



OCTOBER - DECEMBER 2023

# PARAFED WAIKATO NEWSLETTER

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# WELCOME

*from your Parafed Officer*

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Hello and welcome to the fourth edition of the Parafed Waikato Newsletter for 2023. 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.

It's summer time and the Christmas season is upon us. It's great that we can have a bit of a break and come back refreshed in 2024. Don't worry there are still fun summer activities planned. You'll hear about these in the message from Cathy below.

In this issue you'll see that our members have been doing a range of interesting things, from handcycling to Boccia to partying at the Christmas gathering. We have a wonderful bunch of people involved with Parafed and it's cool to see friendships forming and people having fun. That's what it's all about.

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)

## PARAFED WAIKATO

*on the web*

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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 your Operations Manager*



In this edition, on behalf of the operational team, I want to express our gratitude as the year concludes in a few weeks. It has been an exceptional year, and your support as a player, coach, official, parent, or volunteer has been instrumental to our success. Thank you for being an integral part of a fantastic 2023. Looking ahead, we anticipate an even more significant and prosperous year in 2024, filled with opportunities and growth.

From a growth and participation standpoint, we have achieved notable success and created lasting memories across our sports codes, Have-a-go days, and various programs this year. From Rugby, Boccia, Powerchair, and Swimming to Basketball, our commitment to participation has resulted in commendable team performances and individual awards at competitions, regional events, and national championships. Notably, our Rugby team secured victory at the Low Pointers Champs, and our Boccia members received team and individual awards at the championship in Wellington. Our youth members also excelled in their respective events at the Halberg Games. These accomplishments have been made possible through our successful Have-a-go-days, providing our members with opportunities to explore new sports and recreational activities. This year has seen high participation numbers (have-a-go-days), ranging from Basketball, Croquet, Skiing, Cricket, Boccia, Surfing, to Cycling, and the list goes on – fostering confidence, building friendships, and cultivating shared interests as a family.

Our remarkable stories this year would be incomplete without acknowledging our members who have made us proud on the international stage, either through competition or training. Examples include Wojtek Czyz, advancing across Europe and Asia towards qualification for the Paralympics in Paris 2024; Dani Aitchison, securing gold in the 200m T36 category at the Paris 2023 Para Athletics World Championships; Jayden van Dyk, earning second place medals in his category at the UPIM World Biathlon/Triathlon championships in Indonesia; Robert Hewitt, participating as a member of Wheelblacks at the Wheelchair Rugby World Cup in Paris; Keenan Alexander and Peter Klinkhamer, contributing to the Wheelblacks development training tournament in Australia, and Wayne Chase, playing for Roller Hawks at the Wheelchair Basketball Illawarra Festival in Australia.

On the operational side, we have affirmed our position as the largest disability sports organization in Waikato, forging new and sustaining existing partnerships while actively engaging with the community. We have expanded our network and capitalized on opportunities to showcase our community impact to stakeholders, donors, funders, and mainstream sports organizations. Looking ahead, I am enthusiastic about the opportunities that await us. While challenges persist, this year has demonstrated that together, we can overcome obstacles and continue to achieve great things. Collectively, we have not only met our goals but have also set new standards. I extend my thanks to the Board, Team Cathy and David, all the coaches, parents, and volunteers. Here's to a successful 2024!

# MESSAGE

*from your Sport Development Officer*

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In the last 3 months our sports teams have been busy training and competing at tournaments and our youth club have enjoyed their weekly swimming and athletics trainings. We have also offered some 'Have a Go' sports opportunities:

It has been awesome to see our wheelchair basketball teams growing in numbers and strength. A big thanks to Wayne Chase and Lauren Fenn for coaching, managing the teams and also fundraising;

Our Powerchair Football team is flourishing with players even coming from Dannevirke, Tauranga and Rotorua to join our team trainings. Sandy Schaare has done an amazing job as coach and the players are continuing to increase their skill level and have enjoyed the competition of playing against players from the NZ team from Auckland;

Our Boccia participants have also increased in numbers and it was great to see more players getting classified to play at the Regional and National competitions. We would like to pass on our thanks to Tom Lochore who has managed and co-ordinated Boccia for the last few years. His knowledge and the generosity of his time have been invaluable. Tom has passed the reins onto Leanne Bills and Peter Lee with the support of James Murfitt and Karen Callander;

Shooting has continued with our regular shooters who look forward to their fortnight sessions at the Hamilton Pistol Club;

We partnered with Grassroots Trust Velodrome and PNZ and held a 'Have a Go' para cycling Day on 29 October. 36 members and their families turned up to try out the adaptive bikes and para cycling. As a result of this day a couple of members went on to attend the PNZ para cycling camp and have taken up para cycling as a sport.

