

*Dwarf Sports Association UK
Official Journal*



ReachOut

Issue 58
Summer 2012

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

2012 National Games



**A momentous event
in this historic Olympic
year**

A word from the DSA Chair

Welcome to another great edition of Reachout. We have already completed another action packed and successful National games where I believe fun was had by all. We now move on to our new national event this year the Boccia and Badminton Development Weekend hopefully providing an occasion for all abilities and age ranges.

It is now more than half way through one of the most important sporting years in Great Britain's history with the Olympics and Paralympics arriving at our shores and I hope we are all starting to get excited as the torch travels around the country. We have several of our members who have run with the torch and helped to show the world what dwarf athletes can do and we at the DSAuk are very proud of your achievements. You can follow all the torch activity on the DSAuk

Facebook site or through the London 2012 or BBC website.

Hopefully these achievements of our members will inspire you all to help promote the proud name of DSAuk globally either through your own sporting achievements or maybe just by fundraising, after all it is only next year when we will be attending the World Dwarf Games!

Enjoy this edition of Reachout and I hope to see you at a national or regional event soon.



Young field athletes represent DSA at Regional Championships



Representing DSAUK at the North West region DSE athletics this year were Dylan Beaumont, Matty Topping and Sam Dyson in the U14s with Ben Holmes and Issac Dalglish in the U16s. Janie Clare came to cast an eye over her talented prodigies and Sean Clare, as the boys' role model, was on hand to eat all my packed lunch, I mean to lend support, encouragement and advice. Despite the cold and the rain, all the athletes performed really well, with a couple of PBs

being achieved. I received some very positive feedback from a couple of the judges, including "The determination and emerging talent was a real joy to watch" and "Their technique was excellent and shows they are being trained in the right way". The athletes enjoyed the day, especially the wrestling on the high jump bed, and helped create a very positive impression for DSAUK. Well done, boys!

Dave Topping



DSA Athlete Profile Carys Coppen

- Class: - S6 Swimmer
- Job: - Student at Murray Park School
- Sporting background: - Learnt to swim at 6 years old and never looked back. Currently training with Phoenix Swimming Club, in the B squad and training 6 hours a week.
- Age: - 12
- Favourite Sports: - Swimming, team sports
- Personal Bests: - Winning npower Young Female Achiever award in 2010.
- Favourite TV programme: - Keith Lemon's Lemonaid
- Favourite food: - Chicken Curry
- Sporting ambition: - to continue swimming and one day perhaps swim in a Paralympic event.

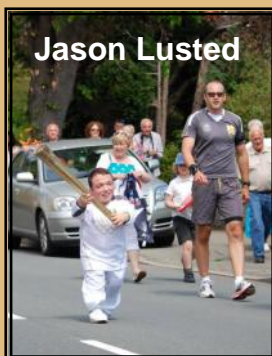


DSAuk's Olympic Torch Bearers

Congratulations and well done to all the Olympic Torch Bearers from the DSAuk. We have had seven members of the association honoured with the task of carrying the torch on the most amazing torch relay in the history of the Olympic games. All the DSA members were well received around the country. Good luck to Michael Pope who will be carrying the Paralympic torch on it's journey from Stoke Mandeville to London.



Ben Holmes



Jason Lusted



Robert Abraham



George Coppen



Bronwin Carter



Lauren Sullivan



Karl Sadil



Dwarf athletes selected for London 2012

As we approach the greatest show on earth, the London 2012 Olympics, the GB team has been announced and the dwarf athletes competing are now known.

We are sure you know some of the ones selected but so you know what to make a note of watching here are the athletes competing and their events.

To kick us off are our DSAuk patrons Ellie Simmonds MBE and Matthew Whorwood, they will both be in the aquatic centre swimming in the S6 class in several different events. After their success in Beijing four years ago, both these amazing swimmers will be hoping to perform well in London particularly in front of their home crowd. See them on the 30th August, 1st, 4th and 8th September.



