

*Dwarf Sports Association UK
Official Journal*



ReachOut

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Patrons: Eleanor Simmonds M.B.E & Matthew Whorwood Charity No 1041961

DSA Badminton Tournament A Smash hit



Merry Christmas from the DSAuk



to all our members and supporters



A word from the DSA Chair

Wow another year has passed and all the national DSAuk events have been successful as the DSA goes from strength to strength. The last event to be completed this year was the badminton championships. This year there was a slight twist to these championships as the athletes were not able to select their partners for the double events. The decision for the doubles event was made last year by the DSAuk committee to help encourage more competition, greater numbers and to help develop some of the less skilled players by learning from some of the better players. The majority of the decision was fully justified as the matches were extremely competitive and fun however unfortunately the attendance was not what was expected. The committee will now be looking at new ways to encourage further participation in badminton but are all agreed that the decision for the doubles event was for the good of the sport and the dwarf class, and will

carry on being implemented at DSA Badminton events. I am happy to discuss with any member any concern they have with this or if anyone has any new suggestions for increasing participation in badminton.

In exciting other news, very recently a new employee has joined the DSAuk staff. After numerous hours of dedicated work to successfully receive the funding and many hours of rigorous interviewing to select the right candidate from lots of well qualified candidates the trustees have decided to employ Nigel Burton as the DSA's first Inclusive Sports Advisor. Nigel will be working with Tim and the sports' national governing bodies to help improve and develop opportunities for dwarf athletes at all levels. The operational committee would like to welcome Nigel to our workforce and thank the trustees for all the time and effort they have put in to make this exciting new post possible. Enjoy reading another great edition of Reachout, I hope to see you all soon.

DSA Badminton Tournament 2011



2011 is the second year that the DSA Badminton Tournament has been held over a whole weekend. This gives us time to include the

doubles and mixed doubles events. The doubles this year were matched together to make for a fair and competitive event and this really worked. In both the doubles and mixed doubles events there were some very close games, many of the doubles games went to 3 game matches and the scores were so close that it was really difficult to predict who might win.

The ladies doubles had an amazing semi final which had the whole sports hall held mesmerised by each point as it was played. It was so close it could have gone either way. That match was for a place in the finals and that's how close the matches were throughout the doubles events. Players that had not played in a DSA tournament before had a chance to learn from the more experienced players and develop their game.

The junior men's groups were particularly exciting in the singles tournament as there are so many players who could win this now, the tournament was so closely contested between the top four players no one could predict the outcome. Dylan Beaumont, Isaak Dalglisch, Luke Hockley and Bobby Laing all played some amazing badminton throughout the tournament.

Deirdre Nagle and Rachel Choong played at the top of their game in the ladies final with Rachel winning in two games. Jenny Greasley and Rebecca Bedford played for the bronze medal in a close game that was a joy to watch. Rebecca is developing as a national level player and is featuring in the 4 nations events

during the 2011/12 season.

The men's doubles event was exciting as Isaak played up an age group to allow Jack Shephard to play in a doubles partnership. Experienced player Andrew Martin paired with Paul Doling was hard to beat but the other pairings never made it easy for them.

In the mixed doubles all the junior players were paired with older players which made for a very even field providing a high quality of play with very close matches. There was an amazing bronze medal play off between Ella Scott and Jack Shephard vs. Luke Hockley and Randika Cooray. Both partnerships were so good we should look out for these as future pairings for the World Games in 2013. The mixed was won by Andrew Martin and Lucy Wilkinson over Isaac Dalglisch and Rebecca Bedford.

Thanks go the Badminton Umpires Association and the umpires who made the tournament so enjoyable. The head umpire commented on the high level of sportsmanship and fair play and commended all the players on their attitude to playing competitive sport.

The DSA Badminton Tournament is great fun and offers the chance to play in doubles events which are so much fun. We hope to see you all there in 2012.

Winners: Junior singles - Isaak Dalglisch. Men's singles - Andrew Martin. Ladies singles - Rachel Choong. Junior Doubles - Luke Hockley & Thomas Vogt. Men's doubles - Andrew Martin & Paul Doling. Ladies doubles - Ella Scott & Rachel Choong. Mixed doubles - Andrew Martin and Lucy Wilkinson.



Fundraising the DSA needs you!



You should all be aware that there only 18 months before the next World Games in 2013. Our funding target is ambitious but necessary if we are to help the UK team to compete.

