



APRIL - JUNE 2022

# PARAFED WAIKATO NEWSLETTER

---

# WELCOME

*from your Parafed Officer*

---



Welcome to the second issue of the Parafed Waikato Newsletter for 2022.

With the winter weather we have reports from some of our indoor sports, Badminton, Table Tennis and Wheelchair Rugby. Plus Danielle Aitchison escaped the cold and travelled to Australia for the Oceania Athletics Championships.

One thing I'd like to mention is we have been offered some support from Sport Chaplaincy NZ. We now have a Sport Chaplain Heather Turner who is working with us and you'll probably see her around at our sports and events. If you have any issues or need support then Heather might just be the person you need to chat to.

Remember we also 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](mailto: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](mailto:david@parafedwaikato.co.nz)

David

## PARAFED WAIKATO

*on the web*

---

If you haven't found our Facebook page yet go to [www.facebook.com](https://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](https://www.parafedwaikato.co.nz)

# MESSAGE

*from the Chairman of the board, Peter van Vroonhoven*

---

Kia Ora te Parafed Whanau

Brrr, winter has certainly set in. We've had our first couple of frosts, and some very wet & stormy nights. The plus side are those snuggly evenings inside and some beautiful winter days. Matariki is upon us I write this, I hope you are all embracing the meaning and kaupapa behind this, connecting with family, and enjoying some great winter kai.

Parafed Waikato has continued to be busy with lots of things happening around the boardroom table and out and about. Will and I went to the shooting have-a-go day a couple of Saturdays ago. What a fantastic, fun and successful morning. So many bulls-eyes and our vision impaired members got to use some cool technology that uses sound to help aim. With enough interest we may get a shooting programme set up soon.

The board have been working on some important initiatives. Our Health and Safety policy has been updated, and the board also made the decision to investigate employing an Operations Manager. Clare has been working with myself and Sue and the wider board to explore what this role might look like, which lead to a Position Description being written. This will be discussed further at our June board meeting.

Our Secretary, Maree Philips has made the decision step down from her role on the Board. Maree has been with us for several years and has done a stirring job keeping meeting minutes, maintaining our records and ensuring the we meet all our legal obligations. Thank you very much Maree and we hope you keep in touch. Congratulations also to Board member Stu Meehan for his promotion and new position with Patton NZ's parent company.

On a personal note, I also advised the board in June I would be stepping down from the board and my role as Chair, effective from the AGM in August. Many of you will know about my involvement with the Magical Bridge playground project which has become all encompassing, and I am not spending as much time with my family as I would like.

Continued next page...



# MESSAGE

*from the Chairman of the board, Peter van Vroonhoven*

Tiffiney Perry offered me a role on the board 6 years go; these past six years have been fantastic; I have met the most amazing people, been involved in some awesome projects and had the privilege of chairing the Board for the past 3 years. Watching our members grow and thrive, be challenged and achieving some amazing successes, has been life changing for me. You'll still see me around with Will, and I have an open invite to the Christmas parties, but after August, the baton will be passed on.

With all these changes, we have some empty seats at the table. If you or anyone you know has an interest in governance, please let any of us know. We're always on the lookout for motivated people who can provide fresh insights and skills to keep us all on our toes and continuing to move forward as a diverse and effective organisation. A connection to the disability world is not a prerequisite, but a willingness to learn and engage is vital.

Our elite members have been shining on the world stage. Here are some of the highlights:

Danielle Aitchison – Oceania Athletics Championships in MacKay Australia –

- Gold in 200m sprint
- silver in 100m sprint

Cameron Leslie – World para swimming championships in Madeira –

- gold in 100m Free
- silver in 200m Free
- silver in 50m butterfly
- silver in 50m backstroke
- also set 2 Oceania records

Nikita Howarth - World para swimming championships in Madeira –

- silver in 100m breast stroke
- 4th in 50m butterfly
- 6th in 100m backstroke

Also Ejtje Malzbender & Nicole Murray will be representing us at the UCI paracycling road world championship on 11-15 August.

Stay safe, warm and active everyone.