We have some awesome sports opportunities coming up:

16 December – Wish 4 Fish at Tauranga.

20 January 2024 – Adaptive Surfing at Waihi Beach.

17 February 2024 – Water Sports Day with kayaking, paddleboarding (plus giant paddleboarding), waka ama/taurua and boat/jetski biscuit rides.

Cathy Wooller, Parafed Waikato Sport Development Officer



# CHRISTMAS PARTY

by Cathy Wooller

We had our Christmas party to celebrate another awesome year of Parafed Waikato sports. Participation and achievements throughout the year have been phenomenal. A huge THANKS to Chris & Tiff for hosting everyone with a record number of members and families attending! Here are some nice photos of our members enjoying themselves at the party.





# AUCKLAND

by Tiffiney Perry

This year on October 20th I competed in my fifth ASB Auckland Marathon with Achilles NZ who support disabled athletes which include the handcycles and push rims. It is such a cool event every year and they make it so easy transporting our bikes to Devonport to the start line so all we have to do is turn up via the Ferry or make our own way there.

The course is amazing and modelled on the New York Marathon with wide closed roads to cater for the thousands of athletes it really makes it safe and is a highlight of my calendar every year. Roads are fast and smooth with the highlight being able to bike across the harbour bridge as the sun rises. The crowds also come out cheering and playing music which makes the early start ever worth it.

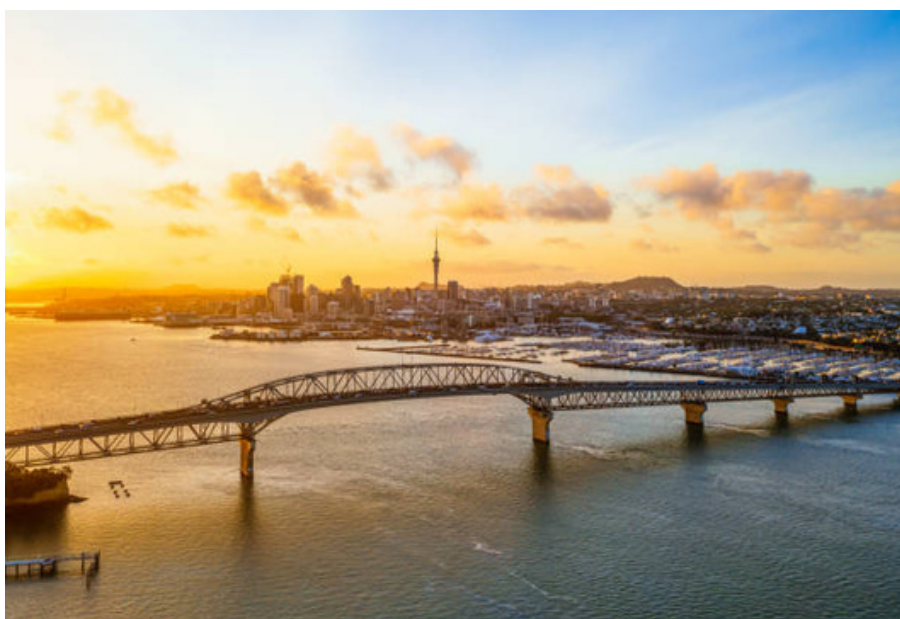
My goal is always to beat the previous years time and this year was the morning of the Rugby World Cup Final so I was determined to be back in time to dismount from the bike and wheel over to the big screen. The results were not what anyone wanted on the rugby field but my road marathon time was a PB of 1.44.18 so that was a good consolation prize.

Photos:

Tiff with the Achilles crew.

The Auckland Harbour Bridge

Tiff on her handcycle.





## CYCLING

by Ollie Goulden

I recently attended the cycling have a go at day at the Cambridge Velodrome. It was awesome getting to meet so many great people. I had a blast trying out the different bikes. Afterwards I couldn't wipe the smile off my face.

I was invited to go to a Paralympics NZ training camp a couple of weeks later. There I learnt lots about nutrition, strength training, and psychology.

A massive thanks to the Grassroots Trust Velodrome & Jack Cooper (PNZ para cycling development coach).

Also thank you to the following people who supported us on the day:

- \* Mark & Vikki Fleming who were pilots for our vision impaired cyclists;
- \* Louisa who runs the trike programme at the Grassroots Trust Velodrome;
- \* Hannah and Michalle from [#BlindLowVisionNZ](#);
- \* Our Paralympians & high performance cyclists who turned up to have a chat with everyone and get involved with all our cyclists; Anna Taylor, Nicole Murray, Devon Briggs, Nick Blincoe & Hannah van Kampen.
- \* Thomas Szabo who talked about his cycling journey and the difference between his track and road bikes.

Thanks to Parafed for providing the opportunity to try a new sport

Photo:

Ollie on a handcycle at the velodrome.