This is where you the DSA members come in. If we all get involved and raise some money it will start to mount up and get us closer to our target. It doesn't matter if you are raising a few pounds or thousands it all counts.

So get your thinking caps on and get going, there's loads you can do.

For instance;

- Ask your school if they will do a non-uniform day for DSA
- Organise a pub quiz with a raffle
- Organise a disco and sell tickets to attend
- Ask a local supermarket if they can host a stall in the foyer and take donations as people come and go
- Try a sponsored event, maybe a sponsored walk, swim or run, or perhaps a sponsored silence
- Get a few friends together and organise a bag pack at your local supermarket.

These are just few suggestions, we are sure you can think of loads more.

We can advertise your fundraising events on the DSA website and Facebook page. DSA can also help collect your donations giving you a page on our website with your own donation button, we can also set up a text giving code so people can donate by text.

If all our members make it their New Year's resolution to raise some money for the World Games Team then the thermometer might make it to the boiling point, and that would be fantastic. Good luck and get busy.

Shooting Development Day



In early November members of the DSA interested in shooting were treated to a development day at the Aldersley Shooting Centre, Wolverhampton.

The day consisted of a morning session split into two groups, one shot on the 10m range and were coached on technique and practiced using the rifles, while the other group was given an insight into the sport with more information on how to enter competitions. This also covered how the weapons work and how to shoot more effectively, such as how to aim properly and how to handle the rifles safely.

After lunch there was a chance to try pistol shooting (to be included at the next World Games) this was very different to rifle shooting as the pistols didn't have rests so the weight of the weapon has an affect on how long you can take to set up your aim. The pistol shooting was followed by a junior and senior competition. The seniors took part in the DSA's first Olympic style final, this involved the top 4 from the preliminary stages shooting one shot into one target at a time



under a time limit and strict instruction from the range umpire. This adds a bit of pressure to the final, and was very interesting to watch.

The senior event was won by Rachel Lambert with Arthur Dean in silver position and the bronze medal being won by April Barrett. The junior group was won by Sophie Parsons, with Matt Topping in Silver, Jack Shephard and Dylan Beaumont following in joint bronze position.

Shooting is becoming more popular within the DSA, if you are interested in learning more about the sport please contact the office for more information and look out for future training days.



DSA Athlete Profile

Holly Niell

- Class: - F40 Field athlete
- Job: - Early Years Practitioner
- Sporting background: - I have always had an interest in sport before athletics I competed in Para Equestrian (Dressage) events. I represented GBR at both Junior and Senior levels. I now compete in athletics, I started in 2010 and have been on the GBR team in the Junior World Championships and IPC World Cup. Thanks to the DSAuk for introducing me to athletics through their games.
- Age: - 22
- Favourite Sports: - Athletics, Equestrian and Tennis
- Personal Bests: - Shot put 7.10m, Discus 20.55m Javelin 22.76m
- Favourite TV programme: - Made in Chelsea and Celebrity Juice
- Favourite food: - Pasta and Lollies
- Sporting ambition: - To continue to compete in field athletics to the very best of my abilities.



East Midlands Weekend of Adventure



In September the East Midlands Region organised an Activity weekend at Lea Green in Matlock, Derbyshire for 40 people.

This was a great weekend which

started, with a hot meal followed by our first activity, which was a game called "Smugglers Run", the object of the game was each team had to get passed the guards with cups of water, and back to base to fill their own container up, the winning team was the one with the most water in their container. It was played in the dark by torch light. The game was great fun and all the children had a great time.

After a good night's sleep, Saturday morning started with breakfast, then into the morning activities which were 3 assault courses done with your eyes shut. This activity was done by all members, the older members helping the younger ones.

After lunch the party was split into 3 separate groups, doing various activities. Group 1 did a stream walk, this entailed walking up a stream going over and under obstacles, I did this activity and got very wet. Group 2 did high ropes, members were harnessed up and had to balance on beams which were about 15 – 20 meters high. Our more dare devil members took part in this. Well done to Rebecca Bedford, who completed the whole task. Group 3 stayed in the sports hall and experienced indoor caving and wall climbing.

The highlight on the afternoon was a water slide, which

was a plastic sheet, soaked with water and covered in washing up liquid. We ran down the hill and jumped onto it sliding down the hill at some speed. Great fun was had by all both old and young.

