training in shot put, discus and javelin and Danielle in 100m and 200m track.

Keep an eye on our Facebook page for updates and highlights of our athletes at the Tokyo Paralympic Games.

Congratulations to Kate Timbers who has been selected to join the Adaptive Surfing NZ team. She has already been out training with the team a few times and I'm sure is learning the ropes fast.

Congratulations to Caelan who has received a generous grant from the PNZ activation fund. This will go towards Caelan's field athletics training over the next year.

We had two of our youth club members go on an Outward Bound Course in April and their inspirational stories are in the newsletter. There are more opportunities for you to attend Outward Bound for 2021/2022. This has been promoted on our FB pages.

Cathy Wooller
Parafed Waikato Sport Development Officer
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ROCK CLIMBING

by Jo Peterson

I got to go indoor rock-climbing several weeks ago thanks to Parafed!!!

I had never done this before. We took our kids to Extreme Edge when they were younger and it always looked so much fun but I didn't think I would ever get to have a go.

When I put my name down on the list at the desk I noticed I was the oldest Parafed person by a good twenty years which was a bit disconcerting... Oh well, I thought, can't back out now...

I'll be honest, it was the hardest physical thing I'd done in 'forever'... but I scaled (or partially scaled) four walls thanks to my amazing helpers and cheerleading squad. Three staff or volunteers from Extreme Edge were my support crew (along with David and Stefan who I knew from Parafed and my husband). One climbing expert kept me safe with the belay line, one coached from the ground and one climbed alongside and helped me find the next handhold/foot support. They even helped move my foot for me when I wanted them to.

I had to dig deep at times and somehow managed to move my limbs when it felt like I had nothing left in the tank.

I had been concerned about being up high as I really don't do heights very well because of impaired balance however I was so busy concentrating on holding on that I didn't have time to look down!

I went home very tired but elated! I hope I can give it another go. Hopefully it will get easier with practise.

Thank you to the team at Extreme Edge – your support and encouragement were invaluable! I couldn't have done it without you. And a huge thank you to Parafed for the opportunity! I am blessed!!

HALBERG GAMES

Get Involved

The 2021 Halberg Games were held at Kings College in Auckland on 23rd-25th April.

A BIG thanks to our Waikato athletes and supporters who attended the Halberg Games. The Waikato team was made up of 18 athletes, 6 athletes had not attended the Halberg Games before and 12 athletes had previously attended. We also had our first athlete, Giana Edwards attend the Games who has a vision impairment and is fully blind. Katie (the sister of one of our athlete's) was Giana's guide for swimming and running.

The opening ceremony at midday on Friday was a real buzz, especially for our first-time athletes. Our team paraded in wearing their Waikato team tshirts with lots of loud cheering from our supporters and parents. The Games finished at 1pm on Sunday with the closing ceremony and some very tired Waikato athletes and supporters and a few who had lost their voices! A few tears were shed when everyone said goodbye.

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. Our team bonded beautifully and became very close knit with some lifetime friendships formed.

We were very thankful and grateful that we had Waikato team jackets sponsored by Vulcan Stainless Hamilton and our caps sponsored by DG Uniforms - the team looked great in these.



HALBERG GAMES

Continued...

Congratulations to the following Waikato athletes:

- Caelan won the trophy for the 'Most Promising Athlete of the Games'
- Troy won the trophy for the boccia champion
- Cian for being awarded the most valuable player for competitive boccia
- Zac for being awarded the most promising player for competitive golf

We had our own Halberg Games prizegiving after the Games which was held on 16th May. Danielle Aitchison came along to give a talk to the kids about her pathway to podium and how it all started for her at the Halberg games only a few years ago.

Trophies were presented to the following athletes:

- Magic moment of the Games – Giana
- Best Supporter of the Games – Katie
- Sports Excellence – Troy and Caelan
- Personality of the Games – Zac
- Most Improved Athlete of the Games – Lucas
- Sallywag of the Games award – Mike Healy

Other athletes acknowledged:

- Team captain Sophie
- Andrew who got 2nd in the competitive badminton final
- Cian who got 3rd in the competitive boccia final



LAWN BOWLS

by Lynda Bennett

BOWLS 3/5 Interclub Grand Final.
NAENAE

It was a huge honour to be selected to play for the Parajacks(disabled) at this two day competition, competing against teams from all around New Zealand, and most of the top abled bodied players of NZ. Eight teams were divided into two sections, with the top two from each section playing off in the semi final and final.

Parajacks were the only team to record four wins from four games. Bowls 3/5 is a relatively new format for bowls where you have three people in each team and you play two sets of five ends. You also have a power play which can give you double your points if you score on your power play end. If you win one set and your oppositions wins the other set, you play one more end, a Tie breaker to decide the winner.

In the semi final we played Hastings which beat us comfortable in two sets, and they went on to be the winners overall beating Nelson on a Tie Breaker end.

We came third equal.





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, 027 212 5496 or david@parafedwaikato.co.nz

The programme is sponsored by Drake Medox. For more information on Drake Medox and their range of services please see their website www.drakemedox.co.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

Become a member!