Secondly competing in the field athletics will be Kyron Duke. He will take part in the shot and javelin events in the main stadium. Kyron has come a long way in relatively short time. He has competed at international events but never a Paralympic event before now. Probably his best chance of a medal is in the javelin. Watch out for him competing in the Olympic Stadium on the 6th & 7th September.

The next two dwarf athletes to proudly represent Team GB are powerlifters Zoe Newson and Jason Irving.



Jason is no stranger to international events having competed in both Commonwealth and Paralympic games before. After his fourth place in Beijing Jason hopes to bring home a medal from London in the under 67.5kg group. He has a silver Commonwealth games medal and hopes to go one better in 2012. Zoe Newson has trained very hard over the last few years to secure her place on the GB team. She has consistently lifted well over the last two years and has won several competitions to rise to a world ranking of third in the under 40kg group. Zoe is a another medal hope for London. Watch Zoe on the 30th August and Jason on the 2nd September.

2012 National Games

2012 is a special year for sport and this reflected in an action packed DSAuk National Dwarf Games for this year. In total 10 different sports were offered in which 141 athletes took part over three packed days the events were attended by a record number of spectators.

The Saturday was dry if a little cool but bearing in mind the recent weather conditions was a pleasant enough day. Athletic officials from all over the country attended to make this event a professional paralympic sanctioned athletics meet.

There were several throwers competing who have their sights set on London and this was reflected by Sean Clare's new British record which he then promptly beat two days later at the London Olympics test event. Several athletes threw new personal bests and the standard of athletic ability shone through in all age groups. The track was also busy with many of the new younger runners showing lots of future potential.

The young athletes of the year for 2012 were Ben Prater and Freya Woodhead who both had impressive medal hauls and showed the potential to have a great sporting future, not forgetting their sportsman like conduct being second to none.

Performances to note came from April Barrett who retained her masters shot record, Katie Rillet-Young who won the U15's shot and Daniel Allen who won the U13 discus event. Megan White won the ladies U13's discus and Nicole Turner from Ireland and William Palmer both excelled on the track.



Sunday started with the ever popular DSA swimming gala and this year we were happy to welcome back Eleanor Simmonds and with London 2012 being so close it gave those that knew her the chance to say good luck and those who didn't a chance to meet a genuine Paralympic gold medallist. Ellie stayed with us all morning and signed autographs as well as helping to organise the swimmers on the pool side and even took part in the relay event to help a team with a missing member.

The swimming gala is very popular and the increase in members who attend local clubs has made the gala a very competitive but enjoyable event. The atmosphere was electric around the pool as a capacity audience watched an array of talented swimmers culminating in a very exciting relay final with only a few seconds separating the top three teams. The event was finished off with the medals being given out by Ellie and the presentation of the Margaret Scott Trophy which went to Leo McCrea for the second year. I hope all the DSA members are looking forward to London 2012 when our patrons Ellie Simmonds and Matt Whorwood will be in action in the pool alongside the best in the world. We wish them both good luck.

The Sunday afternoon activities were once again hosted by the Aldersley Leisure Village with many differing sports on offer: table tennis, new age kurling, shooting, cycling and hockey all featured in the afternoons events. The table tennis was again popular and this year saw a healthy entry in the class 1 competition allowing both a junior and senior group for the first time. This coupled with a healthy entry lead to a busy afternoon for the table tennis referees. The hockey competition was very popular with the spectators. In the junior league it was so close that even goal difference didn't separate the top two teams and an exciting penalty shootout had to be held to determine the winners.

The cycling event continues to grow with over 30 competitors taking part in 2012. The open men's group was the most exciting with the top four men separated by less than 1 second. Shaun Dunford finished in the gold medal position but he was chased very closely by Eddie Joynson, Stefan Garde and Paul Doling. It was no less exciting in the junior group with Luke Hockley and William Palmer racing to within .07 of a second of each other.





The new age kurling event had completely new winners for this Olympic year. In the under 8 age group Ben Prater and Amara Atkinson paired up for the first time and won the event and in the under 11's, Leo McCrea and new member Jersey Beswick teamed up to win in this age group.

