

PARAFED WAIKATO



ABOUT US

SPORT IS FOR EVERYONE!

At Parafed Waikato we are all about promoting and providing sport and recreation opportunities for youth with physical disabilities and visual impairments.

Parafed Waikato supports inclusive and adaptive sporting programmes and offers opportunities for youth to try new activities and develop a passion for sport.

Joining Parafed Waikato can be life changing for youth. The cost to join Parafed Waikato as a youth member is only \$20 annually.

This entitles youth to participate in as much or as little as they want at no cost.*

**There are only a couple of sports that we charge for such as white water rafting and adaptive snow skiing.*



JOIN THE CLUB

We have over 60 junior members in our Youth Club at Parafed Waikato. We focus on getting young people with physical disabilities and vision impairments involved in sports and recreation. The majority of these activities are open to members and their family and friends.

The youth club is focused on creating a life-long love for sport and recreation. This will give our young people the opportunity to overcome barriers, stay active, gain confidence and become passionate about sports while forming close friendships. Being a youth club member will also provide young people with the confidence to attend the Halberg Games which is a key part of the development pathway for young disabled athletes.



HALBERG GAMES

The Halberg Games is an annual three-day National sports tournament open to 7-21 year olds with a physical disability or visual impairment



It is a fantastic opportunity for young athletes to experience an authentic Games village environment with opening and closing ceremonies.

Athletes compete in regional teams and have the opportunity to try new sports such as:

Adaptive Cross Fit Challenge, Athletics, Swimming, Golf, Gymnastics, Wheelchair Basketball, Boccia, Badminton, Archery, Rowing, Pop Tennis, Wheelchair Rugby, Powerchair Football, Rugby, Turbo Touch, Taekwondo. Table Tennis, Ambulant Football and Adaptive Cricket.



Parafed Waikato manage the Waikato team and the youth club make up a big part of this team.

The Halberg Games are a highlight of each year and they are held in the April school holidays.



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



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



I really enjoyed being able to attend the Halberg games. My highlight was swimming and when I got into the pool for the first 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



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

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



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



HAVE A GO

Our 'Have a Go' days are an introduction to new sports and fun recreational activities for youth. This can be trying out a new sport or just going along with friends and family to have a fun day out. We work collaboratively alongside Regional Sports Organisations and local clubs to offer these sports opportunities. This also increases the awareness of these clubs capabilities and they gain confidence in delivering their sports to a larger range of athletes, particularly those with physical impairments.



ADAPTIVE SNOW SKIING

SUNDAY 28TH MAY
11.00AM - 2.00PM
Snow Planet
91 Small Road, Silverdale, Auckland

\$56 PP FOR ENTRY & EQUIPMENT
(1) Volunteers pay 1 session (includes helmet, skis, boots, poles, equipment and instruction)
We offer adaptive equipment available with volunteers or disabled skiers
Disabled skiers are covering the cost of the coaching

PLEASE CONTACT CATHY@PARAFEDWAIKATO.CO.NZ IF YOU ARE KEEN TO COME ALONG



HAVE A GO DAY
PARA SHOOTING

SAT 11 JUNE 2022
10.00am - 12.00pm
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



adaptive SURF DAY

Raglan

SUNDAY FEB 14
11AM - 1PM

NGARUNUI BEACH in Raglan (main beach)
RSVP cathy@parafedwaikato.co.nz
Limited spaces so book in quickly

Some of the Have a Go Days we offer are: rock climbing, shooting, adaptive snow skiing, adaptive surfing, horse riding, white water rafting, badminton, para cycling, water sports day and table tennis.



Water Sports Day

JANUARY 2024



SPORTS TEAMS

Parafed Waikato have several sports teams that work across a range of adapted sports and we provide experienced and skilled coaches to deliver these sports.

The youth that participate in these sports train regularly and also have the opportunity to attend regional and national tournaments. This provides them with fulfilling experiences as they get to play against other physically disabled youth from all over NZ.

Every sports team has a welcoming and inclusive environment and the social interaction allows players to form long term friendships.

Some of the sports teams our youth participate in are Wheelchair Basketball, Wheelchair Rugby, Powerchair Football and Boccia.





YOUTH SWIMMING PROGRAMME

Our swimming programme is held at the Fastlane Pools in Hamilton and this runs from 4-5pm on Sundays during term time with a break over the school holidays.

We have experienced coaches who coach 3 different levels including, learn to swim, intermediate and advanced swimmers.





ATHLETICS PROGRAMME

We run our athletics programme on Wednesdays during terms 1 & 4 time with a break over the school holidays.

This is held at Porritt Stadium from 4.15-5.15pm with a trained athletics coach and volunteers. Youth learn both track and field athletics including track running, shot put, discus, club throw and long jump.



INFORMATION & RESOURCES FOR SCHOOLS

We are happy to come along to your school to educate your staff about the benefits of Parafed Waikato.

It would be great to have a liaison person within your school who is happy to advocate for us and pass on information to families so they can connect with Parafed Waikato. Your newsletters would be a good channel to promote and share information about our day-to-day mahi, sports and recreational opportunities and Have a Go days that are upcoming.

We have resources that we can hire or loan out to your school upon request such as: boccia sets and sports wheelchairs for wheelchair basketball.





CONTACT US

Cathy Wooller

Sport Development Officer

P 027 318 0497

E cathy@parafedwaikato.co.nz; or
info@parafedwaikato.co.nz

www.parafedwaikato.co.nz