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WHEELCHAIR RUGBY

by Edwyna Carlson

How great was it to have WRC again? Two weekends of great rugby, fun, laughter and a great catch up with our wider wheelchair rugby family and friends.

On Saturday eighth and Sunday ninth of May we did another great road trip down to Palmerston North for round one of WRC.

As usual it was a well organised competition with such an awesome venue and great officials. Even home-made soup for all. Some great head to head games which set up towards a great round to to be held in Auckland fifth and sixth of June.

Heading into round two it was tight at the top of the table with the final in sight. Auckland, Wellington, Canterbury and the mighty Waikato stampede in contention. Our first game of round two was against Auckland and it did not disappoint. What an amazing game. Point to point. Final whistle blew with Auckland taking away the win, nailbiting to say the least.

Sunday's game was against Cody and his Canterbury team this was guaranteed to be a goodie and it sure was. Was great to see our Levi get some game time and a taste of what WRC is like making his debut.

Stampede came away with the win and we made the final. Waikato stampede versus Wellington.

Another great game to watch, cheer and enjoy. Teamwork certainly made the dream work. Waikato stampede won and we are champions again! One very proud rugby mama. Bring on WRC 2022!





OUTWARD BOUND

Clare and Thomas Szabo

Eight days connecting with the land, the sea and each other on the inaugural Outward Bound 'Activate Leaps and Bounds' course has seen seven teens and their parents push themselves to their limits and discover their potential through challenges in the outdoors.

Clare Szabo from Cambridge went on the course with her son Thomas, 14, who has cerebral palsy. Clare had been to Outward Bound before on a professional leadership course and was keen to give Thomas the same opportunity.

"While having been before did prepare me, what was great was that most of the activities were different and the whole experience doing it with Thomas was also so different. But it did feel a bit like going back home!"

For Thomas, his aim was to meet new people and to try something out of his comfort zone. "Outward Bound was fun and challenging but being challenged was a good part. It was better than I expected and the instructors were really kind, helpful and supportive," he says. It's a sentiment shared by his mother.

"It was incredible and we had THE best instructors and to do so many amazing things. Seeing Thomas, and all the teenagers achieve what they did was so inspiring. I also learned just how brave my son is," she says. The Leaps and Bounds course gave the participants an opportunity to spend a lot of one-on-one time together.

"Being away with Thomas made me realise that we don't always spend enough quality time together just the two of us, so it's definitely helped me to make sure I make the most of all opportunities to do that," says Clare. "We hung out more than we normally do and it was also great spending time with the other parents and children," says Thomas.

There were some challenging times for Thomas, including doing the run every morning. Clare found the high ropes the hardest challenge mentally but says having Thomas encouraging her were "pretty special". "Outward Bound was such a wonderful opportunity for the two of us to create special memories. I have come home appreciating the simple things in life a lot more."



POWERCHAIR FOOTBALL

by Ross Flood

Powerchair football resurgence continues as the Waikato Wasp players transfer into their "Strike Force" wheelchairs to satisfy their need for speed. The first block of training sessions has been completed. The next set of sessions start on the 4th September at Hillcrest High School, where the players will continue to absorb the laws of this intricate sport, every second Saturday between 9.30 and 11.30.

Exciting news is on the horizon as Waikato Wasp uniforms are being designed and produced thanks to our wonderful support from the Wanderers Football club and discussions are being held with North Auckland and Bay of Plenty over future inter-club games.

It has been a steep learning curve this year but tremendous progress has been made thanks to the enthusiasm of local coach Sandy Schaare, the patience of national coach Murray Lipinski and the great support of Waikato Parafed.

Special mention must go to the invaluable, on court, guidance of experience players Toby Lipinski and Will Van Vroonhoven





PARAFED RADIO

On the Air

Very soon we will have 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 freefm.org.nz, accessmedia.nz, Apple Podcasts, Spotify, iHeart Radio.

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>

Get Shopping

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. See below for the list of companies that you can buy from. Some might surprise you.

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

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SUPPORTING YOU

Drake Medox

Research shows people with physical disabilities playing adapted sports have similar quality of life to people without impairments.* By giving persons with disabilities the opportunity to be a part of a community, their participation can improve self-esteem, self-efficacy, provide a sense of belonging and participation in meaningful activities, as well as physical well-being. Through sport, people with disabilities acquire vital social skills, develop independence, and become empowered to act as agents of change.

Witnessing the benefit and quality of life improvement in the lives of our clients who engage in sports activities, Drake Medox has been a proud sponsor of various adapted sports events and initiatives nationally. This year, we are proud to be a Gold sponsor for NZ Low Point National Wheelchair Rugby Championships and the Fitness Revolution gym programme in Hamilton. With 50 years of experience as a reliable and quality homecare provider in NZ, our team of Clinical Coordinators support our clients to set their goals, which includes participating in sporting activities as a part of their care plan.

Join a Homecare Agency that will support you to achieve all of your goals – contact Drake Medox today! Visit www.drakemedox.co.nz or call 0800 840 940.

*Côté-Leclerc, F., Boileau Duchesne, G., Bolduc, P. et al. How does playing adapted sports affect the quality of life of people with mobility limitations? Results from a mixed-method sequential explanatory study. Health Qual Life Outcomes 15, 22 (2017).





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