



OCTOBER - DECEMBER 2022

PARAFED WAIKATO NEWSLETTER

WELCOME

from your Parafed Officer



Hello and welcome to the final edition of the Parafed Waikato Newsletter for 2022. This newsletter celebrates the success of our athletes and shares their stories. I hope you are encouraged by the stories in this newsletter and are inspired to train hard and keep active.

A big thanks to Ross Flood our roving reporter who has been busy writing articles for this newsletter. Remember to let us know if you have a story that you think needs covering and Ross will get on to it.

I hope you are all looking forward to a nice break over summer, it's been a busy year. I've loved being part of Parafed this year and am excited about 2023. We had some great successes and created a few new opportunities this year and it's been awesome to see our members giving these a go and having fun. I especially want to say a big congratulations to all of our Fitness Revolution members who put in so much effort at the gym. It's been great to see the progress you've all made.

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. "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, even though we're approaching the end of the year, there is no let-up in exciting and interesting things happening in and around Parafed Waikato.

I want to firstly congratulate Cathy Wooller and Sandy Schaare on becoming finalists in their respective categories in the Sport Waikato Sport and Active Recreation awards for 2022, Cathy for Commitment to Youth engagement and Sandy for Community Coach. Well deserved and fantastic to see their mahi and commitment recognised. As I write this, they are both being filmed this week receiving their certificates from Sport Waikato CEO Matthew Cooper. The judges love to read feedback and support from our community, so please click [here](#) and write something in support of Cathy and Sandy.

Earlier this week I spent 2 days in Auckland on behalf of Parafed Waikato at a Paralympics NZ forum with representatives of all the Parafeds and similar organisations across the Motu. The focus was Collectively Stronger Together - PNZ's Community Para Sport Workshop. Many may not know prior to being called Paralympics NZ, they were Parafed NZ and were community para-sport focused supporting all the Parafeds. A constitution change a number of years ago changed the focus to elite sport and Paralympic pathways. I have been involved in a number of forums and groups over the past 5 years trying to address what we saw as a lot of grey and duplication in the community para-sport space. It's been great to see a lot of recognition of this and moves to correct and streamline things. Paralympics NZ are also wanting to contribute to this and are refocusing on how they can support the delivery of community para-sport and adapted sport programmes. This was the kaupapa over the 2 day hui. Some great conversations, ideas and concerns were raised and addressed. This will now go back to PNZ for reflection and deliberation.

The Parafeds and similar organisations meet again in Christchurch at a 2 day hui in February to discuss much the same issues, this time facilitated by the Parafed Network independent of PNZ. 2023 should see some great initiatives and new levels of cooperation arise that will ultimately benefit all members of all the Parafeds.

We are conducting interviews with the two shortlisted candidates for the newly created Operations Manager role. We have been very lucky with the amount and quality of candidates. This is a significant milestone and step change for Parafed Waikato, giving us more resource to pursue new funding and activity opportunities.

Ngaa Mihi a Nui.

Peter

Nga manaakitanga

Peter



MESSAGE

from your sport development officer



Hi to our Parafed Waikato whanau

All of our sports teams are winding down for the year and we only have a couple of weeks left for our youth club programmes. We've had many successes and highlights this year. Unfortunately we won't be finishing the year off with our Christmas party but there will be an opportunity for everyone to get together on Saturday 21st January at a water sports day at Epworth Park, Lake Karapiro. This will be a great excuse to have a New Year's celebration instead!

Some cool sports opportunities we've offered since the last newsletter:

- Badminton – we partnered with Waikato Badminton Association to offer badminton to our members. This was well attended with 26 people participating and a great mixture of learning new skills and plenty of games played. A massive thanks to Wojtek & Susannah and your awesome team at Waikato Badminton Association Inc. Thanks to Marianne Loh from Paralympics New Zealand for also coming. It was great that you all shared your expertise.
- Our Youth Club went horse riding today at the RDA in Cambridge. Vanessa and her team always make it a special day for the kids and a fun experience.
- Cricket at Seddon Park – we have just had a fun day at Seddon Park playing on a beautiful field of newly laid grass which was pretty special. Thanks to Mikayla from Northern Districts Cricket Association who organised a fantastic Have a Go session and we were lucky to have players from the Northern Brave join us as well.