The final event for the afternoon was the target shooting over 10m. This sport is going from strength to strength having started with six competitors three years ago, and over thirty competitors in 2012. The accuracy and high scoring rounds were impressive with ten of the open class scoring 90 or more making the top three placing very close but with a perfect score of 100, Rachel Lambert was victorious for a second year. In the masters class, Arthur Dean shot an impressive 97 to win this group and in the junior age group Dylan Beaumont took the gold closely followed by Jack Shephard with only one point separating the two boys.

The team sports finals took place over the Monday with basketball in the morning and football after lunch. The improvement in the basketball teams was evident once again in both the junior and senior age groups with high scoring games and impressive ball skills in all the games. Some very fast and tactically astute players made the games exciting and the basketball England referee's commented on the improvement from the previous year.

The final event was the football tournament with for the very first time an under 8's game which was a brilliant match with the young players showing lots of potential for the future Ben Prater and Amelia and Imogen Hall all showed how much future talent they have. The junior football tournament was a close competition which had to be decided on goal difference. The ladies football was very popular with several new players taking part for the first time. After a nail biting game and a score line of 0-0 it was down to a penalty shoot out to decide the game. The men's football finished off the National Games with several exciting matches but was dominated by the white team who won all of their games.

2012 is a special year for sport and the Dwarf National Games reflected this in the records broken and the increase in people spectating and competing. We hope that as our athletes move closer to 2013 and the next World Dwarf Games, the UK team will be just as successful at an international level as our members have been nationally. All the results of the 2012 DSAuk games are available at www.dsauk.org.

Athletics Round Up

Since the National Dwarf Games, a number of UKA and England Athletics competitions have taken place at regional, national and international level featuring a number of dwarf athletes. All were trying hard to achieve the IPC Paralympic 'A' qualifying standard and RAZA points score to put them into contention for selection by UKA for the 2012 London Paralympic games.

In early May, six dwarf athletes were invited to compete in the discus event at the London Disability Grand Prix, part of the London Prepares series, held at the new Olympic Stadium. Although the day started a little overcast, the weather had no effect on some of the performances. Following his new British Record thrown at the National Dwarf Games, Sean Clare improved further to once again claim a new British Record of 26.82m. Tom Burton threw a season best and new PB of 24.78m and Michael Pope consolidated his early season successes with a throw of 24.04m. Vicky Silk threw a season best of 19.17m but that wasn't quite enough to keep up with Sophie Hancock (20.17m) or Holly Neill (20.4m).

The day after, Tom Burton and Michael Pope were in action again at the Olympic Stadium, this time joined by Robert Abraham, all competing at the Sainsbury's UK School Games. In the shot put competition, Micheal, competing for the South East team, won a silver medal with a throw of 8.30m and Robert, competing for Midlands, threw a new PB of 5.31m. In a very wet discus competition, Tom won the bronze medal with 22.24m and Robert achieved his second PB of the day with 10.93m.

The end of May saw our athletes competing at both ends of the country with events in Knowsley and Chelmsford both on the same blistering hot day. At Knowsley, Sean continued to improve his discus PB and British record, this time stretching it to 27.53m. Other results in the discus from Knowsley were Tom Burton 22.11m, Sophie Hancock 19.92m and Vicky Silk 18.09m. In the Chelmsford shot put competition, Michael Pope recorded a solid 8.23m and Holly Neill hit a season best throw of 7.01m. As the heat of the day rose Michael Pope achieved his second best discus throw of the season with 25.53m while Holly Neill threw a creditable 20.75m.

Moving into June, the Alexander Stadium in Birmingham hosted the England Athletics Senior National and Parallel Success Championships. A very successful day ensued for our dwarf athletes with Sean Clare winning gold in both discus and shot. Michael Pope won bronze in discus and silver in shot. Holly Neill won gold in discus and Sophie Hancock taking gold in shot. Other placings were Tom Burton 5th in discus and 4th in shot and Leah Flack 4th in discus.

