

*Dwarf Sports Association UK  
Official Journal*



# ReachOut

Issue 62  
Summer 2014

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



## 21st

# National Games

## Edition



# A few words from the DSAuk Chair

Hi Everyone,

Well what a Games!!!

The 21st National Games was an explosion to say the least!!.

So many new families and a record number of athletes taking part. How we deliver the games has certainly given the Board of DSA something to think about as we get bigger and bigger.

Yes, a problem but a good problem to have and something that has always happened over the years as we continue to increase in numbers. We would like to thank you all for attending the 21st DSA Games and for your feedback. From your comments, it was quite clear that you all enjoyed yourselves and if like me, it will have taken you a good week to recover! Its been great to see all the fantastic pictures on Facebook and the DSA official photos will be on the web very soon.

So what's next for us?

Well, we have the fantastic **Sailing Day** and **Hog Roast** at Rother Valley on July 26th, a great day out with water sports and fun in the Zorbes! This day is always well attended by many, so don't forget to book your place on the DSA web site.

Then we have the much loved **Boccia and Badminton Weekend** on October 11/12th where members of all ages can experience a quieter atmosphere and enjoy being together again. Bookings for this can be made on the web site nearer the time.



We will be moving Hotels back to the Village Hotel and Holiday Inn Express which share the same car park and will be safer for our ever increasing membership.

In between all of these National Events we have a mixture of activities happening two or three times a month within our eight regions. So keep an eye on the DSA Facebook and web pages to see what is happening in your area.

Throughout all of this activity, the Board of the DSA is committed to always having the member's best interest in mind and ensuring the charity is vibrant and fulfilling.

This years games saw the launch of the "Do Something Amazing" campaign which aims to encourage our members to complete a challenge for themselves, through healthy living and participation in sport.

Those that tell us about their achievements will receive a free fitness ball.

**So lets get going!**



The DSA is conscious that we do need to address diet and fitness within our Membership. We will be running monthly blogs, advice and tips on the do's and don'ts of healthy eating and the right exercises for people with dwarfism.

At our AGM members voted on the new constitution that has been approved by the Charities Commission and has now been submitted.

The DSA Board has different working Parties, who are working to finalise our new 10 year Strategy. We hope this will help secure long term core funding for the future.

DSA are also in the final stages of submitting the next stage of our funding application to Sport England for the continuation of our Inclusive Sports Officer.

At the games everyone met Michelle, our new Operational Support Officer, putting a face to the bubbly voice you now hear at the end of the phone. Michelle and her family enjoyed their first games.

We have a great team continually working together for the better of the DSAuk and long may it continue. As part of that team we have Regional Leaders and volunteers all of whom share the same passion.

I would like to thank everyone of you for your dedication time and commitment. Meanwhile let's have a fun summer.

Kindest Regards

*Penny Dean*

## **The Queen honours Arthur & Penny Dean**



The Dwarf Sports Association are proud to announce that both Penny and Arthur Dean have each been awarded an 'O.B.E' in the Queens Birthday Honours List.

They have been awarded the Honour in recognition for their work with the Dwarf Sports Association as well as for all people of restricted growth.

We all would like to congratulate them and are very proud of them and the work they have done and continue to do.

Arthur Dean is one of the founder members of the charity and along with his wife Penny they have both have worked hard in many different roles within the association to ensure its success and to provide a life changing experience for many hundreds of people with restricted growth conditions throughout the UK.

It is very rare for a couple to be awarded these prestigious awards together. This goes to prove what special people they both are and what they have achieved as a team.

Penny & Arthur will be receiving their awards from the Queen in the autumn and we all hope they have a fantastic day.

# National Games 2014



**Wow!** The DSA National Games 2014 was certainly a record breaker! There were more than 185 competitors who took part, making it the biggest ever UK National Games and largest gathering of people with a restricted growth condition ever held in the UK.