What's coming up in the New Year:

- Water Sport Day at Epworth Park, Lake Karapiro on January 21st. We will have biscuiting, kayaking, paddle boarding and a few other fun water sports – more info to follow.
- Adaptive surfing day coming up in February 2023 – dates TBC.

I hope you all have a wonderful Christmas and spend some special time with your loved ones. We're looking forward to planning some awesome sports opportunities for you all in 2023.

Cathy Wooller, Parafed Waikato Sport Development Officer



HALBERG GAMES

by Cathy Wooller

The 2022 Halberg Games were held at Kings College in Auckland on 8-9th October.

A BIG thanks to our Waikato team and supporters who attended the Halberg Games. This was a modified Games with 5 regions in total (Northland, Auckland, Waikato, BOP & Gisborne).

The Waikato team had 21 athletes. We had 6 athletes who had not attended the Halberg Games before and 15 athletes who have previously attended. Caelan Harris was our team captain this year and he was a great mentor for our kids.

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 close friendships formed.

We were really fortunate this year to have a full sponsored kit that consisted of: jackets, hoodies trackpants, backpacks, swim caps & caps. This was generously sponsored by Vulcan. Archgola also sponsored swim caps & DG sponsored the additional jackets.

We recently had a post Games get together at the Hamilton Lake for a picnic dinner and handed out the certificates to the team. This was a lovely excuse to get everyone back together again to socialise.

Photos:

Waikato Team group photo

Halberg Advisor Honey Hireme with Sam Faudrey

Giana and her guide Katie



HALBERG GAMES

by Cathy Wooller

Highlights of the Games and magic moments:

-Waikato won the Team Spirit award this year!!! This was well deserved as our team and parents/supporters cheer on all the other regions as well as our own athletes and our comradeship is obvious to all. Our mooloo cow Mike always draws in the crowd!

-Bennie Healy did the 50m & 100m sprint for the first time using a walking frame and Sam supporting him by running beside. The smile on Bennie's face when he finished was just magic.

-Watching Lucas's hard training pay off in wheelchair racing and absolutely smashing his races.

-Watching our youngest athlete Mason age 8 who is both vision & hearing impaired, give everything 100% and trying sooo hard. He was a real delight.

-Watching all the athletes play together after the days sports and bond together so beautifully.

-Our supporters/team relay races for swimming and athletics. This is always a highlight and a real laugh.

Congratulations to the following Waikato athletes:

-Sam Fawdry was awarded the Waikato MVP – this was for being sooo inclusive with all of the athletes in our team and making sure no one was missed out. He also ran with Bennie in his 50m & 100m races to support him.

-Giana was awarded the Magic of the Games award – this was for being sooo brave at swimming and overcoming her fear in the end. She was determined to swim in all of her races with the help and support of Caelan & Sophie.

Jhia really enjoyed the Halberg Games this year and tried several new activities that she hadn't tried before.

Her favourite part of the games was meeting and hanging out with her new team and being part of team Waikato was a lovely family feeling.

- Jhia's Dad



This year's Halberg games was the first time our 19yr old son attended as a 'serious athlete' (his 3rd Halberg games). Following his amazing win last year of 'The Most Promising Athlete' award, he decided he wanted to pursue throwing sports. He gained formal classification the day before the games and he has ambitions of reaching the Para Olympics in Paris in 2024.

Caelan was also able to serve at the Halberg games as team captain and be available to help the team manager and the other athletes both as an encourager and practical support where needed.