# WHITE WATER RAFTING

*by Andrew Fairweather*

On Saturday 25 November I went up to the whitewater rafting Have a Go Day at Vector Wero Whitewater Park that Parafed Waikato organised. The white water rafting activity day is definitely a great activity to do.

The Vector Wero Park looked awesome from the get go and I was excited to do the rafting. At the briefing the staff there were really great at explaining what to do in certain situations on the boat (with added humour in between).

My group's guide was really great in chatting with us and it made me feel more at ease than what I had been earlier. As soon as we hit the rafting section it was fun from the start with the swirling ripples that made us go at a fast pace.

Everything was fun (even though my group got stuck for a minute or two), but my highlight was jumping into the white water section and floating down the river because it was such an adrenaline rush with even going under water at one point at such a fast pace.

All in all it was a great time and I would like to say thanks to Cathy for organising it and thanks to the Vector Wero staff.

Photos:

The boat going down the rapids.

Youth jumping into the white water.





# BACK ON THE ROAD

by Emma Sweetman

Bike riding has been deep rooted in my family's traditions for generations. Ever since my grandparents opened up a shop that sold bikes, riding bikes have been an integral part of my life. My parents continued this shop, expanding into new horizons, and even my husband is constantly looking for a reason to go on a ride, having ridden his bike throughout the world. My children followed these tendencies, they too found enjoyment in the two wheeled vehicles we know as bikes. Yet this substantial source of happiness and family bonding was lost when I had my stroke.

Over the last 3 years I have often pondered the potential of enjoying family time on bikes as my children continue to grow, older and faster. This desire found me getting quoted the intangible amount of twenty thousand dollars for an electrical trike. This unreasonable amount led me to apply for a lottery grant, which was unfortunately unsuccessful. After much research we found an Australian company willing to make a comparable trike for a fraction of the price.

Although it was stressful having never tried it, I would do it again in a heartbeat. I managed to flip it on the first outing and acquired two stitches. I gave everyone a big fright but didn't let it hold me back. I have just ticked over 130ks and my family is right there with me. A real highlight was riding part of the leg from Arapuni to Wakamaru with my daughter and my husband. Absolutely recommend river trails to anyone that has not already tried it. Feeling enabled again!





# NEW YORK

*by Tiffiney Perry*

I took part in the New York Marathon for the 3rd time and it was just as epic. Jack (my son) and I headed over for a wee adventure – again with Achilles supporting us - and what an adventure we had.

Competing in the NY Marathon is decided by a ballot in April so its not something you can do on a whim. You also need an ESTA visa waiver from USA and the travel and planning needed to compete in that event is not something you want to take on yourself, hence Sophie and the team from Achilles NZ provide full support and guidance it really is very cool.

The event itself is like the Auckland Marathon but on steroids. New York is like nowhere in the world I reckon. A massive concrete sprawling city of hustle and bustle. Its exciting and daunting at the same time. The crowds, the music and the cheering is really something. Another PB for me finishing 9th of 54 in a time of 1.45.54. and the second woman across the line.

The organisation to get to the start line can be overwhelming so when it comes to biking it – it is a bit of a rush. It's a great event and an opportunity to go to the Big Apple I totally recommend it.

Photos:

Tiff and Jack at Empire State Building.  
New York buildings.  
Tiff on her handcycle.





# BOCCIA

*by Karen Callander*

My name is Karen Callander and I am part of the Hamilton Boccia team. I have a permanent hip and thigh disability that will eventually put me in a wheelchair. I love sports so found it hard to accept that I wouldn't be able to enjoy them in the future. A few months ago, I attended an open day for Boccia. I went along not knowing what to expect. It's fair to say that I was hooked from day one and eager to embark on my own Boccia journey.

Further down the track after competing at the Auckland regionals where I placed 3rd, I knew that I had to go to Nationals to gain more knowledge and experience about Boccia. The drive to Wellington was long, yet for the first time in a while I was passionate about something again. On day one of Nationals, I was very excited yet nervous. The pairs were first up and for my team I was partnered with Arthur and Shontel. We came away with a silver medal which we were all ecstatic about. Day two and three was for the individual competition. I won my first 2 games which felt great. Unfortunately, I lost my next two games, however the experience of playing against Boccia champions was amazing. The atmosphere at the Nationals was great and I also enjoyed supporting my fellow club members during their matches. I also really enjoyed getting together as a team and socialising through events such as having dinner together on Saturday night at Nationals.

It's been hard for me to accept my disability, yet after attending this tournament it has made feel like I have a place to belong and a passion to enjoy. I love playing Boccia and cannot wait for the fun and challenges the sport will bring in 2024. I would like to thank everyone who was involved in the tournaments from the organisers to the competitors for creating such a fantastic opportunity. I would also like to mention Snap Fitness Hamilton North who have been very welcoming and supportive of my Boccia journey. Also, a huge thanks and mention to David Klinkhamer, Parafed Waikato and my Boccia family on Tuesday nights!