On Sunday the 8th July again at the Alexander Stadium, at the McCain National Games a number of DSAuk athletes made their final attempts to achieve recognition prior to the paralympic team selection. Sean Clare increased his British record in discus to 30.14m, Holly Neill threw a new discus PB, and Thomas Burton set a new PB in shot.

For those of you who would like to take part in an athletics competition, there are still a number of opportunities between now and the end of the season for athletes of all ages and abilities.



GB Boccia league DSAuk teams report

The regional GB boccia leagues have become the place to be seen in 2012. Three DSA regions have entered teams into the pan-disability leagues. These leagues consist of boccia clubs and teams who play each other both home and away over the season. The winner of the regional group goes through to a national final.



Last year the North West region entered a team and enjoyed playing with other clubs from their area. This prompted the East Midlands and South West regions to enter teams. The

North West team consisted of Penny Dean, Arthur Dean and Liz Holland. They had a marvellous season securing second place in their

league. In the East Midlands Willie and Denise Coppen accompanied by Michael Kinane, Pete Bonner, Donna Walters and George Coppen finished a commendable fourth place in their first season, Michael and George went on to play in the National Open Boccia League finals in Sheffield, George came fourth in his group and made it through to the finals. All the East Midlands team enjoyed the experience and will be keen to play next year.

The South West region also entered a team for the first time and enjoyed playing in the league, their team finished third and consists of Carole North, Faye North, Rebecca North and Jordan Muir Gamble. They attend a weekly boccia club to train and are a formidable team. Watch out for all these players in August when they will all be playing in the DSA Boccia Tournament.

DSAuk Boccia & Badminton Tournament



**To be held at Aldersley Leisure Village
25th to 27th August 2012**

All players welcome

UNDER 11's enter for FREE

Badminton includes singles, doubles and mixed doubles

Boccia event includes singles, pairs and team events.

and you can play in both.



For this event we will be using a brand new hotel.

Still on Junction 10 of the M6, the Holiday Inn has been fully refurbished to a high standard.

Wanted - Athletes Representative for the operational committee

The DSAuk operational committee are looking for an enthusiastic athlete to help the committee keep in touch with our younger members. This role will not be an official role on the committee and so will not need to be voted on by the membership but you will be expected to attend two committee meetings a year, one before the national games and one after the national games.

The role will include the following;

- You will be the point of contact for all the membership to give feedback regarding national events,
- You will set an example of how to behave to the younger athletes (this role is very much one which needs to be able to display and encourage good sportsmanship)
- Represent the younger athletes on any decisions made regarding events
- Be able to communicate any change to the younger athletes
- This will very much be a good opportunity for individual development both within DSAuk and your wider environment

If this role interests you and you are between the age of 18-25 then please contact Paul Doling (pablocicasso83@hotmail.com) giving reasons why you would like to be considered and what prior experience you have.

How can I afford the World Dwarf Games?

For a lot of athletes, attending the World Dwarf Games might be a once in a lifetime opportunity - don't let it slip away! The three biggest factors determining your participation are:

Desire: If you have the desire to attend, everything else is just a detail. The stronger your desire, the more likely you are to make it to the games and the memories that you will create will be with you forever.

Preparation: You need to be prepared in spirit, body, and mind. Visualise yourself representing your nation on the field of competition. Pay attention to the little details that will maximize your health and wellbeing. Seek the coaching you need to enhance your skills.

Funding: Your major estimated expenses include: registration: \$150; a shared room in Athlete Village: \$32 per day (single room \$35 per day); and all-you-can-eat Athlete Village meal plan: \$25 per day = \$663 for a nine day stay (roughly £450). You also need to add in flights (approx £800 return) and transportation to East Lansing (around £100), plus a little spending money while you are there, and any costs which you may incur in your training. Approximate expenses are £1350 in total for a nine day stay (£800 flights, £100 transport to East Lansing, \$150 registration, \$32 per day accommodation and \$25 per day for meals) plus a little spending money while you are there and any costs you may incur in your training.