- Caelan's Mum



I really enjoyed being able to attend the Halberg games. My highlight was swimming and when I got into the pool for the 1st time, although I was scared the Halberg team waited for me to get into the pool.

I really am looking forward to doing the Halberg games again next year. Also thank you so much for making the games happen.

- Giana

Thank you so much to everyone who made this happen, we love attending the Halberg games, not just for the experience but to be in an environment where everyone is equal and where everyone there just gets it, no judgement at all

- Justine, Giana's Mum



Lucas has really enjoyed the games, He loved competing and being with others like himself.

It was wonderful to see so many smiling faces and happy looking athletes enjoying themselves.

- Lucas' Mum



HALBERG GAMES 2022

We loved being a part of the atmosphere at our first Halberg games. It was really well organised and inclusive to all abilities. There were so many sports available and the supporters and volunteers were amazing.

- Jacob's Mum



For starters it's an honour and a privilege to be part of this weekend. The thing that makes this so special is the people we get to share this with.

On Saturday night the Waikato team got together in the dorm and just hung out. What I loved the most was the kids getting a chance to just talk to each other about the challenges they have faced in their lives and to see them feeling like there just one of the gang instead of different. That is priceless.

Seeing kids achieving things that they had never thought possible. Seeing them start to develop goals and dreams is such a fantastic thing to be part of. Will be back again definitely. Massive thanks to Cathy and the team for giving us this opportunity.

- Bennie's Dad



One of the highlights for us as Niven's parents was watching the "light bulb" moments for him and seeing him push to reach his personal bests.

I say "extended Parafed Waikato Family" because that's exactly what it is - a family. And the Halberg games really emphasises that sense of family, community and support - both within our own team and extending to the other teams. There are so many moments that bring cheers and tears! The families support each other, the kids/athletes support each other. At times your heart would be in your mouth watching someone leave everything out there on the track or in the pool.

The older athletes provide amazing role models. Niven and his sister Thea could not have been provided with a better set of role models of resilience and human spirit if we tried!

To the organisers, supporters, sponsors, volunteers, leaders - you are all incredible. It's obvious that you are all dedicated, and the event was superb because of you

- Niven's Mum



I cannot express how wonderful it was for Spence to be given the opportunity to take part in the Halberg Games. It brought tears to my eyes a few times to see him there with children 'like him'. He felt at home and like he could succeed, he was truly in his element.

It was so wonderful as a parent of a child with a disability to be able to meet other parents who go through similar experiences as we do and to be able to chat and make those connections. It was such an amazing weekend and we can't wait to go next year!

- Spencer's Mum

COACH CHUFFED AT NOMINATION

by Ross Flood

Parafed Waikato Powerchair football coach, Sandy Schaare is honoured to be within the top three nominations for Waikato Coach of the Year.

Under the guidance of Sandy the Waikato Wasps have been honing their skills every fortnight at Hillcrest High School throughout 2022. The sessions are driven by the principles that include fair play, inclusiveness, encouraging teamwork and skills development.

Sandy is definitely encouraged by marked skill improvement this year. He says there is still work to be done but the players are more aware of their roles in attack and defence. Passing the ball at speed is the big work on but there are encouraging signs. Of course the fun factor is the over-riding aspect as the majority of the players are inexperienced at playing this exciting sport.

Thanks to Sandy, with the tremendous support from Parafed Waikato, Powerchair football was revived two years ago. Parafed bought five specially designed sports chairs and at the request of Sandy, funded a trailer to transport the chairs. Early in the New Year an open day is planned where people who use power chairs are welcome to give the sport a go and games with other regions are also planned.

Everyone involved in Powerchair Football is right behind our wonderful coach when he attends the awards night at Claudelands on the 26th January. Former Netball International and now TV Broadcaster Jenny May Coffin along with the Black Ferns will host the night. All the best coach. You thoroughly deserve all the tributes that come your way.



CRICKET

by Cathy Wooller

Thanks Northern Districts!!!

