

*Dwarf Sports Association UK
Official Journal*



ReachOut

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



Are you ready for the World Dwarf Games 2013



Message from our President

Where has the time gone? It's amazing to think that we are coming up to celebrating our 20th anniversary of the Dwarf Sports Association next year and that in the very same year we will be taking a team over to compete in the 6th World Dwarf Games in America. It was the USA where the first World Dwarf Games were held in Chicago and it only seems like yesterday that we took over 6 parents and their children to compete in something beyond our imagination. It was this experience that inspired us to come back and create the now DSAuk which is going stronger than ever.

The World games has become a great success and been hosted in so many fantastic places, Canada, France, England and of course Northern Ireland. Throughout the years so many people have returned home with well earned medals, world records, memories and new friends. Many of the young people

that have experienced these games are now leading the DSAuk to America 2013 and this fills me with great pride.

The operational committee and the trustees are working hard to send a team to America but we also need your help too. We are very keen to hear any ideas of raising money whether this be local sponsorship from non uniform days, sponsored swims, bike rides to more corporate large scale sponsor ideas all would be greatly received.

We have all come so far and what a fantastic way to celebrate 20 years by taking a strong team of all ages and capabilities to a fantastic world event that will give them an experience of a lifetime.



World Dwarf Games 2013



The World Dwarf Games are coming! It's only 16 months to the biggest dwarf sport event ever. There is already interest from 11 countries and 530 athletes have shown an interest in competing and that figure is set to rise as more countries get involved.

The organising committee have launched a website and facebook page they can be found at <http://www.2013WorldDwarfGames.org/> and <http://www.facebook.com/WorldDwarfGames2013>. Register on the website for e-blasts and you'll get regular updates e-mailed to you, don't forget to like the facebook page to help support the organisers.

Don't forget though the games are being held in the USA and the cost of kitting the team out and attending the games will be considerable. So if you have any ideas to raise funds or if you want to put on an event or organise a sponsored event then please let us know. If you know of any corporate sponsorship available or would like to sponsor the team from your own company, then please contact the office to discuss this.

DSA Olympic Torch Bearers



The DSAuk is very proud to announce that seven of its member will be Olympic Torch bearers for London 2012.

The torch bearers are Niall McVeigh, Karl Sadil, Lauren Sullivan, George Coppen, Jason Lusted, Ben Holmes, Michael Pope

and Robert Abraham. Well done to all who are part of the torch relay, we hope you enjoy this once in a lifetime opportunity.

Watch out for them in your area, why not go out and support them by being part of the crowds lining the way as they run by.



A word from the DSA Chair

Welcome to 2012 an exciting year with the DSA and definitely an exciting year with disability sport as the Paralympics comes to our shores this year. We have several of our members who are all trying their hardest to get into these elite squads to compete in London 2012 and I am sure you would all like to join me in wishing them all luck and hope their hard work is rewarded. We will try and keep all of you up to date with the latest Paralympics news especially any news involving our members. The best place for all this news will be on our Facebook site www.facebook.com/DSAUK.

2012 will be a big year for the DSAuk too with the usual, not to be missed National Games weekend in May, the Canoeing and Sailing day in July and the now combined Boccia and Badminton weekend at the end of August. All dates of our events can be found later on

in this edition. We will also be concentrating very much on fundraising for the World Dwarf Games in Michigan 2013. Over 60 of you have declared interest in going to the event so now we all need to raise the funds to help us attend the games as a professional team. Every little helps so please let us know of your plans to fundraise for the World Dwarf Games or how we can help support your fundraising event or effort.

I hope I will see you all at the Games in May and enjoy another fun pack edition of Reachout.

Paul Doling,



Wheelchair Basketball



Wheelchair basketball is the largest and one of the blue ribbon leading Paralympic sports, with its roots going back to the late 40's, it quickly developed into a competitive sport and today the national wheelchair basketball league consists of 65 teams playing in 9 divisions.

Wheelchair basketball was originally created for the rehabilitation of injured soldiers during the second world war by Dr Guttman. It soon took off and is now played all over the world and is one of the most popular and fastest growing disability sports. Anyone can play wheelchair basketball and each player is classified on a points basis; 5 points for the most able, down to 1 point for players with the most severe physical disabilities, I am classed as a 2 point player. Each team is allowed a maximum of 14 points on court, so there is some maths involved when managing a team.