For many athletes, the fundraising becomes a personal challenge in itself. So here are some tips.

1. Don't expect all your funding to come from one source. Diversify!
2. Make lists of:
 - Family, friends and neighbours
 - Restaurants and stores where you shop
 - Professional services you have used: banks, credit unions, doctors, dentists, barbers, hairdressers & beauticians, window cleaners, teachers, plumbers, anyone you or your family has paid for a service.
 - Civic groups, where you or family or friends are members: church, temple, mosque, union hall, lions, rotary, optician, people at your school and/or place of work (past and current),
 - People who enjoy sport where you do: gym, spa, ice rink, swimming pool, bowling alley, golf course, badminton club, athletics club, etc
3. Give everyone on your list a personalised letter about the Games that includes:
 - Why you want to help represent your country,
 - What sports you will compete in, if you can raise enough funds to go.
 - The amount of money you need to raise,
 - A picture of you, hopefully with a World Games logo or banner, and how to make a contribution.
 - Start earning and saving every extra penny you can. Consider those extra things you can do as odd jobs. When people know you are working hard to reach your goal, they are more likely to find other ways you can earn the extra cash you need.
 - Try to get a paper round, leaflet delivery, baby sitting, pet walking or Saturday job.
 - Wash cars for friends, family or neighbours.
 - Putting in extra shifts and/or covering for other workers during their holidays.
4. Look over your lists to see if anyone or group might consider doing a fundraising event on your behalf. Consider teaming up with any other dwarf athletes in your area for hosting combined events.

Other things to think about . . .

- Think of all the people who have had no problem asking you 'what's it like being a dwarf?' Now it's your turn to ask them 'what's it like' supporting an athlete who will be representing their country in competition against the best dwarf athletes in the world.
- Ask your school to run a fundraising event to help with your costs.
- Approach a local pub to run an event, such as a pub quiz or BBQ to help you.
- Research any funding opportunities on your local councils website, many of them have talented athlete funds to support athletes at national and international events.
- Perhaps make an appeal in your local free paper for support and sponsorship.



This could be you carrying the flag for team GB in 2013

North West region update



The North West goes from strength to strength with a rise in the number of families coming along.

In May we ran another beginners ski session at Rossendale Dry Ski Slope, which was well attended. Rossendale have taught two groups to ski in previous years, and are now very experienced in our group's needs. Everyone loved it and it was a great success. Following on from that we will be starting regular learn to Ski sessions from September. We ran tube rides for the young members and their parents met for a coffee while watching, making it a great day out.

Our North West Boccia Team played regularly in the Boccia League this year against mixed disabilities. The result was we came 2nd!! A great achievement for us, as last year we came 4th. Hopefully next year we will reach the finals!

Our monthly swim sessions run by Will and his team from Star Swimming are fantastic. Later this year we will be doing some Tag Ruby and five aside football. The North West's biggest problem is fitting it all in!!! (A lovely problem to have!).



North East region update



It's busy in the North East region with two big events coming up at the end of the year.

Firstly in August we have our annual golf day fundraiser in Doncaster.

Anyone who might be interested in attending this day and supporting us should contact Annie Morris to let her know about your attendance.

Then in early November we are running a joint venture with the North West region and organising a weekend in the lake district at the Calvert Trust. We will be experiencing all that the great outdoors has to offer, including climbing, canoeing and abseiling.

We will soon be starting golf lessons at the Doncaster Club and are looking at working with the Westfield Badminton Club at some coaching workshops to help players at all levels improve.

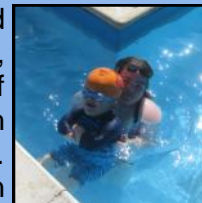
If you have any ideas or would like to help organise an event for the North East members to enjoy please contact us, we would be only too pleased to have you onboard.



South Central update

The South Central region has managed to continue with their programme of activities although numbers have been reduced, with various members having surgery or studying for GCSE's. We would like to wish them all the best of luck and hope that we will see them all in the Autumn.