Our track and field event was held in the Alexander Stadium, Birmingham. The newly refurbished track and stadium seating area seemed to make this massive event feel even more special.

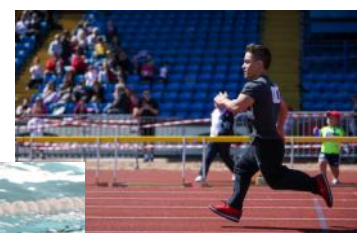
The games were opened by Ellie Simmonds and the Deputy Mayor of Birmingham. The weather was amazing and the sun shone strongly all day, so strong that there were some very red faces the day after. (We did recommend you brought some sun cream along).

There were record numbers of new athletes competing for the first time which was great to see. The whole event felt bigger and better than ever before.

There were some impressive times laid down on the track and a lot of personal bests were bettered during the day. The 100m was so popular that heats had to be held to decide the finalists.

The Young Sportsman of the Year Award went to Bruce Dee with Mary Shaw picking up the girls Sports Person of the Year Award.

Saturday evening hosted an amazing Powerlifting event which was organised by British Weightlifting. 17 members took part in this event which was really great to see, with athletes from France and Canada taking part. Carter Balaberda from Canada lifted an incredible 150 kg's—20kg's more than anyone else and well over twice his own body weight, brilliant!



## On Sunday the Annual

Swimming Gala returned to Cheslyn Hey Pool for another year. Our patrons Ellie Simmonds and Matt Whorwood were there to support the DSA swimmers. They helped the youngest swimmers timing their races and presented medals.

Swimming is still one of the most popular events at the National Games and with very healthy entry numbers, 2014 was no exception.

There were many swimmers of note in 2014 who swam magnificently for Ireland and England and showed real promise for the future. All our DSA swimmers performed very well in the gala and reinforced the strength of the British dwarf swimmers who are following in Ellie's footsteps.

Our young swimmers showed how hard they had been working prior to the event as personal bests were achieved one after the other.

Some of the most popular races were the width races for our under 11's swimmers. These showed how the DSA regional learn to swim sessions are encouraging new swimmers to enjoy this

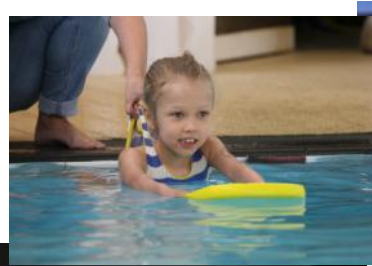


Moving on to Aldersley Leisure Village for the afternoon, 185 athletes competed in four sports, starting off with table tennis. The standard of the table tennis tournament continues to improve with some impressive performances from the UK players. However, the French team showed their dominance by taking all three medals in the men's open age group. With an increase in the number of class 1 players entered, it was great to have a class 1 league with the Irish players showing much improvement since 2013.

The Shooting event has become one of the biggest events at the National Games with 54 athletes entered in 2014. As usual Aldersley Shooting Centre hosted this popular event. This year the standard rose again as the vast majority shot over 80 points which is no easy task. The amazing skill of Rachel Lambert was tested this year as so many shooters are improving and getting closer to her. New shooters Thomas McCague and Matthew Whorwood came very close but Rachel held on to her title.

# National Games 2014

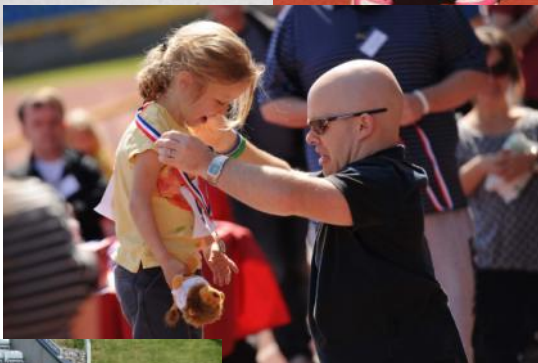
**Another very** popular sport is cycling on the banked track. This is a time trial over one 550m lap. Each competitor completes a warm up lap followed by a fastest time lap. Another record breaking entry for cycling at the 2014 Games meant it was possible to run competitions for all age groups. There were some great runs and a truly international flavour as many athletes from around the world tried track cycling for the first time. The French team won two Gold medals and riders from Ireland, England, Canada, and Germany also took part. Five riders finished under the golden minute and new member Ben Wilcox was very close to finishing in under 50 seconds.