Wheelchair basketball embraces a wide range of disabilities including paraplegics, spina bifida, amputees, brittle bones, cerebral palsy, dwarfism and multiple sclerosis. Able bodied players are eligible to play in divisions 1, 2, 3 and 4, junior league and women's league. Virtually everyone who can

conceivably play wheelchair basketball is encouraged to do so.

I first started playing wheelchair basketball at the local disability sports club for a bit of fun, to start with I found it hard to pick up and the chair I was using made some bits difficult. However after a while and a lot of blisters later I started to enjoy myself, this was a new challenge that I could really get myself into.

Roll on (pardon the pun) to today and I have now been playing wheelchair basketball for seven years, I play for the Essex Outlaws and we compete in the GBWBA division one south league against some of the countries top players and teams.

So far this season we have played 6 games, winning 4 and losing 2. It is a high octane sport and one that is both a great spectator sport and a fantastic sport to play; both recreationally and competitively.

If you are interested in playing wheelchair basketball you can find your local team via the Great Britain Wheelchair Basketball Association (GBWBA) website www.gbwba.org.uk

Andrew Smith



BWF Para-badminton World Championships 2011



I have just returned from the Badminton World Federation, World Para Badminton Championships in Guatemala, where I represented England alongside 8 other Great

Britain players. There were 110 players from 22 countries taking part in this event. On the 19th November I flew from Heathrow Airport to Miami then on to Guatemala. The trip took 16 hours altogether, a long day!

The singles event started on the 22nd November with 5 players in the dwarf class. My first game was against Alexander Mekhdiev from Russia. I lost the first game 21-15 and the second game 21-9, not the start I had hoped for. This was my only game for the day and meant I was able to observe and support the other British players for the rest of the day.

The next day was an early start against Michael Blair from Australia. I went on to win the first game 21-11 and then the second game 21-15, my first win of the tournament! My next game was against Dalton Ong also from Australia. I had never played Dalton before but I had been observing him all weekend and could see he was going to be tough - I would need a good start in the first game which I managed to win 21-12 and the second game also 21-12.

Winning this game meant I had definitely got a medal and would be playing my friend and rival Niall

McVeigh to decide the silver or bronze. My game against Niall was later the next day which meant I could prepare myself for the match. I went down to the hall and had a good warm up before the game.

I started really well leading the game 4-1, but then Niall brought it back to 4-4. Niall lead at the break 11-6 and won the game 21-13. The second game was much better for me; I was making a lot less errors, but ended up losing the game 16-21 meaning I had won the bronze medal. Niall then went on to become the World Champion.

It was really different competing in a country such as Guatemala, unfortunately we didn't get much time to sightsee but every time we did travel security was a major concern and armed guards were with us at all times, quite an experience!

Krysten Coombs



DSA Athlete Profile Dean Kelly

- Class: - F40 field athlete, football player in GB squad
- Job: - Volunteer rugby coach
- Sporting background: - I have been involved in rugby for 8 years and have always been interested in football.
- Age: - 35
- Favourite Sports: - rugby, football, bodybuilding, athletics.
- Personal Bests: - Member of winning 4x100m relay team world dwarf games 2009, member of World Championship football team 2009, javelin 15.73m
- Favourite TV programme: - Match of the Day
- Favourite food: - chicken and pasta
- Sporting ambition: - To continue to enjoy sport, help others achieve their goals and enjoy an active life.



Karl Sadil tells us about his interest in running

WHY AM I DOING THIS? My entry into the world of Distance Running By Karl Sadil



I, like most people with restricted growth, am not built for running distances. To me on a bad day a kilometre can be quite far, especially when carrying heavy bags. So to keep fit I try to make sure I get in at least one session of sprinting, one pack-run over distance, and exercise routines, every day; seven days a week, regardless of the weather. I can't go for very long, but I do lots of repetitions.

I used to do 800m and 400m, years ago when I was less creaky and much faster, alongside the 100m and 200m. Compulsory cross-country runs at school made me ill; and frequently got me in trouble, for returning several hours later, having been completely unable to keep up. I had shorter legs and arms then, and had stopped growing at around ten, at 4'4". (In my 20s, my pituitary 'woke up', and I suddenly grew four more inches, then stopped again.)