We had a very successful sponsored swim & BBQ at Rookesbury Park, probably one of the last weekends of glorious sunshine before the south coast was awash with rain. Congratulations go to Jack Wilkinson who swam a mile, also to Josh and Phoebe Coomer who between them swam half a mile and raised a considerable amount of money for the region. Our thanks go to our lifeguard Martin Robinson-Dowland who kept us safe throughout the afternoon and managed to get a dip in the pool, to Martin Lee who was head chef, and Michelle Coomer and Carol Wilkinson who thought they were in the Great British Bake-Off with the excellent cakes they provided.



In March we had an Art Fundraiser where novice artists took home a canvas masterpiece and raised £140 for the region.

We have booked an Activity afternoon at Woodmills in Southampton on Sunday 26th August 2012 from 1pm where members can learn Kayaking and Bushcraft - survival in the Southampton Outback - limited spaces so please contact Karen Lee if you are interested.

South East region update

The South East region would like to congratulate all of its members who won medals at the games as everyone did very well and had lots of fun.

The region is also going from strength to strength, the Learn to Swim sessions in Cambridge continue to be a success and have now been extended till November.

In June was the first of four football coaching sessions in Stevenage which was extremely well attended by all age groups and fun was had by all. The session was not all about just playing a football match but with qualified coaches we were taught skills and drills first. The future sessions are open to all so we hope you can all make it.

For all future South East events 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.



Sefton Triathlon Fundraiser

Nic Beaumont, Jacob (14), Dylan (12), Reece (8), his two brothers Syd and Tony and his mate, Steve all competed in the 'John Hulley' Sefton Triathlon on Saturday 30 June 2012 in Crosby, Liverpool to raise funds for the DSAuk world games fund.

Jacob competed in the adults section and beat them all!! Dylan competed in the disabled children section and Reece competed in the year 3/4 section. It was very tough during the triathlon because there was a strong headwind and sand was blowing in off the beach (that and the fact that all the adults are incredibly unfit and hadn't trained at all). However, despite the weather, it was a fantastic day as lots of family and friends came down to support us and we had a real good laugh.

Importantly, we are in the process of collecting all the sponsorship in and we are on target to raise around **£1,500** between us. We would like to take the opportunity to thank them all for their very generous sponsorship.



Hannah's First National Dwarf Games

How did you feel before going to your first National Dwarf Games?

I felt nervous and excited at the same time. I was looking forward to meeting new people and having a chance to compete with people of my own disability but I was worried about not fitting in.

Did you make new friends?

Yes. I made some new friends and enjoyed talking to them. I went to the first timers meeting on the Friday night and it was nice to see lots of new faces and everyone was really friendly.

What was your favourite sport? And what was the biggest disappointment?

I thoroughly enjoyed competing and my favourite sport was swimming because I love being in the water. I liked cycling too. There really was nothing that was disappointing although I did find football very hard but fun.

How many medals did you win and for what sports?

4 medals, gold for cycling, bronze for swimming, silver for team hockey and bronze for team football.

Did you enjoy the Sunday evening carvery and party?

It was lovely, we sat with people we knew, the food was very good and it made a nice close to a good weekend.

How has the games affected how you feel about yourself and your sporting abilities and potential?

I have gained more confidence and want to join a swimming club. I also now want to try and fit more cycling into my spare time.

What are you looking forward to next year at the games?