Sunday was brought to a close with the DSAuk traditional Dinner and Disco to celebrate the success of the games.

The 2014 regional trophy was won by the South East region was presented on Sunday evening. South Central region achieved a very close second place. We have changed how we score the regional trophy to an average points per head basis.

It is now irrelevant how many members are within each region and any region can win the regional trophy.



# National Games 2014

**The final day** was Monday when traditionally, team sports are played and 2014 was no exception.

The day started with basketball and it was great to have some very talented players from France and Canada join in the tournament. There were some really exciting games during the morning and as usual all ages enjoyed the tournament.

After lunch it was time for the Football to begin as the last event of the games for 2014.

This year we hosted a team from France so, an exhibition match seemed like a great thing to do. Anyone could nominate themselves for the GB team and a team of all abilities was fielded. After a very exciting match, the GB team won 1-0.

The football tournament followed with amazing matches in all age groups, particularly the under 8's and under 6's games.

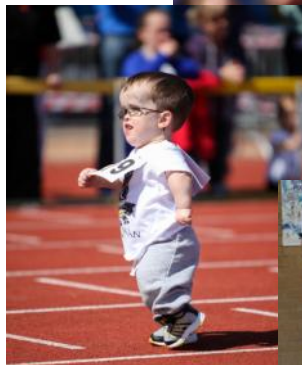
As usual the ladies game was very competitive and closely fought. For the first time in two years it didn't need a penalty shoot out to decide the result which was 1- 0 to the black team.

The senior and junior events all had close games and there were some spectacular goals and saves during the afternoon's

The training sessions at Hamstead Hall and Stevenage FC have paid off for all our DSA footballers and the standard gets better every year.

The 21st National Dwarf Games closed with a speech from the chair and ended as one of the most enjoyable events of the year so far.

See you all in 2015!

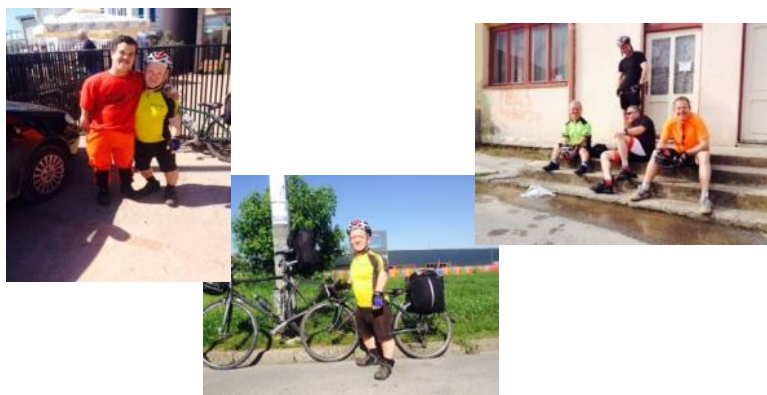




**Steve Scott cycles 500 Miles** from Belgrade in Serbia to Thessalonica in Greece...in just 6 days!

Huge congratulations to Steve and his friends for completing this amazing feat.

Read Steve's blog at [www.dsauk.org](http://www.dsauk.org).



**The DSAuk 'Do Something Amazing' campaign was launched during the AGM at the 2014 National Games.**

We want to hear about all the AMAZING things that you're doing.

A skydive? Abseiling?  
A sponsored run or cycle?  
An endurance race?  
24 hours in a bath of baked beans?