# MESSAGE

*from your sport development officer*

---



Hi to our Parafed Waikato whanau. Winter is here and it's great to be active in the colder months. We have some exciting new sports opportunities coming up so don't miss out and let David or myself know if you're keen to come along:

Our Upper North Island Boccia Exhibition Day is being held on Saturday 9th July. This is at the Hillcrest High School gym from 10.30-4pm followed by ten pin bowling and pizza at the Sky City. There will be fun skills/drills in the morning and competition demonstration and games in the afternoon. Lunch is kindly provided by the Rapid Relief Team. If you are keen to come and try Boccia for the first time or just come along to check it out, let me know.

The Disability Swim Clinic is coming up on Sunday 17th July at Fastlane Pools from 11am-1pm. This will be run by Swimming NZ. If you haven't already registered, let me know and I can help you with this. Some inspirational speakers and coaches will be there so make sure you don't miss this. Lunch will be provided by the café at Fastlane pools for everyone.

Croquet 'Have a Go Day' at the Leamington Club on Sunday 24 July at 10am – let me know if you want to participate in this. All the family are welcome and refreshments provided. This is a great opportunity to learn how to play croquet.

Following on from the success of our Shooting Para Sports Day, we have set up a programme that will run fortnightly every 2nd Wednesday from 5.30pm - 7.30pm at the Hamilton Pistol Club. Term 3 - 5 sessions from 27 Jul – 21 Sep & term 4 – 5 sessions from 19 Oct to 14 Dec. Register for this with Cathy.

Boccia training is going well at All Saints Church in Saint Andrews on Tuesdays between 5.30 to 7pm. There is a regular small group attending. We would love some more players both social and competitive so please pop along to have a go and see how enjoyable this game is. Thanks to Tom Lochore who volunteers his time every Tuesday night and Viktor who is often there to help out. Troy and Manaia have moved up to Whangarei and are a big loss to our team.

Our Blind & Low vision sports day was held on 10 April. It was great for our members to learn how to play goal ball, blind football and basketball. Thanks to Casey from Blind Sport NZ who shared her expertise with all of us. A big thanks also to Verne and Lisa who helped to mentor the kids and help set up.

Continued next page...

# MESSAGE

*from your sport development officer*

---



In April, we had quite a few youth club members attend the Halberg Sports Day at the Nga Wharekura Takere Hapori. There were 7 different sports on offer and Parafed Waikato ran the boccia. Thanks to Dani for helping with the boccia as well as Chris who helped with Wheelchair Basketball.

Dani Aitchison went to Hukanui Primary School where one of our youth club members attends, Zac Schultz. Dani spoke as part of their year 3/4 elective on Game Adaption & Inclusivity and then taught the kids how to play boccia. It was a fantastic experience for all the kids with powerful positive messages. This was also filmed by Attitude TV as part of an episode on Dani, so look out for this coming up on TV soon.

The Table Tennis Programme at Waikato Table Tennis Association was well attended and a great new sport for some of our members. This ended on 15 June.

We had our Shooting Para Sports day on Saturday 11 June with 14 members enjoying this opportunity. We were lucky to have 3 experienced shooters/coaches there to run this event. Dave Sheely & Rene Eales who have both coached para shooting for many years as well as Rene's son, Jason Eales who represented NZ at the Rio Paralympics.

Powerchair Football training is going incredibly well and the players skill level has increased significantly. Some of the players are going to attend a training & skills/drills day in Auckland in July to get some competitive exposure and bring this knowledge back to the team to share. Thanks to Sandy for doling such an awesome job as coach and inspiring our players.

The Wheelchair Tennis Perry Points Series was held in May in Hamilton. This was a great event and Brendan Mes & Danny McBride were runners up in the doubles.

Wheelchair basketball have been training hard and have also been to the Norther League 1 tournament in Whangarei in May, the KC1 tournament in Tauranga in June and will be attending the Norther League 2 tournament in Christchurch in July. Thanks to Tiff for organising all the flights, accommodation & travel arrangements for these tournaments.

Our youth club sporting programmes that are currently running are our swimming programme which is at Fastlane pools every Sunday from 4-5pm and our athletics programme which is at Porritt Stadium every Thursday at 4.15pm and coached by Alan McDonald and Dani Aitchison.

Cathy Wooller  
Parafed Waikato Sport Development Officer



# DANIELLE AITCHISON

*Oceania Athletics Championship MacKay Australia 7 -12 June*

Danielle Aitchison was selected by Athletics NZ to represent NZ in Mackay Australia along with 93 para and able body athletes.