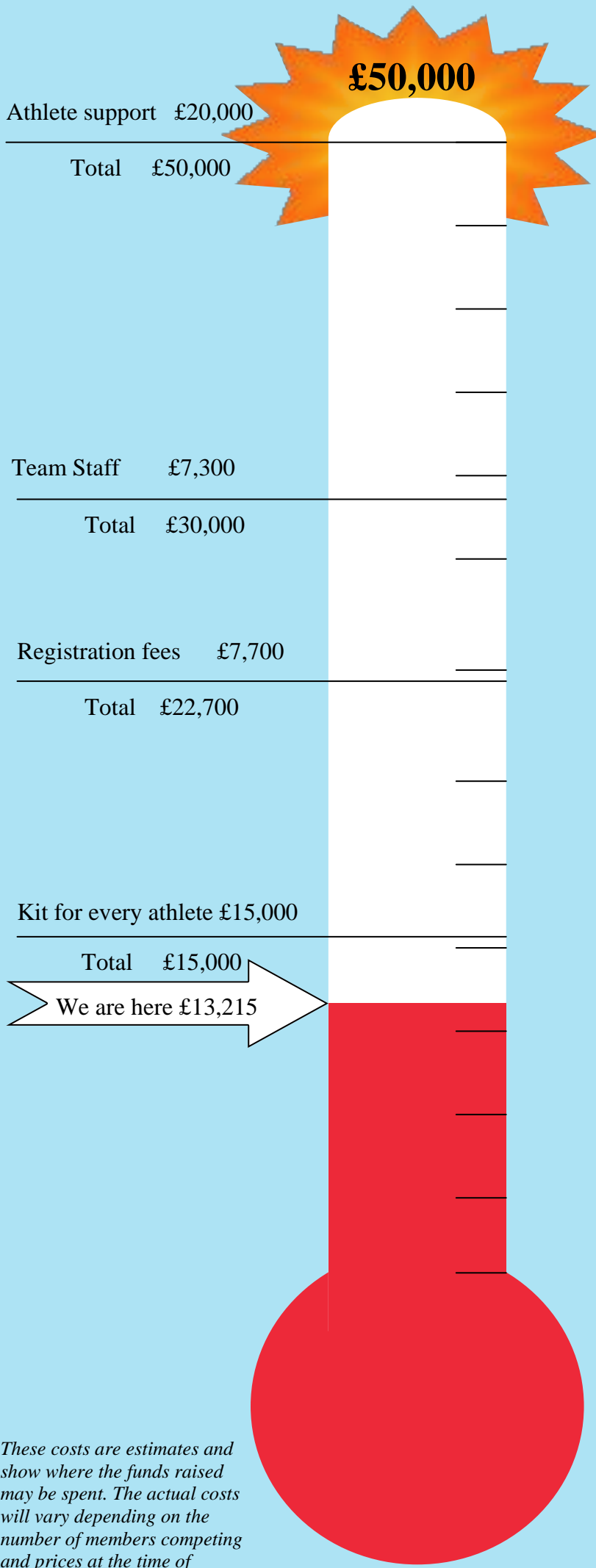
Making new friends, meeting the old ones and competing. I would definitely recommend the games as it was fun for all the family and you get to meet up with people with your own condition, it makes you realise that you are not the only one with the condition.

Finally Hannah's mum mentioned;

As Hannah's parent I was worried about how the weekend would go. Would Hannah enjoy it? Would we be isolated as every one would know each other. What we found was heart warming, every one was so friendly, welcoming and helpful. Hannah had a wonderful time and asked why she had not gone to the games before.

She felt she did not have to explain her disability as every one was in the same situation and she loved competing especially in the swimming and cycling. The highlight for her was meeting Ellie Simmonds. My biggest regret is that we did not take Hannah to the games in earlier years as she had such a great time. It was lovely to meet other parents and talk about issues that we have to deal with, I no longer felt I had to work things out on my own as I could compare notes with other people.





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



The world games funding thermometer continues to rise but it is slowing down a little. Lets keep up the good work and carry on raising money to get our team to the USA in 2013. Thanks to the South Central region for their latest donation of £250.

If you haven't already been to see the 2013 World games website then check it out at www.2013worlddwarfgames.org there is an option to sign up for e-blasts and be kept right up to date on world games news.

The DAAA have also launched a world games merchandise page were you can purchase all kinds of world games clothing and branded items. www.cafepress.com/worlddwarfgames

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 767268

Midlands: April Barrett on 0121 454 5582

South Central: Jenny Greasley on 02380 274219

East Midlands: Willie Coppen on 01332 514813

South East: Paul Doling on 07789 557143