Whatever superhuman activity you're going to attempt, let us know so we can tell the World just how AMAZING our members really are.

We'll put your story on [www.dsauk.org](http://www.dsauk.org), Facebook and Twitter.

In return for you telling us about your amazing feats, you'll receive a gym ball from DSAuk to help you keep fit and prepare for your 'Do Something Amazing' challenge.



**DSA Trustee shaves his head!**

Our DSAuk Trustee, Steve Scott, kicked off the 'Do Something Amazing' campaign at the National Games.

Steve raised an incredible £127.46 by shaving half his head!

Well done Steve!



## Lisa Longley and her friends complete the Bob Graham Round Relay to benefit DSAuk!

The Bob Graham Round Relay is a 66 mile, 27,000 ft circuit of the 42 highest fells in the Lake District, traversed in 24 hours.

Lisa and her fellow staff from Queen Elizabeth School completed this incredible feat on 17th May 2014 in an amazing 20 hours and 23 minutes.

Our member George Longley joined the team to complete the relay by running the final 20m to Moot Hall in Keswick.

Well done and thank you to Lisa, George and her friends at the Queen Elizabeth school!



## Jack Shephard wins the SPC Badminton Tournament!

Jack Shephard won the mens doubles Badminton Tournament with his partner, Sam Smith. Jack was the only player in the tournament with a disability.

The tournament was really exciting with the semi-finals being close and going to three sets. The final was a tough match against a doubles specialist pairing. Jack and Sam lost the first set but battled back to take the title with two clear points.

Well done Jack!





## Andy Duff runs the London Marathon - this is his AMAZING story!

I took part in the London Marathon. It was a full weekend trip for the whole family. Pre-registration and collecting numbers takes place the day before the run, so it was pasta for dinner, no beers and an early night!

The next morning was a case of being super organised just to get to the start line on time. Breakfast was 3 hours before the race. We left for Greenwich at 8am. It was amazing just getting the tube as the streets were full of runners. 39,000 people take part, all travelling to the start and exchanging stories on why they were running.

It was a HOT day which meant I could get my race gear on early and not worry too much about keeping warm...then there were the necessary 2-3 trips to the loo after drinking squash all morning to hydrate.

The gun sounded at 10am and I managed to get over the start line 6 minutes later which was quick and I was off!

The race itself went by incredibly quickly. I had a pre-set plan of drinks at miles 5,8,12,15 and 20, plus carbohydrate gels at 8, 12 and 20 miles, so all very regimented.

More than the running, the hardest part was not getting tripped or bumped over by other runners as some sections of the road are only 2m wide and there's a lot of congestion squeezing everyone through.

I ran past Cutty Sark at mile 5 and then put my mind in neutral until Tower Bridge at mile 13, the half way point. All the trainers say the 13 mile point in a marathon should not be viewed as half way and you see how you feel at mile 20 before upping any pre-set pace...so I was happy to run on steadily and follow the advice!

Mile 22 rolled around as a real mental challenge as this was the furthest I'd run in training, then the blisters arrived along with the knee pain. The crowds are massive over the last 5 miles all shouting the name or initials on my vest - it was great to hear go DSA! Julie, Cam, Josh and my Dad were all waiting at mile 24 and 1/2 so I wanted to feel and look ok for them as Julie was so worried about the race.

I felt pretty good over the last few miles but there were loads of people walking or collapsing and getting treatment, which was worrying to see - the heat had really taken its toll.

Every 100m is marked out for the final stretch as you pass Big Ben then down the Mall to the Finish line. I crossed in 3:54 58 seconds so managed to get under my 4 hour target....and then my legs immediately seized up!

It was great to see the boys and Julie at the end of the Mall. I was starving after the race so ate straight away, had more liquids. Then it was time for a shower, at which point I had to assess the damage to my feet (I won't share the details but not pleasant at all!) and blisters to my back - nice!