After tea we all met in the sports hall, for team games of It's A Knockout, this consisted of people working as a team, doing various tasks one being, jumping into the ball pool and collecting tickets. After this, it was free time, a few went to bed exhausted, whilst the parent members organised a Basketball game, which was enjoyed by all who took part.

Sunday morning started with a full english breakfast, followed by a trip into the woodland area, where we made log fires (one was more of a bonfire than a log fire!). We roasted marshmallows whilst drinking hot coffee. We also made shelters using things we found in the woodland area.

The weekend was finished off with an orienteering exercise and team games in the sports hall. The whole weekend was enjoyed by everyone; a lot of personal challenges were faced and conquered, many of the regional members experiencing outdoor activities they had not ever had a chance to enjoy previously.

Willie and I want to thank everyone who made this weekend possible and so enjoyable.

Denise Coppen



Kieran Randall awarded Black Belt



My name is Kieran Randall and I am 15 years old. I am a member of the East Midlands Region of the DSAuk. Unlike most dwarves I do not have achondroplasia. I have Spondyloepiphyseal Dysplasia Congenita (SEDC), a different genetic condition and type of dwarfism.

I started Shotokan Karate at the age of 11 at The Dojo in Beeston, Nottingham; my teacher is Sensei Aiden Trimble, 7th Dan. I have been training twice a week for about three years and 10 months now and have a black belt after recently passing my Shodan (1st Dan) grading in June 2011.

For this grading I had to choose an advanced Kata from a list of five to execute. I chose Bassai Dai (translated as "To storm the fortress"), a Kata that I had previously needed for my grading from 3rd Kyu (brown belt) onwards. I also had to execute a previous Kata picked at random. A Kata is a set sequence of moves against imaginary opponents attacking from different angles and positions. Not only did I have to do Kata, but I also had to do Kihon (basics) which consisted of many combinations of kicks followed by hand techniques such as Mae-Geri, Oi-Zuki, Gyaku-Zuki.

(Front Kick, Lunge Punch, Reverse Punch). A week before the grading I learnt the self-defence section which consisted of defence against a straight punch, defence against a hooked punch, disengagement of a grab to the arm, and preventing a grab to the neck.

Once a year, the club travels down to Torquay. We stay for a weekend of training in the English Riviera with another club in the FSK (Federation of Shotokan Karate). On Saturday there is a karaoke (translated as empty orchestra) night, this is a pastime also popular with the Japanese. In English karate is translated as 'empty hand'.

I was born with bilateral talipes, this is when both feet are rotated inwards at the ankle. I had corrective surgery at two years old, however it has reoccurred in my left foot. This means that I suffer from pain in both feet, hips and my right knee when standing. Fortunately my Sensei is understanding about this and allows me to sit down when necessary to ease the pain. He also has worked with me to substitute certain kicks for others, because I do not have full hip movement. I have also adapted Ushiro-geri (back kick) to kick in a standing position rather than kicking while turning.

In October I attended the FSK Nationals competition at Nottingham University where I entered three events: Kata, Kumite (fighting), and Team Kata. I was successful in achieving joint 3rd place in team Kata, this was quite an achievement considering our team had been formed/entered on the day, and we had only practiced synchronizing our Kata (Bassai Dai) four times before the event.

My next grading is a minimum of two years away and is for Nidan (2nd Dan). This will involve the self defence section again but with additional, more advanced techniques. For Kata I will be able to choose a more advanced Kata to do; however I will also need to execute one of the five advanced Katas that I could choose to do for my Shodan grading, but this time it will be chosen at random. The Kihon section of the grading will also contain more advanced combinations of kicks, strikes, blocks and expand on other techniques. I will continue to learn and attempt to perfect more Katas, and enter more completions in Kata and Kumite using my new knowledge, combinations and techniques. This will all be useful experience for any future grading that I will hopefully take.

Kieran Randall

Kieran's Sensei "Aiden Trimble" was World Champion in 1983 and was the first ever non Japanese World Champion. He is famous all over the world and notorious as a perfectionist. Gaining a black belt through his gradings is very difficult and is respected as being well earned, so extremely well done Kieran.

Karate and martial arts are sports that require discipline, dedication, control and strength, and should only be attempted with supervision from qualified coaches. If Kieran's article has inspired you to try something different then don't hesitate to contact the office for advice and support on how to try a sport you may not have considered before.