Born with a form of cerebral palsy called antaxia, Danielle has low muscle tone and when fatigued this can lead to the arms and legs struggling to fully function, which can lead to a loss of balance.

Danielle did really well despite a very difficult build up contracting Covid six weeks before the event which was to be the pinnacle event of the 2022 season.

She placed 1st in the 200m and 3rd in the 100m.

This was achieved against world class fields where all the classifications run against each other with the result being decided on percentage of world record for their classification. In the 100mts only 0.1% seperated the 3 places.

Over 600 competitors from 23 countries from around the Pacific competed.

"I love running and running fast," Danielle says. "When you are running fast, the world just seems to pass you by and nothing else matters."

Danielle is coached by Alan MacDonald. Alan has a disability himself and understands that every athlete is different and that they have different needs and wants.

Photo: Danielle Aitchison running.





# SHOOTING PARA SPORT PROGRAMME

**FORTNIGHTLY  
EVERY 2<sup>ND</sup> WEDNESDAY**

Term 3 - 5 sessions from 27 Jul – 21 Sept  
Term 4 - 5 sessions from 19 Oct – 14 Dec

**5.30pm - 7.30pm**  
Hamilton Pistol Club  
208 Airport Road,  
Hamilton

This opportunity is for Parafed Waikato members aged 12 years & above  
Please register interest to [cathy@parafedwaikato.co.nz](mailto:cathy@parafedwaikato.co.nz)



# BADMINTON

*by Andrew Fairweather (age 14)*

This year I played in the Para Badminton Nationals that were held in Auckland on 18 July.

I first tried badminton at the Halberg Games in 2019 and I really enjoyed it. I then attended a Have-a-go para-badminton go day at the Waikato Badminton Centre and after that joined the Cambridge Badminton Club. I play every week during the school term. Over the last 2 years, I have also been to four para badminton camps organised by Badminton New Zealand and I improved a lot and learned new skills.

On the Friday before the Nationals I went up to Auckland to be classified. It was easier than I thought it would be and I felt like I did well in it. I was classified as SL4, which means I get to play on a full court. We then did some training.

On Saturday at the Nationals we firstly played doubles games and even though there were only six of us it was still very enjoyable. I enjoyed playing with my teammates (including Wojtek Czyz, another Parafed Waikato member) as they helped me play better and my doubles positioning, and my team finished second which felt like my hard work paid off.

The singles was also great to play in as it was challenging to play against some good players (They were all at least 10 years older than me). Even though I finished bottom of my group it was still good to use the skills I learned and then working on court while playing. I really enjoyed playing in the Nationals and it was a great learning experience for the future camps and competitions. It was also great to watch all the other games as the para badminton nationals were held at the same time as the able bodied Nationals.

Photos:  
Andrew FairWeather and  
Wojtek Czyz playing badminton

Andrew standing with medal  
around his neck.





# DISABILITY SWIM CLINIC

## Swimming Waikato Region

**Date:** July 17, 2022

**Location:** Fastlane, 800 Victoria  
Street, Hamilton Central

**Ages 8+**

**All levels of water  
experience are welcome!**

**Disability types:**

Intellectual, invisible, hearing,  
brain injury, vision, short stature,  
and various physical impairments.

**What to expect:**

Meeting new people and  
time in the pool!

For inquiries please phone / text 022 456 9793



## WHEELCHAIR RUGBY

*Girl Power!*

The DG Sport Waikato Stampede are charging into this years WRC competition with the help of five fantastic girls.

Wheelchair rugby is a mixed sport and the girls play alongside the guys. This year we have Georgia Mecchia, Enfys Wereta and Amy Dunn out there smashing it with the boys.

Also from Waikato we have two superb referees Kelsey Howlett and Jenne Jones-Poole.

The first round of WRC was held in Tauranga and the second round is later this month in Wellington. Keep an eye out for these superstar girls!

Photos:

Enfys, Georgia and Amy playing rugby.

Referees Kelsey and Jenne discussing the game.



