



ReachOut

VOLUME 48
JANUARY 2009

Ben Buckley **CAF Volunteer of the Year 2008**



A Short Word from the Chair

2009 and we're off to a flying start....

Who remembers Paris and the night London was awarded the Olympics for 2012?

It may have been four years ago, but for those of us in Paris at the time it was an unforgettable night.

Well the World Games are back and likely to be bigger than ever - with DAA Northern Ireland Hosting the event in July this year.

In this issue you'll find news and updates on the World Games and all the information about our National Games you need to take part.

So whether you're a budding athlete, or wanting to improve on last year, or taking part for the first time there is something for you at the Nationals in May.

Our resident Physio gives her views on the importance of stretches and warming up - so have a read, start training and we look forward to see you in May.

Ben's Award

Last September I attended a course on public speaking and presentation skills in connection with my work at the Charities Aid Foundation.

It was both nerve wracking and informative. The workshop included an impromptu 60 second talk to a camera. I took the opportunity to speak about the DAAUK and the World games. The cameraman played the talks back and we each received individual comments and suggestions from Mark Webster (former ITV news reporter) the communications director on how to improve our body language, conquer nerves and how best to engage our audience's attention. Then at the works Christmas party to my surprise I was presented with a CAF Star award, which acknowledges volunteering activities. Along with this came a prize of £200 of charity cheques for donation to a chosen charity organisation, this will be going for the DAAUK.

For those of you who don't know Ben, he is an integral part of the DAAUK committee. Ben's role is International Representative. This requires Ben to keep up regular contact with all our international contacts and makes links with other sports organisations world wide. He is also liaising with all the countries entering the World Games and keeping them informed of the latest news. Ben is the main point of contact with all our international guests at the DAAUK events.

Well done Ben on your well deserved award.

Awards for other DAA members

Eleanor Simmonds became the youngest ever recipient of an MBE in the Queens New Years Honours list, another fantastic achievement and a real inspiration for all our aspiring athletes. Ellie was also awarded BBC Young Sports Personality of the Year, film footage of her receiving this award can be seen on our website.

Bronwin Carter was given the prestigious "Volunteer of the Year" award from Disability Sport and EFDS. Bronwin has been a long time volunteer and coach at our national games and worked with individual dwarf athletes taking them to elite level. Bronwin continues to work within our regions helping to build a potential squad and taking our athletes to their full potential. We would like to take this opportunity to thank Bronwin for her dedication and to congratulate her on the award.

Jason Cooper won the Sports Person of the Year Ability Award at the Warwickshire School Sports awards held in Ricoh Arena Coventry. Jason is a new member of the DAA and is already showing great potential. He is an accomplished skier and great field event athlete. Jason has been supporting his region by joining our training group in Sheffield and has recently joined Godiva Harriers in Coventry. He is definitely one to watch!

Every year OCS a large international firm gives awards to young sports people. These awards are given regionally and this year the OCS joined with Sports Aid in giving awards to eleven young people. Our very own athletes Krysten Coombs and Michael Pope were recognised for their achievements. Both were presented the runners up award which highlights their considerable commitment and improvement in their chosen sport.

World Games 2009 GB Team

Important information!

All DAA members should have now received an entry pack for the Belfast World Games. Please read carefully, fill in and return to Eugene as soon as you can. It is important to try and fill in as much information as possible. On the swimming form if you can time yourself in your local pool for the event timings or use the results form the 2008 National Games this will make for a better overall event.

Also on the team forms just put your name in the team box and your country as Great Britain the teams will then be organised once all the entries are collated.

Very Important !

If you have not returned the form expressing your intent to be part of the Great Britain team we will not know you are planning on competing. Most importantly we will not be aware that you will need a GB kit so one will not be ordered for you. It is imperative that you let the main office know you are competing immediately and what size kit you will require. Contact: Tim on 07889922736 or timdauk@yahoo.co.uk.



DAAUK National Open Games

Friday 1st to Monday 4th May 2009



It's here again!! Time to start thinking about the National Games for 2009. Included with this ReachOut is your games information pack. Please read it very carefully and fill in all the forms clearly before sending back to the office.

Please keep a copy of your forms or a note to remind you of the events you've entered. We will be competing at the Alexander Stadium for the Track and field as usual, all the indoor events and the team events are to be held at The Aldersley Leisure Village about 15mins from the hotel. Please note the slightly re-arranged program changes in time slots for the team events and cycling, please be aware of this when choosing your events.

Also note all the starting times for the various events, there are so many events available now at the May games that a prompt start is imperative please plan to get to all your events on time.