DSA swimmers in Swansea



On 17th September a group of 9 swimmers and 3 Coaches made the long journey to Swansea for a development training session, with Matt Whorwood, Eleanor Simmonds and Billy Pye (Eleanor and Matt's coach).

The first part of the day was observing Matt and Ellie's training to see what it takes to become an elite swimmer.

Billy then held a skill based training session with all the DSA swimmers, assessing what each could do and areas where they needed to work, giving lots of tips and advice not only to the swimmers but also feeding back to the coaches and parents on how to approach training.

Billy really enjoyed spending time with developing swimmers who were eager to learn. He was very impressed with the level of skill, enthusiasm and their work ethos.

Matt and Eleanor also enjoyed spending time with the DSA swimmers and getting to know them better so at competitions in Sheffield they can be there to support one another and hopefully make the big events a bit less daunting. Matt and Elle are keen to continue to inspire the next generation of swimmers from DSA.

All the developing swimmers are growing in confidence and several are taking part in the DSE national championships in November for the first time so good luck to you all it will be a great experience.

Well done to Lauren, Katie, Carys, Megan, Nicole, Ella, Robert, William and Leo, I hope you all took plenty away from this day and put it into practice.

All of you have swam really well this year with some good PB's, keep on enjoying it and working hard. The sky's the limit.

Val Simmonds



DSA members receive prestigious awards

Four of the DSA membership have received awards in the last couple of months; firstly swimmer and all round athlete Robert Abrahams was awarded the Derbyshire Disabled Athlete of the Year award for his achievements within swimming in 2011.

Secondly the DSA's coach Janie Clare was awarded the England Athletics award for Services to Disability Sport. An award that is given to someone who has given disability athletics something special and has driven it forward over the year.

The next member to receive an award was Nima Ghavami he won the Disabled Athlete of the year for Northamptonshire award.

Lastly Adam Alderman was made Essex Sports Ambassador for the third year in a row.

All these people have worked hard over the year to better themselves and promote Dwarf Sport. Well done from all of us at the DSAuk.



Sport England funds DSA's new employee



The DSAuk has been successful in securing funding from Sport England to employ a full time Inclusive Sports Advisor.

The role will support National Governing Bodies of Sport in encouraging them to become more involved and knowledgeable in disability sport. This should result in an increase of dwarf athletes accessing clubs and DSA events.

The Advisor will also liaise with the English Federation of Disability Sport and other National Disability

Sporting Organisations to bring an integrated approach. Nigel Burton was successful in obtaining this position.

He has a son with achondroplasia and has worked as a volunteer at many DSA events and therefore comes with an in-depth understanding of dwarf sport.

We would like to welcome Nigel and look forward to him being part of our ever expanding team both paid and volunteers, securing the future of DSAuk.



DSA member Jenny Greasley volunteers in Tanzania



In July I had the opportunity to spend six weeks in Tanzania representing the Friends of St Anne's Hospital, Liuli. This charity was born in 1993 after a visit to England from Canon Dr Sam Ndimbo, to support the work of the hospital, schools, and womens' groups in the area around Lake Nyasa, East Africa's third largest lake. Liuli is a beautiful setting and we were privileged to witness amazing sunsets every evening. However, this beauty and tranquility masks the stark contrast to the poverty and lack of basic amenities in the village.

On arrival in Dar-Es-Salaam, we spent 3 days visiting various government and Christian Council of Tanzania officials to comply with certain Tanzanian regulations. Whilst there we bought stethoscopes to

add to the blood pressure machines, previously purchased in Asda on special offer, to present them to hospital staff on arrival in Liuli. The start of our 1,000 mile journey to Liuli began in torrential rain and our luggage became saturated – great start! An enforced stop at Iringa due to a problem with a wheel on the 4 x 4 meant we were unable to reach Songea as planned, so we ended up staying with the lovely Sisters of Njombe. Sleep, however, was short lived as we were woken up at 4.20am for a 5am departure.

We arrived at Songea at 9am and met more officials for permission to teach first aid and go about the business of Friends of St. Anne's Hospital unhampered. The journey from Songea to Liuli was a revelation – gone was any tarmac to be replaced by boulders, rock falls, broken or washed away bridges, crevices and lots and lots of dust, I will never criticize British roads again! Another enforced stay meant we did not arrive in Liuli until late Saturday evening a whole week after we left the U.K. We fell into bed to be woken at 5.30am by a family of monkeys 'dancing' on the corrugated roof, who needs an alarm clock?