Our cricket day was a real yorker, we had a ball of a time, no one bailed out and we had the best experience until it was over.

A once in a lifetime opportunity for our members to play cricket on the hallowed ground at Seddon Park.

The headquarters for Northern Districts Cricket Association and the Northern Brave, Seddon Park hosts several international fixtures every season.

Tree-lined grassy banks around two-thirds of the ground give Seddon Park a distinct 'village green' feel, and were noted as one of its striking features by influential cricket magazine The Cricketer, which in 2012 rated it as one of the 20 best Test cricket venues in the world.

Mikayla from Northern Districts Cricket Association organised a fantastic "Have a Go" session and we were lucky to have players from the Northern Brave join us as well.

Photos:

Parafed members trying to hit the cricket ball.

Northern Brave cricket players.



JENNA'S PART OF THE FAMILY

by Ross Flood

Physio Jenna Bagley has been a most valuable member of the "Fitness Revolution" team since 2015. As Parafed Waikato Sports Officer, David Klinkhamer, who runs the fitness programme, so succinctly explains "Jenna is a very knowledgeable physio who has so much experience working with people with disabilities. I really appreciate her support and input to the Fitness Revolution program as it helps me with writing the exercise programmes and keeping everyone on track".

Jenna's initial introduction to the fitness program was one of referring her clients to the exercise sessions. She soon saw the benefits, so when David asked her to take on a more direct role she didn't hesitate to say yes.

Currently she comes to the gym twice a month to check on the progress of the fitness participants. She enjoys seeing the progress that each individual has made since her last visit and sets about recommending a more beneficial way of doing an activity or suggesting new goals which paths the way to new achievements

Away from the Fitness Revolution gym she is busy helping to run her own private practice called NeuroConnect which is a health professional service. As it states on the NeuroConnect website "When partnering with clients we aim to an integrated neurological rehabilitation solution with a focus on client centred, meaningful, holistic and quality based therapy."

Jenna has certainly put her fifteen years of physio expertise to good use and Parafed Waikato appreciates her support over the last seven of those years.



SHOOTING

by Rene Eales

It was the 11th of June when a group of 14 potential marksman from an organisation known as Parafed descended upon the Hamilton Pistol Club to show their stuff.

In case the occasion got out of hand, as it sometimes does, team members brought personal back up.... Mums, dads, and caregivers were all there and looking very effective.

Dave Sheely a well-known shooting coach and Rene Eales were there with the task of taming the gang.

THE OCCASION: A "HAVE A GO" at shooting.

Several impressive shots were fired that night, and one could only smile as the story behind each shot was explained with huge amounts of excitement and pride to whoever was listening.

Noise levels is always a good enjoyment indicator, and it was not long before the coaches could no longer be heard.

The program has run for two terms now, with numbers of attending shooters varying from "lots to not so many", however breaking the groups into an earlier and later session meant a better utilisation of our four rifles, and less shooters having to sit around waiting for a turn.



SHOOTING

by Rene Eales

There are some incredible shooters in this group, and you should all be very proud of how far each of you have come and what you have achieved.

Dave and I have really enjoyed spending our fortnightly Wednesdays with you guys (and girls) as it has been a lot of fun.

Oh, wow Christmas is upon us AGAIN so have a good one and hope the New Year brings you everything you wish for.

Thank you for spending your time with us.

Dave and Rene.

Photos:

Rene assisting a shooter.

Rene standing with Zac and his target showing a bulleye.



FISHING

by Cathy Wooller

Thanks Wish4Fish!!!

We had the opportunity to go out again on the Wish 4 Fish boat.

It was a great excuse to skip work and school and head out to Motiti Island for a fish.

The The Wish 4 Fish Charity crew were amazing, thanks Tony (manager), skipper Kelvin and Dennis & Doug for this awesome opportunity.

We caught plenty of fish (snapper & kingfish) but all apart from one went back in for another swim as were too small.