# Croquet Have-a-Go Day

Sunday 24 July  
10am

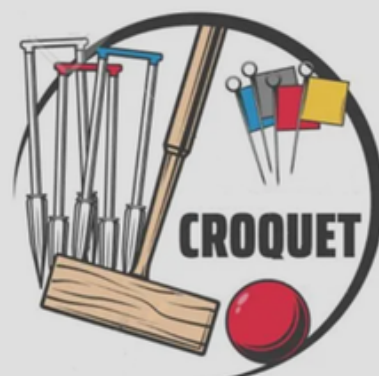
Bring the family and join us at the  
Leamington Croquet Club to learn  
how to play croquet.

All equipment is provided.

Please contact us if you plan to  
attend: [cathy@parafedwaikato.co.nz](mailto:cathy@parafedwaikato.co.nz)

**Leamington Croquet Club**

Leamington Domain, 20 Scott St, Cambridge



**croquet**  
new zealand







# TABLE TENNIS

*6 week programme.*

Thank you to the team at Waikato Table Tennis Association for putting on another 6 week table tennis program for our Parafed Waikato members.

A great time was had by all with some past program members and some new members participating. We had 17 people registered, about half of these were youth so it was great to see our juniors having a go too.

Para table tennis was first included in the Paralympic Games in Rome in 1960 and is now practiced by Para athletes in more than 100 different countries.

Para table tennis follows the usual table tennis rules with only slight modifications. For example, matches consist of five sets of 11 points each and are played over the best of five games, rather than seven. Men and women can participate in individual, doubles or team events.

We were the first to try out some new tech with a fully automated ball machine. It was very fun playing against the robot.

There will be another 6 week programme running in Term 3. If you are interested please contact [david@parafedwaikato.co.nz](mailto:david@parafedwaikato.co.nz)

Photos:

Bonnie playing Table Tennis

Hyphen and Coach Max

Ruby and Coach Jess


**BOCCIA**
**INTER  
REGIONAL**
**EXHIBITION**


## DETAILS

- **When:** Saturday 9th July 2022
- **Where:** Hillcrest High School, 141 Masters Ave, Hamilton.  
Use driveway at Silverdale Rd side of school and drive to end and turn left to get to gym.
- **Who:** Individuals, their whanau and caregivers
- **Cost:** \$10 per participant (includes lunch)

## MORNING SESSION

- Hillcrest High School Gymnasium
- 10:30am - 12:30pm
- Boccia Skills Activities
- Opportunity to Socialise (network)
- Lunch 12:30 - 1:00pm

## AFTERNOON SESSION

- Hillcrest High School Gymnasium
- 1:00pm - 4:00pm
- Competition Demonstration
- Competition Games

## EVENING ACTIVITY (OPTIONAL)

- Bowl and Social, Lv 2 SkyCity, 340 Victoria St
- 5:00 - 6:30pm
- One Game of Ten Pin Bowling + Meal
- \$14 Bowling + Food and Drink

- Register via your local ParaFed
- For further information please contact Scott Martin - [boccia@boccia.org.nz](mailto:boccia@boccia.org.nz) or Cathy Wooller (ParaFed Waikato) - [cathy@parafedwaikato.co.nz](mailto:cathy@parafedwaikato.co.nz)

# FITNESS REVOLUTION

Get Fit

The logo for Drake Medox features the word "DRAKE" in a bold, pink, sans-serif font, and "medox" in a larger, bold, pink, sans-serif font below it. To the right of the text is a small graphic consisting of a blue circle with a white dot inside, and a green circle with a white dot inside, both with small orange dots nearby.

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](mailto:david@parafedwaikato.co.nz)

The programme is sponsored by Drake Medox and Access Community Health. For more information on Drake Medox and their range of services please see their website [www.drakemedox.co.nz](http://www.drakemedox.co.nz) and for Access Community Health visit [www.access.org.nz](http://www.access.org.nz)

## MEMBERSHIP

If you are not already a member or to renew your membership please go to our website [www.parafedwaikato.co.nz](http://www.parafedwaikato.co.nz)

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

Become a member!







# PARAFED RADIO

*On the Air*

---

Tune in to Graeme "Minty" Meads radio show on Saturday mornings.

The Waikato All Sports Breakfast show 7-9am Saturdays on 97.0FM.

# 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>



# 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](http://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).





# PARAFED WAIKATO

*would like to thank our major supporters*



LEADING DISABILITY SPORT // 07 858 5388 // [WWW.PARAFEDWAIKATO.CO.NZ](http://WWW.PARAFEDWAIKATO.CO.NZ)