



JULY - SEPTEMBER 2022

PARAFED WAIKATO NEWSLETTER

WELCOME

from your Parafed Officer



Hello and welcome to the third edition of the Parafed Waikato Newsletter for 2022. This newsletter celebrates the success of our athletes and shares their stories.

Once again you are in for a good read. A whole lot has happened over the winter months. Recently we had our AGM and it was amazing to hear of all the things that we've done this past year. It makes our Board, Cathy and I happy to see that the work we put in is getting enjoyed by you all. I hope you are encouraged by the stories in this newsletter and are inspired to train hard and keep active.

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

Hope you are all well and enjoying the warmer spring temperatures, daffodils and cute little lambs everywhere. It certainly is a time of the year when there is lots to enjoy and beautiful things to behold.

You'll all probably notice I'm still here, despite previously stating my intention to step down at the 2022 AGM. With the decision made to find a manager, many of the activities and functions I have been attending will be able to be delegated to the new person. This and the support and encouragement to stay have me hanging around a bit longer. The amount of positive comments and compliments I have received has been humbling but very much appreciated. Thank you everyone.

Speaking of the AGM, it was a big thank you and goodbye to our long serving secretary Maree Phillips, and thanks to Peter Klinkhamer for taking on the role Maree vacated. A huge welcome also to Claire McDonald and Wojtek Czyz to the Parafed Waikato board. Claire brings a wealth of knowledge around human resources and corporate governance and Wojtek comes from an elite Para sport and entrepreneurial background. Between them they add new dimensions and fresh insights to our growth and development over the coming years. Thanks also to Tiff, Stu, Sophie, Jacob, Sue, Rob, Clare and Peter for your mahi over the past 12 months and your desire to continue serving our community.

The other key highlight has been this years Halberg games again held at Kings College in Auckland. Despite it being 2 days rather than 3, and 1 of 3 regional games rather than a national event, it was again a massive success which our Waikato team enjoyed immensely. It was a joy to be around them on the Saturday morning, soaking up the buzz and then watching our youth athletes participate. I noticed with pride the close relationships between family groups and the willingness to assist and support all the kids, not just their own. This was ultimately recognised with the Waikato team being award the spirit of the games award.

Lastly, keep an eye on the 2022 Sport Waikato Sport and Active Recreation awards, there might some familiar names being nominated - just saying!

Thats it for me, make the most of the warmer weather and stay active.

Ngaa Mihi a Nui.

Peter

Nga manaakitanga

Peter



MESSAGE

from your sport development officer



Hi to our Parafed Waikato whanau

We've just finished term 3 and I'm sure everyone is looking forward to the holidays. Our Waikato Halberg Games team consisting of 21 athletes are heading to the modified Halberg Games on 8-9th October at Kings College. They will be competing against athletes from 4 other regions over the 2 days. We have been very fortunate to have had a kit of hoodies/trackpants/caps and backpacks sponsored by Vulcan, swimming caps sponsored by Archgola and team jackets sponsored by DG Sports. No doubt the team will be looking very smart in this gear! Look out for FB and Instagram posts of all the fun they will have at the Games.

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 to:

- Our RDA horse riding day for the youth club on Friday 14 October from 10-12pm at Cambridge;
- Rock Climbing for all our members at Extreme Edge on Saturday 29 October.
- A Badminton Have a Go day on Saturday 5 November from 12-2pm for all our members at the Waikato Badminton Association;
- We are looking at running a 'Give it a Go' cricket hub with Northern Districts Cricket. This will be for all our members at Steele Park over a 5 week programme on Sundays starting on 30 Oct from 10-11am. This will be fully promoted shortly;
- Our Shooting Para Sports programme for all our members will run fortnightly every 2nd Wednesday from 5.30-7.30pm at the Hamilton Pistol Club. Term 4-5 sessions are from 19 Oct to 14 Dec;
- Wish 4 Fish fishing trip off the Tauranga harbour on Tuesday 13 December – this will be promoted soon and be for all our members;
- Adaptive surfing days coming up in December 2022 & February 2023 – dates TBC.

What's been happening since the last newsletter:

- Upper North Island Boccia Exhibition Day. We partnered with Boccia NZ and Parafeds from Northland, BOP, Auckland, and Gisborne to run an Upper North Island Boccia exhibition day. This was held here in Hamilton in July. This was a great success with 25 players and plenty of supporters. We finished the day off with ten pin bowling at the Sky City and this was a great chance for everyone to mingle and get to know players from other regions on a social level;
- Mountain Biking - Adapt MTB NZ offered a weekend of adaptive mountain biking in July and quite a few of our members got to cycle under the mighty redwood trees in Rotorua. Tiff, Chris and Jack were there to help out and Tiffs bike got plenty of use.

MESSAGE

from your sport development officer



Also in July, we partnered with Swimming NZ and Swimming Waikato to offer a para swim clinic. It was great to see this was supported by lots of our Parafed Waikato members;

In August we took 40 youth club members and their siblings to Ninja Valley. This is a giant playground where the kids got to test their balance, courage and strength. What a cool time they had!

Our youth club sporting programmes for swimming and athletics are going full steam and ahead and Alan and Dani have also been coaching the Halberg Games team in both field and track athletics to get them prepared.

Boccia training is going well at All Saints Church on Tuesdays. Well done to Cian who recently went to the North Island championships and won a bronze medal in her classification. Both Cian and Vishal are going to the boccia Nationals in October and we wish them luck.

The Powerchair Football training has just finished season 1 and season 2 starts back on 1st October. The team now have a great balance of both youth and adult members.

Wheelchair basketball have been training hard and attended the Norther League 2 tournament in Christchurch in July. They have also just got back from the Nationals in Auckland. No wins but they pushed hard and had a great time.