# POWERFOOTBALL

by Emma Sweetman



We had our final training of the year which was heaps of fun!

We also had an additional training as Emmet (the coach's son) has a new race chair. An exciting time for the sport as a whole. It builds capacity within Waikato, we now have an additional chair, which is much needed as we are finding there are several kids having to wait for chairs on the sideline.

Emmet's parents worked very hard to fund a new 'race' chair which has come from the US. It is racing red which he tells me is his favorite part. It has the nickname 'Ferrari' and drives so much smoother than the old ones.

Next year the Waikato hopes to secure funding to upgrade their chairs, selling the other ones to Wellington, allowing the sport to spread further throughout NZ. Onwards and upwards. Looking forward to next year!



Photos:

Trailer packed with Power Football wheelchairs.

The display on Emmet's new Power Football wheelchair.

Emmett looking good in his new "Ferrari" wheelchair.





# WHEELCHAIR RUGBY

by David Klinkhamer

Waikato Wheelchair Rugby have just come to the end of a great season. We have had lots of fun and good local competition. Our sponsors have been fantastic. DG Sport have been great again and we want to say thanks to Parafed Waikato for all of the support.

We came 4th in WRC, 1st at Low Pointers and 1st at Nationals. We topped off the season with our Stampede League which was a fun and super competitive tournament

This year the most improved player award went to someone who has shown a lot of commitment. Its been great to see the improvements that this person has made in such a short time and to see the potential that they have for the future! They really should have come along sooner. Keenan Alexander got all the votes. Congrats Keenan!

This year the MVP award went to someone who has brought so much to the team. From their expertise and effort on the court and their ability to fit into the team even without making a Monday night training.. This person was the only one to play in every tournament. This year our MVP was Chris Moore.

We would like to thank all of our players, supporters, volunteers and sponsors who have made this year possible. Especially PK, Russ, Kelsey, Hunter, Heather our Sports Chaplin, Nan, Pop, Jon, Robbie and Robert. We look forward to the 2024 season. Go Waikato!







# ACCESS

*by Access Community Health*

We are one of New Zealand's leading healthcare providers, specialising in home-based healthcare and support, and have been at the forefront of community health since the 1920s. Working with the Ministry of Health, DHBs and ACC among others, to provide support for over 40,000 people around the country. Our skilled team of nurses and support workers provide a range of services to help clients maintain an independent lifestyle in their homes and communities.

Total Care Health Services is a division of Access Community Health, with a unique focus on wound care management and other specialist clinical services such as catheter care, and IV treatment. We'll tend to your needs in your home, workplace, or place of study, meaning you can continue your day without the need for a visit to a clinic or hospital.

Your health and wellbeing are our priority, and our holistic approach considers your lifestyle, whānau, family, friends and social connections. Trust us to be part of your journey. You can contact us to learn more about how we can support you.

Enquiries about Total Care Health services  
Call 0800 426 877 / 0800 4 A NURSE  
Email us at [info@totalcarehealth.co.nz](mailto:info@totalcarehealth.co.nz)  
[Access.org.nz](http://Access.org.nz)

Enquiries about Access Community Health  
Call 0800 284 663  
Email us at [info@access.org.nz](mailto:info@access.org.nz)  
[Access.org.nz](http://Access.org.nz)

Our Values:  
Kaitiakitanga: Care for our community  
Kotahitanga: Work together  
Tū Tika: Do the right thing  
Manaakitanga: Look after each other

**Access**  
community health  
Hauora Tara-Ā-Whare

**Total Care**  
health services



# TAYLORED SUPPORT

*by Cat Taylor*

Have you been searching for someone to come alongside you and your family?

Looking for support with one off (or regular) outings, meetings or appointments?

I am able to help.

My name is Cat Taylor and I have been living with the disability world with my son for many years.

We have found it frustrating at times to find care and support for the little things.

Outings in the school holidays such as movies, hanging with his mates, bowling, hydrotherapy etc... Parents struggling to fit it in with work and other commitments. As a teenager not really wanting to hang out with us all the time.

I would like the opportunity to be that person for you.

Please feel free to make contact and let me know what you and your whanau need and lets make it happen.

Cat Taylor  
0273842246  
[cat@tayloredsupport.co.nz](mailto:cat@tayloredsupport.co.nz)



## TAYLORED SUPPORT



# FITNESS REVOLUTION

Get Fit

**Access**  
community health  
Hauora Tara-Ā-Whare

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 Access Community Health. For more information on Access Community Health and their range of services 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*

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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?*

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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*

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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 / [WWW.PARAFEDWAIKATO.CO.NZ](http://WWW.PARAFEDWAIKATO.CO.NZ)