In recent years, things like the Senior Games have inspired me; they have marathon runners aged over 100! I wanted to start posting official times on the "Power of Ten"; so I wondered if I did a distance race, maybe I would be taken more seriously as a runner and eventually be able to post my sprint times. I started training, on the street and on the track, for the 5K. At first it took over an hour. By the start of my first competition, I'd got my training times down to 40 minutes but then blew that away with a PB of around 30 minutes in my first race in 2010.

Since 2010 I've been in around half a dozen races, came first in two charity distance walks and I've also worked at other distance races as a volunteer. So far I've won photos, medals, a slate coaster, and T-shirts, for my 5K's. I was one of 5 runners picked for a special award for notable performances in the Mostyn Mile, which I did in exactly 7 minutes, the first half in 2 minutes. (My prize was sport clothing vouchers). My current goal is to post a race result of 22-24 minutes for 5K. In training I have now completed 5K's in the 20-25 minute range. Unfortunately I've had a chest infection in my last 2 races so found it even harder than normal to breathe. My tactics in races are to slow down and then sprint in bursts.

Congratulations to Karl who will be one of the Olympic torch bearers for 2012 and we wish him well with his running for the 2012 season.



Swimming - DSE short course gala

Following on from a successful junior championship a group of our young swimmers moved up to the open competition in November. The boys were represented by Robert Abraham, Michael Thompson and Matt Whorwood, while the girls were Megan Atkinson, Carys Copen, Katie Rillett-young, Lauren Sullivan and Ellie Simmonds.

The older more experienced swimmers, picked up medals in a variety of events, an excellent swim from Katie won a bronze medal in the 100 freestyle in her first national competition.

In March 2012 the DSA had their best ever representation at the national junior and youth swimming championships with 10 swimmers qualifying. Nicole Turner, Megan Atkinson, Ella Scott, Carys Copen, Lauren Sullivan, Katie Rillett-Young, Eleanor Simmonds, William Palmer, Robert Abraham, and Michael Thompson.

The standard of was excellent from all gaining medals and swimming excellent personal bests showing the hard work that is being put in.

Nicole at her first national competition came away with golds in 5 events and shows potential for the future with Robert and Michael winning 4 each. Eleanor was awarded the female youth performance award and won 4 gold's, Katie and Megan both produced some big PB's and are now getting close to regional talent times. Lauren tried out the 400 freestyle for the first time and was rewarded with a time almost 1 minute faster than she hoped for she also swam for Wales in the relay along with Eleanor and won a silver medal. Carys won silvers in both the 50 fly and 100IM while Ella took gold in 100 breaststroke and also picked up 2 bronze medals. William had a good start to his swimming career with 3 gold medals in backstroke and IM.

Congratulations to all who competed and to Megan as part of the winning north east team.

Val Simmonds



New Employee for DSAuk

I am happy to announce that after being awarded a three year grant from the Peter Harrison Foundation we have been able to employ a part-time Operational Support Worker.



Angela Joynes started work with the DSA on the 16th April. Angela brings a wealth of knowledge and expertise from her previous posts in law and advice. Angela will support the day to day administration requirements of the DSA office. Angela will be joining our team of development officers bringing new skills and added value as the association expands into a very bright future, We look forward to introducing Angela to all our members over the coming year.

Dates for your Diary for 2012

National Dwarf Games 4th to 7th May 2012

Canoeing and Sailing Day 14th July 2012

Boccia and Badminton Tournament 24th to 27th August 2012

DSA Regions Update

South East Region



The South East region has started organising "Learn to Swim" sessions for some of the younger members of the region in Cambridge. So far these have been very successful with three fun packed sessions where new members have come along and lots of fun has been

had by all. A range of different age groups have attended from as young as 2 years old to as old as teenagers and there is plenty of room for all. These sessions will carry on until July so if you would like to come along then please contact Paul Doling. The South East region is also looking for anyone willing to help out, from just keeping the simple accounts for the region or organising an event or two so if you are willing then let Paul Doling know again.

East Midlands Region

Thank you to everyone who supported us on the "Quiz with a Twist Night", we raised £135.00 towards the 2013 World Games. A big thank you goes to Sally and Cheryl who helped make the night run smoothly. A great time was had by all, especially the Blue Peter round making Buckingham Palace out of cardboard boxes and sticky back plastic!

Well done to Becky Bedford who competed in the 4 Nations Badminton competition and came 2nd in the ladies doubles paired with Lucy Wikinson.