We have one youth club member, Andrew Fairweather about to head off on an 8 day Outward Bound Course in October with his Dad. Hope the two of you create some special memories.

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



COMMONWEALTH GAMES

by Lynda Bennett



Unfortunately I got Covid two days before I was suppose to fly our to Birmingham with the rest of the bowling team. Mentally it destroyed me but lucky for me I wasn't really sick. I arrived in Birmingham 9 days later. The rest of the team had played bowls at Radcliff and were well established in the "Crayfield "Warwick University Village.

The village had plenty of unpaid staff and they were really nice to us. The food hall was also great where we had plenty of choices for food. The commonwealth games uniforms were spectacular and lucky for all my gear fitted me well. Unfortunately we as a team were not allowed to go to the Games opening ceremony incase we got Covid. I visited New Zealand House at the Edgbaston Golf course where the flag bearers were named. Meet up with Rayleen Castle.



I played Pairs with Pam Walker from the South Island. We lost our first game by two and our next game by three. Next game was against Australia. We both played really well but lost that one also. Now we only had one more game to qualify and unfortunately we lost that one also. After the last game I was fortunate enough to meet up with Dame Cindy Kiro, NZ Governor General. She presented Pam and myself with one of her special coins.

Birmingham had presented the town in a very fashionable way. There were hanging baskets of petunias and other flowers. Most the parks (green areas) had massive TVs with plenty of deck chairs and food places to eat at. The weather was really warm.



After the games were over my partner and I visited serval parts of Birmingham, Rugby, Newcastle and Edinburgh. We then went to Glasgow, Scotland, then five days in Dubrovnik, Croatia and five days in Dubai.

The games were a wonderful experience and I thank Parafed for their continual financial support.

Photos: Lynda Bennett in Commonwealth Games Village.

TABLE TENNIS

by David Klinkhamer

Over Term Two and Term Three we have had the opportunity to try table tennis. This has been an amazing experience for our people with really great coaches and a fantastic facility at the Waikato Table Tennis Association.

We've had people of all ages trying it, even myself who had never tried table tennis before and found that it was a really exciting and fun sport. And I've now found out that a lot of my wheelchair rugby mates up in Auckland are also playing table tennis so I need to get good so I can go up there and have a game against them.

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.

One of the great things about our table tennis program was that the Table Tennis Association purchased a ball returning robot. The robot was really good to train against as it meant you could have constant balls to the right place for the shot that you were working on. It made a big difference to our training.

I'd encourage anyone to give table tennis a go. My kids came along too and had a blast. It really is a game for everyone! The coaches are so knowledgeable and helpful. I'm looking forward to playing again next year.



SNOWTIME

by Tiffiney Perry

We picked a perfect day to get our snow fix up the Remarkables in Queenstown this year.

The Adaptive program up there is second to none. Great to be able to all ski together with instructors and volunteers to boot.

Jack managed to master the snowplow while Chris and I were pretty handy on the sit ski's.

Cardrona's Adaptive programme provides support for people with physical, sensory & cognitive impairments. The programme ensures there is no limit to enjoying the freedom of skiing & boarding with your family & friends.

The term "adaptive" comes from how the programme adapts both the sport & the equipment to cater for every individual's needs.

You'll see modified skis & snowboards, sit-skis, frames, outriggers & more out on the Cardrona slopes with adaptive guests & instructors.

Photos: Tiffiney and others on Sit Ski's up on snowy mountain.



LOW POINTERS

by David Klinkhamer

Over the weekend of the 24th and 25th of September the Te Awamutu Events Centre was alive with the crash and bash of wheelchair rugby action.

It was the New Zealand Health Group wheelchair rugby low point national championships. Four teams from around the country came together to compete for the trophy. We had so many amazing sponsors and supporters and it was a fabulous weekend.

Auckland took the trophy with Waikato second and Bay of Plenty third.

The Waikato team was made up of:

David Klinkhamer
Mitchell Simpson
Tim Young
Ian Simpson
Chris Moore.

A huge thanks to our sponsors:
NZ Health Group, Access Community Health, Drake Medox, Hollister, Melrose Kiwi Concept Chairs, Seating to Go, HGB, Subway Te Awamutu and DG Sport.

Photos: Waikato wheelchair rugby players catching the ball and pushing around in sports wheelchairs.



BADMINTON

Wojtek Czyz

Waikato Badminton's Wojtek Czyz proudly earns New Zealand's first international para badminton medal.

Wojtek, a lower leg amputee with an SL3 classification has spent a week in August competing at the FOX's Indonesia Para Badminton International, a Grade 2, Level 3 event in Yogyakarta.

Wojtek, and his scratch partner Roziqin Khoirur (Indonesia) progressed out of their group stage matches and into the elimination rounds.

Wojtek also competed in the SL3 Men's Singles, bowing out in the quarter-final stage. A narrow 22-20 lost in the deciding game against Dwiyoiko DWIYOKO in the group stages, placed him against Indonesia's Maman NURJAMAN in the quarters.

Congratulations to Wojtek on his international performance, and marking a milestone in the para badminton space for New Zealand.

Photo: Wojtek Czyz SL3-SL4 Men's Doubles Bronze medallist standing with his medal around his neck.



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 and Access Community Health. For more information on Drake Medox and their range of services please see their website www.drakemedox.co.nz and for Access Community Health visit www.access.org.nz

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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.

SPORTS CHAPLAIN

Need some Support?

Remember we have a Sports Chaplain, Heather Turner. Her goal is to provide mental, emotional and spiritual wellbeing support to our teams and individuals. If you'd like to speak to Heather please contact her on 027 516 6598.

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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