I'm incredibly grateful to everyone who sponsored me. It was a one-off event so I tapped up all my old friends, family and colleagues and was so amazed by their generosity and encouragement in training, race day and afterwards.

4 months training and a weekend of emotion I'll cherish forever!



Andy raised an incredible £2000 for DSAuk. Thank you so much Andy—you really did 'Do Something Amazing'!



## Gentlemen's Night Out support DSAuk

A wonderful day at the Gentlemen's Night Out 20th Anniversary. April & Helen very much enjoyed this special day at Nailcote Hall and were thrilled to accept a donation to the DSA. The GNO has funded our National Games since 2001 and this "lifblood" funding has helped the DSAuk develop into the National Disability Sports Organisation we see today. We wish the GNO a very happy 20th Anniversary year and thank all involved for their continued support and generosity.



# Abs 101!

In the first of a series of advice pages on exercise and nutrition Physiotherapist Kim Dean demonstrates using a gym ball to improve core strength.



Start using your yellow ball by sitting on it as shown here. Knees against the wall and then use your abs to sit all the way up, squeezing your abs all through the movement.



Progress to doing sit-ups with your feet on the wall and your knees bent. Your lower and mid back should be on the ball. The next progression is to having your legs straight.



Another variation is to do crunches. This is a small movement where you lift your upper back off the floor to reach your knees.

To progress your crunches as you come up reach your left hand to your right knee and then your right hand to your left knee. 10 to each side counts as one set.



The final variation for Abs 101 is the 'V' sit. Sit on the floor and lean back as far as you can, keeping your balance lift your feet off the floor. Holding this position move the ball from right to left 10 times. This exercise is the hardest one.

With all these exercises start with 3 sets of 10 with a 30 second break between each set. Once that is too easy do 3 sets of 20.

If you have any questions about these exercises then contact Kim Dean: [kimdeanphysio@hotmail.co.uk](mailto:kimdeanphysio@hotmail.co.uk)

As with any exercise start with the easiest and work up. All these exercises should not cause pain. They will work your muscles and you may ache afterwards but they should not cause you any pain. If they do then stop immediately!

In support of



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# Regional Updates

## South East Region

We have had a wonderful few months in the SE region with many new families and lots of fun at our events. Many members new and old from the SE region attended the National Games, some for the first time, and the weekend was full of smiles, friendships and some memorable victories! We were delighted and honoured to win the Regional Cup for the second consecutive year! What a great achievement! Well done all those SE athletes who attended the games.

The soft play and swimming sessions have been well attended, and generally word is spreading and this group continues to get more popular. Our April group had 18 children, and 9 families which is a record so far! We continue to enjoy a coffee at soft play while the children socialise and let off steam at "Whale of a Time" in Bar Hill. Our swimmers continue to grow in confidence and technique. Wilf O'Donoghue and Charlie Wauthier are now able to swim a few strokes unaided under water making huge progress in quite a short time thanks to Sarah our very enthusiastic instructor. Helen is now taking the older group and they too continue to learn new skills with Tom Smith and Fern Sneddon learning to tumble turn just last month! Well done everyone.

The football sessions in Stevenage also continue to be popular with our members. The coaches there have been a great help, and good fun. It's evident that our members taking part are gaining skills that have already helped us to achieve competition wins in America. It's also lovely to welcome DSA members from other regions to these sessions,

making them a great success.

We had one session of skiing at Milton Keynes in January this year. This was organised via the Disability Snow Sports Association and meant we had specialist instructors trained and experienced at working with disabled people.

Unfortunately the winter is extremely busy and we had to split our group into two sessions, having the younger members at 10am and the older ones in the early evening at 7pm. The group included siblings as well as children with dwarfism and was a great success. We hope to hold more sessions during this summer and as the slope is less busy, we should be able to have all ages together.