Well done to Robert Abraham who has been selected to compete at the 2012 UK School Games in London, Robert is doing the field athletics and is also through to the swimming nationals in April. Also well done to Carys Coppen who competed in the Derbyshire Amateur Swimming Association Championships, gaining 4 PB's and 4 gold medals.

Good luck to George Coppen and Micheal Kinane who are competing in the DSE Open Boccia Championships 2012 in Sheffield on the 28-29 April

South Central Region



South Central continues with its popular badminton and athletics events. The region ended 2011 with a weekend of activities at the Manor House in Devon. A great weekend with lots of sporting and recreational activities, some of the members made pottery, others enjoyed the falconry and reptile talk which proved to be popular, with so many sporting opportunities there was something for everyone.

The final activity of 2011 was simulated formula 1 driving at the Eastleigh Race Centre, this was very

popular with some interesting race lines. Thank you to Baun & Co for donating £200 towards the costs of this event.

The region is now concentrating on fundraising we have an art fundraiser in March for complete novices who can create a masterpiece in three hours, with help from tutor Louise Kydd. In May we are holding a sponsored swim followed by a BBQ and in July we will be putting on a charity stall in the cove, Winchester.



Northern Ireland

It's been a busy time for some of our members. Shane McAnulty plays badminton, golf and swims a busy boy indeed. Shane hopes to head to Birmingham this year and we look forward to seeing his talents on show. Emma Fitzsimons is keen on horse riding and we all hope to join Emma soon. One of our long standing members Emma Farnham has been shortlisted for the North Down Sports Awards for her achievements in badminton. Luke Irvine has received a bursary from the Mary Peters Trust to help him prepare for the European Championships in Germany. He has been training hard, playing badminton six times a week. His hard work is paying off as he won 3 silver medals at the Scottish 4 Nations. Still on the subject of badminton, our youngest player Andrew Moorcroft has had a superb season. Winning the gold medal in the men's doubles in Scotland. Great result, keep up the good work.

Niall McViegh was shortlisted for the Belfast Telegraph Sports Awards and although he did not win it he was presented with a certificate for his achievements in badminton. He was also presented with the Winifred Templeton Memorial award for his outstanding achievement of winning the PBWF World Parabadminton tournament in Guatemala. We look forward to Niall returning from Australia in August. His training will then continue for the World Dwarf Games and PBWF championships.



Fundraising being such a vital part on the DSA still continues, thanks to Jason Lamont. Jason has helped raise the much needed cash to enable the work of DSANI

North West Region

Our 2012 calendar is building up now. The soft play for the little ones is a huge success. We have started regular swimming lesson helped by Will and his instructors from Star Swimming. The non swimmers have one to one sessions, and it's a great start. We had a fantastic Shooting Taster Day, run by our new Inclusive Sporting Officer Nigel Burton. From this we will now be holding DSAuk North



West monthly shooting events.

We are also just about to start another ski session.

We are all looking forward to our Picnic in the Park in June,

all DSA members are welcome to attend. Please come and join us at any of our events all of which are on the DSA calendar on the web.



North East Region

We have been raising our much needed funds annually from golf days organised on the first Friday in August, this year will be our sixth golf day. We have gained loyal support from Doncaster Golf Club which has helped in raising funds for our activities and also for the 2013 World Games. We welcome all members to come along and join us for this day on Friday 3rd August 2012 as it is great to show our supporters what DSA is all about. There will be a chance to have a go on the new Par 3, Pitch and Putt course which has been newly designed.

From funds raised by the golf day, Katie Parsons (our new secretary) has organised a Calvert Trust activity

weekend jointly with the North West region to be held on 9th - 11th November 2012. Please contact Katie or Annie Morris if you are interested in this.