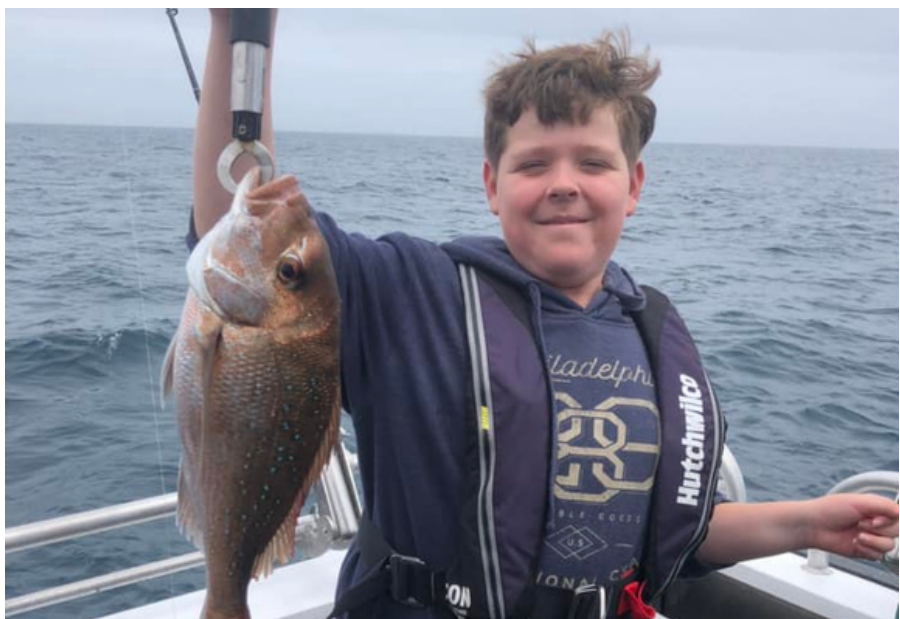
Sam was the lucky one to take snapper home for dinner.

Photos:

Sam holding his Snapper.

Larry fishing.

Wayne holding his fish.



BADMINTON

by Kim Dent

I was asked to do an article on my experience at the Badminton have a go day. So here goes, beware my typing skills are about as good as my running skills.

The badminton day was a good experience. I wasn't sure what to expect but was surprised at how fun it was. It was a lot more inclusive than I was expecting with kids and family members taking part too.

I was surprised at how well attended the day was. There were such good coaches and organisers. I got to interact with a lot of people and it was very friendly and welcoming.

I had brought my own racquet, but I hadn't needed to as everything was provided, except some badminton skills haha. I'd think some of my shots would be likened to a missile launcher.

Wojtek Czyz was inspiring as a fellow above knee amputee. I'm still getting used to being without my leg and it was amazing seeing him at other end of the spectrum, to see for real what can be achieved. He looked seriously good getting around the badminton court.

Continued next page...



BADMINTON

by Kim Dent

I played in my wheelchair basketball chair, you could play in ordinary chair but if an overhead shot was just out of reach you could get in trouble. The basketball chair made it much better.

It has been nearly 2 years since I lost my leg. Since discovering Parafed I've taken up wheelchair basketball, played social badminton at The Peak, played table tennis, had a go at shooting and I'm a regular member of the fitness revolution gym programme.

You could class me as a Parafed enthusiast.

The thing I like about Parafed is that it gives you the opportunity to test your limits and find out what your new boundaries are. It's always good to fall out of your chair a few times.

Parafed offers the opportunity to expand your horizons at a time when they are looking a bit limited. It's also great meeting people with similar injuries or challenges and seeing how they overcome them.

See you at the next Parafed event!

Photos:

Kim at the Fitness Revolution Gym programme.



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

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!





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>



PARAFED WAIKATO

would like to thank our major supporters



LEADING DISABILITY SPORT // 07 858 5388 // WWW.PARAFEDWAIKATO.CO.NZ