We are delighted to have a new regional Boccia team, Daniel Allen, Nima Ghavami and Tom Smith who have played several matches around the region. Their games had us on the edge of our seats at times and they are forging ahead to become quite a formidable trio! We look forward to their continued success.

We've also had a couple of badminton sessions this year and we are continuing to look at options to enable us to set more of these up for our members.

Thanks to all our members for your continued support, if you have ideas or requests for regional events please do let Pippa or Sally know and we'll look into the possibilities of arranging them.



# Regional Updates

## North West



The North West Region continues to be busy with not enough weekends to fit it all in. As well as doing our usual events each month we managed to slot in a Basketball/Hockey/Soft Archery and Curling Day. It was run by DSA members Sean and Stefan and everyone enjoyed it. We also had our new Swim Session at Rochdale Pool, what a fantastic venue! The Pool Floor was raised so that our young folk could touch the bottom, which gave them much more confidence. We were also joined by Lou, Mikey Thompson's Diving Coach, who has offered to give swimming tuition and also teach the older members how to start/dive correctly for competition. From this they could gain their Diving Certificates which can be used in national gala's. So any members wishing to come along for this, please contact the North West Region.



## North East



The North East region has recently welcomed two new families to our soft play sessions which are gradually getting bigger. We will be having a two month break for the summer holidays but will be resuming on every second week of the month from September. We would love to see more new families join us and would welcome existing members to be on hand to support our new families.

We are working towards holding more swim and badminton session from September, following the success of the last one. Details will be posted in due course

We have our annual Golf day coming up on 1st August, which is the main source of funding for the region. An auction and disco will be held in the evening. It's great to see our members there to represent DSA to our supporters. If you are able to come along, we would love to see you there! Please contact Annie on 07595 027774 or [anniemorr@gmail.com](mailto:anniemorr@gmail.com).

## West Midlands

The West Midlands region organised a series of great training days on the run up to the Dwarf National Games which helped our athletes prepare. These included multi sports days at the Birmingham NIA which featured sports such as Badminton, Table Tennis and Boccia. Coupled to these were several Football and Hockey days held at Hamstead Hall which are open to all members of the DSA and were well attended by members from all over the UK.

We are now working on more of our successful multi sports days plus adding swimming lessons and training to our calendar. We are also talking to the Wolverhampton shooting centre to set up regular shooting opportunities that all DSA members will be welcome to attend. If you have any feedback or ideas for the West Midlands region please contact April.

# National Event Dates



**26th July 2014**  
**DSAuk Sailing and  
Canoeing Day  
In Sheffield**

Join us for a fun day of water adventures and a Hog Roast at Rother Valley Country Park, Sheffield.

Keep an eye on your email and [www.dsauk.org](http://www.dsauk.org) for details of how to book.



**11th/12th October 2014**  
**DSAuk National Boccia and  
Badminton Tournament  
In Wolverhampton**

This incredible weekend offers fabulous competition and great fun at Aldersley Leisure Village, Wolverhampton.

Details of how to book your place will be out soon. Look out for information on [www.dsauk.org](http://www.dsauk.org) and your email.

# DSAuk Regional Contacts

**South Central:**

Karen Lee 023 9282 2045

**South East:**

Sally Smith 01480 450356

**East Midlands:**

Willie Coppen 01332 514813

**South West:**

Carole North 01936 250175

**Northern Ireland:**

Eugene McVeigh 028 3831 8212

**North West:**

Penny Dean 07976 706868

**North East:**

Annie Morris 07595 027774

**Midlands:**

April Barrett 0121 454 5582

### **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 £7 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](http://www.dsauk.org)



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Keep up to date with what's happening  
at DSAuk!

Find out about loads of great regional  
activities and events.

Learn more about the amazing people  
who fundraise to support DSAuk.

Get reminders about competitions, both  
within DSA and Nationally.

Read interesting news stories.

Follow the 'Do Something Amazing'  
campaign.

Find out where you can try new sports.  
And loads more!!!



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