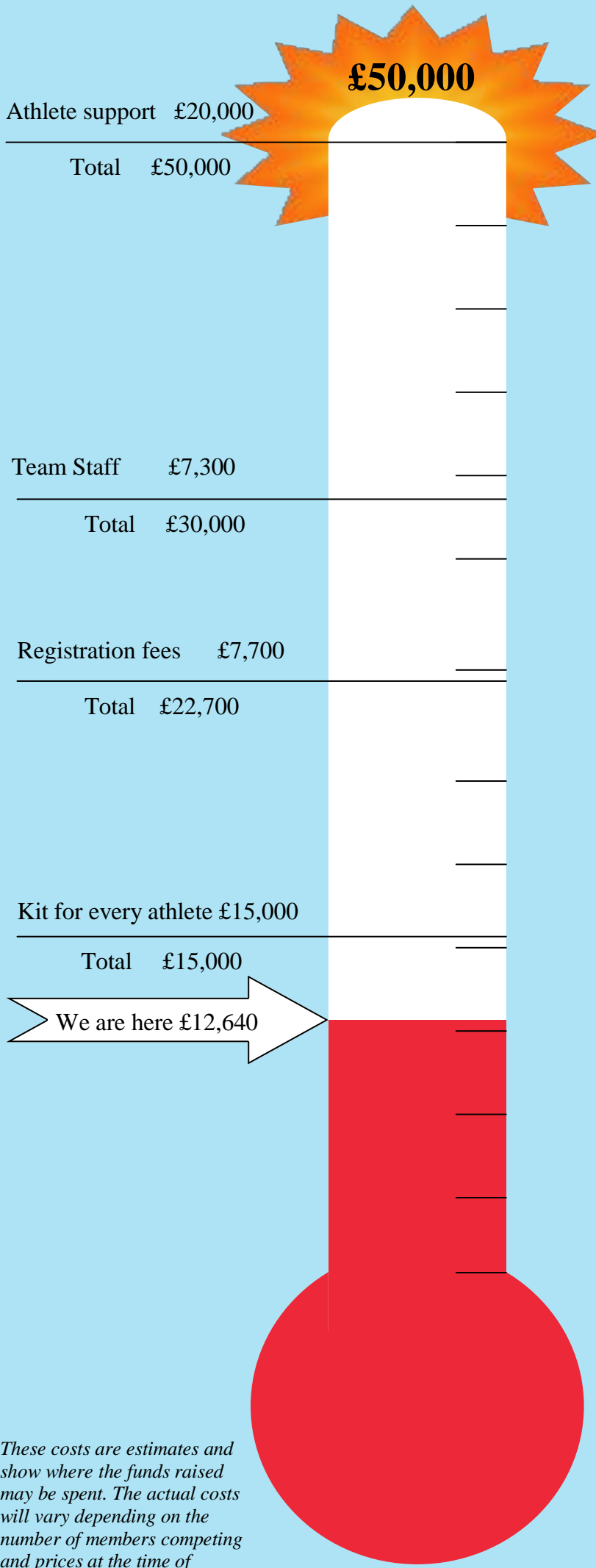
Plans are also in place for a sponsored walk, a cycling day and curling at Sheffield Ice.

We are currently encouraging members to suggest ideas of what activities they would like. If you have any ideas please forward to anniemorr@gmail.com. We would love to hear from you!

South-West Region

After Christmas I sent a letter and flyer to all in this region to encourage fundraising in order that we can organise some events this summer. If you did not receive a letter please contact me. We have been having regular boccia practice sessions every Monday and Friday in Yeovil. These sessions are fun and help to improve boccia skills – everyone is welcome. Jordan Muir-Gamble, Faye North and Carole have entered into the regional league and have our first match in March – further details to follow.

The community pool in Milborne Port is being reopened soon and we will be organising swimming lessons, those members who came to previous swim sessions will remember the pool is set in lovely grounds so we'll be able to picnic after swimming. At the Bath & West Show ground on 29th April there will be a disability have-a-go sports day. On 30th May – 4th June is the annual Bath & West Show in Shepton Mallett, Somerset with many disability sports event. If you would like an entry form for either or both events, please let me know. -carolemn7@yahoo.com.



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

You'll notice there is a new thermometer for the World Games Fund for this edition. This is phase one of our plan to fund the DSA team. Illustrated on this thermometer are the basic requirements the team will need. Flights and food costs have been removed.

If we make the first target we'll then strive for the full amount of £135,00. The World Games is only just over a year away and it will take all of the DSA members to support the team with fundraising if we are to reach either target.

Lets kick start the momentum and break some fundraising records. There is loads that you can do and every pound counts in helping the DSA hit it's target.

Well done to the North West region who have raised £2500 collecting at a local Tesco store. A great fundraising effort and easy to organise.

Please help us help you. Only working together can we support the UK team in 2013.

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

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 Coppen on 01332 514813

South East: Eddie Joynson on 01727 874356