You will be excluded from events if you are not available at the start time.

The games will be IPC sanctioned and all the field events will use the appropriate IPC implements and weights. The exact weights used for your age group are shown on the rules sheet attached to your games entry.

2009 is a World Dwarf Games year so the DAAUK National Games will be a good measure of your progress and will also give any members new to our games or the World's a good idea what to expect in Belfast.

If you have any questions about the National Games then please get in touch with the office on 07889922736 or 01246 414238.

DSE Regional Dates 2009

These are some of the regional dates known so far for the 2009 season. Please check out the DSE website for more details of these regional events and qualifiers. From these events athletes can go on to National finals and even the School Games. They are well worth taking part in. www.disabilitysport.org.uk

South East 16/5/09 Regional Athletics Meet - Crawley

South West 20/25 May 09 Regional Athletics Meet - Exeter

West Midlands 15/5/09 Regional Athletics Meet - Alexander Stadium

Eastern Region 7/2/09 Regional Swimming Gala - Essex

16/5/09 Regional Athletics Meet - Chelmsford

East Midlands 6/6/09 Regional Athletics Meet - TBC

North East 22/5/09 Regional Athletics Meet - TBC

North West 25/4/09 Athletics - Manchester

The DSE run swimming gala's regionally and nationally if you have an interest in competitive swimming.

These events are the next step from our National Games for both Athletics and Swimming. If you need further information you can contact DSE directly or Tim in the office for help.

Focus on South Central Region



The South Central Region held it's first event for a while in December at the Mountbatten Centre, Portsmouth. Bronwin Carter organised a successful athletics and new age curling session. We had new members join us and the parents enjoyed taking on the DAA members at curling.

We are busy submitting forms for a Lottery Grant and looking into other ways of fundraising, enabling us to put on more events for the region. The region has organised further dates, February 7th 10am - 12 noon, March

21st 11am - 1pm and April 25th 10 am - 1pm all at the Mountbatten Centre. If anyone wishes to come along you will be made most welcome.

Also I would like to say a big thank you to Karen for all her support in helping the region.

Kims Kolumn

Warm-Up and Stretching - Why bother?

The warm-up is a crucial part of any exercise, training or sports activity. The importance of a warm up routine should not be underestimated when it comes to the prevention of sports injury.

Benefits of warming up:

- Prepares the mind and body for physical activity
- Increases the body's core temperature
- Increases muscle temperature
- Increases heart rate
- Increases respiration (breathing) rate

All these things are essential in readying our bodies for physical activity. The increase in heart and respiration rate ensures that the muscles get the oxygen they need to work harder during exercise.

A good warm-up should always include 3 sections. They are:

1. General warm-up
2. Stretching
3. Sports Specific warm-up

The general warm-up should consist of a light physical activity, like walking, jogging, easy swimming, stationary bike, skipping or easy aerobics. Both the intensity and duration of the general warm up (or how hard and how long), depends on the fitness level of the participating athlete. A general warm up will last about five to ten minutes (again depending on fitness level) and result in a light sweat.

The aim of the general warm up is simply to elevate the heart rate and respiratory rate. This in turn increases the blood flow and helps with the transportation of oxygen and nutrients to the working muscles. This also helps to increase the muscle temperature, allowing for a more effective static stretch.

The stretching part of the warm-up includes all the major muscle groups and is done to increase flexibility and decrease stiffness. Stretching is performed by placing the body into a position whereby the muscle, or group of muscles to be stretched is under tension. Both the opposing muscle group (the muscles behind or in front of the stretched muscle), and the muscles to be stretched are relaxed. Then slowly and cautiously the body is moved to increase the tension of the muscle, or group of muscles to be stretched. At this point the position is held for 10 seconds to allow the muscles and tendons to lengthen.

This second part of an effective warm up is extremely important, as it helps to lengthen the muscle which in turn allows your limbs a greater range of movement. This is very important in the prevention of muscle and tendon injuries.

With the first two parts of the warm up carried out thoroughly and correctly, it is now safe to move onto the third part of an effective warm up. In this part, the athlete is specifically preparing their body for the demands of their particular sport. During this part of the warm up, more vigorous activity should be employed. Activities should reflect the type of movements and actions which will be required during the sporting event.

Outside of the general warm ups described here, athletes should ask their coaches or Physio for instruction on the correct technique and stretches needed to warm up effectively for their specific sport.

The warm up stations will be at the National Games Athletics meet again in May and Kim will be available to help with stretches and treatments.