We attended the Cathedral, as requested at 9am, for a service spoken in Swahili we then gave greetings to the community from our parish and the diocese of Winchester. The first thing we noticed was the scale of poverty which was far worse than 6 years ago. We started our first aid training on the Tuesday, teaching St. Anne's hospital staff and continued teaching schools, both primary and secondary, and various women's groups over the following 3 weeks. We taught over 100 children and young people at a time with Judith engaging in sports, games and activities to equally large groups!

In spite of the Friends of St. Anne's sending out equipment to the schools there were still shortages of desks, chairs, paper, books and pencils, the list is endless. The buildings were in poor condition and the floors were dusty. We improvised and used bubble wrap as a blanket to demonstrate the recovery position. In one school Linda and I played ball with a small group of kindergarten children which they thoroughly enjoyed. Afterwards, the teacher told us that ten of those children had HIV.



We were extremely shocked by the poor state of the hospital which had deteriorated substantially there was no running water or flush toilets. Following meetings with hospital staff, district and church officials, plans were discussed to upgrade the hospital in a phased programme of improvements.

Visiting the Mother's Union groups throughout the region proved enlightening and a lot of fun, if somewhat humbling but their songs of welcome were amazing. We always had a group of children congregating outside our house and following us about, a bit like the Pied Piper of Hamelin. They enjoyed making paper planes or throwing a frisbee which we had brought with us.

We were privileged to visit some of the elderly in their homes, which really touched a cord in our hearts, a very humbling experience. We take so much for granted in this country. Due to the various crop failures and climate change food was limited, at one point we even tried Lake Fly biscuits, a good source of protein, which looked like burnt rice cakes, however they tasted like fishy charcoal!

On our return journey to Dar-Es-Salaam, we made a detour via Masasi, in order to renew the bonds between the Mother's Union in Winchester who are twinned with the Mother's Union in Masasi. Bishop Patrick and his wife Amy were wonderful hosts and we were made very welcome. Before flying home we also indulged in a day trip to Zanzibar, two and a half hours boat ride away from Dar-Es-Salaam where we learnt about the slave trade.



This was a trip of many emotions, but well worth it with memories that we'll never forget.

Jenny Greasley

£135,000

Flights £65,500
Cumulative Total £135,000

Food costs £11,600
Total £69,500

Accommodation £13,100
Total £57,900

Coaches & Staff £15,500
Total £44,800

Team Transfers £6,200
Total £29,300

Belfast 2009 cost £27,000

Registration fees £7,700
Total £23,100

Kit for every athlete £15,400
Total £15,400

We are here £9770

These costs are estimates and show where the funds raised may be spent. The actual costs will vary depending on the number of members competing and prices at the time of

2013 World Games Fund

Hopefully you have all noticed the thermometer has risen since the last Reachout. We have had an additional donation from the Gentlemen's night out of £2500 and a donation from the North East region of £1000 from the money they raised at their golf day.

Lets keep up the momentum and break some fundraising records.

The DSA has signed up to the Every Click fundraising campaign, go to www.everyclick.com and download their search engine. Everytime you use it to surf the net, the DSA receives a donation. It's easy to do and costs you nothing!



There is loads that you can do and every pound mounts up to help the DSA hit it's target.

Please help us help you. Only working together can we support the UK team in attending and achieving its best in 2013.

Regional Contacts

South West: Carole North on 01963 250175

Northern Ireland: Eugene McVeigh on 02838 318512

North West: Penny Dean on 0161 355 5399

North East: Tim Shephard on 01246 414238

Midlands: April Barrett on 0121 454 5582

South Central: Jenny Greasley on 02380 274219

East Midlands: Willie Copen on 01332 514813

South East: Eddie Joynson on 01727 874356

DSA Merchandise

DSAuk Hoodies - £25.00 each

DSAuk Polo Shirts - £15.00 each

DSAuk T Shirts - £12.00 each

Childs sizes

3-4, 5-6, 7-8, 9-10, 11-12, 14,

Adult sizes

S small, M medium, L large, XL and XXL .

Post & Package £4 or can be delivered to you at any DSA event.

All clothing has the DSAuk logo on the left breast of the garment, and can also have your name embroidered underneath the logo.

Contact the office to order your DSA clothing
tim.shephard@dsauk.org or download an order from at
www.dsauk.org