

*Dwarf Sports Association UK
Official Journal*



ReachOut

Issue 64
Winter 2014

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

BUMPER FESTIVE



EDITION



SEASONS GREETINGS FROM

ALL AT

DSAUK



2014...A YEAR TO REMEMBER

Where does the time go? The DSA goes from strength to strength never ceasing to amaze us.

Once again 2014 has been a great year with so many events happening and achievements being made. Our 2014 National Games was the biggest so far. Numbers have grown so much that we now need to use two hotels in order to fit everyone in. For 2015, we'll be using the Village and Holiday Inn Express hotels. We also launched our "Do Something Amazing" campaign resulting in many of our members sending in their stories. Our Facebook page and website have been full of people 'doing something amazing'; from sponsored events and sports to Steve Scott cycling across Serbia to Greece. We have had parents completing marathons, full members sky diving, taking part in the School Games and IWAS games. In other sports, all our swimmers continually break their personal bests and are doing well in all their competitions.

The Four Nations Badminton attracts more and more dwarf players and we have had a massive breakthrough as Badminton has been chosen as one of the sports for the 2020 Paralympics. We now wait with baited breath to see if there will be a dwarf classification. It has been a really busy year for DSAuk.

In October we employed two members to help and support the 8 regions of the DSA. Tom and Sean have settled in well and are busy visiting the regions

and getting to know everyone. We were able to employ them for 6 months and are hoping to find funding to extend their contracts. We have just entered four regional Boccia teams into the Boccia League for next year, which is a great achievement. Cycling is one of our up and coming sports and more people are becoming interested in getting involved. Steve Scott is organising a Coast to Coast cycle challenge next July, this will be The Way of the Roses from Morecombe to Bridlington. Please let us know if you want to take part in all or some of this amazing event. Kim our physio continually writes articles for our Reachout magazine offering suggested exercises for our members, which is part of our Health and Wellbeing Campaign.

Through this, the office has been contacted by several physio's and schools around the country interested in passing on the expert advice to pupils with a restricted growth condition and their parents.

The month of September saw an amazing breakthrough when Dr Michael Wright held the first Newcastle Achondroplasia Symposium. This brought together the Chairs of the RGA, LPUK, SSS, CGF, DSA and LPI with the aim of all working together collectively to enhance medical knowledge of restricted growth conditions. As chair of the DSA, I was very proud to be part of that moment; making sure that the future of the next generation of people with dwarfism will be cared for by the right medical

professionals. We have a long way to go, but together we can make a difference.

Then came the One Show Rickshaw Challenge, raising money for Children in Need. Wow what a week! Jess Davies was nominated to represent DSAuk and be part of the team. She had a very challenging week but her grit and determination saw her through to complete the challenge. Well done Jess and well done to all the young people in the team, they all played an inspirational part, helping break down the barriers of difference. Thanks to you all. I will be ending this year with a very special occasion that I'm sure you all know about. On December 11th, Arthur and I will be receiving an O.B.E. each for our services over the last 21 years with the Dwarf Sports Association and people with dwarfism in the community. We are honoured to be receiving this award and have accepted it on behalf of everyone out there with a dwarf condition.

So as you can see, it's been a very busy year and long may it continue. Have a Very Merry Christmas and a Happy New Year from me and everyone on the Board of the DSAuk.

*Penny Dean,
Chair of DSAuk*





2015 LONDON MARATHON



After being inundated by applications from people volunteering to run the 2015 Virgin London Marathon to raise funds for DSAuk, we are delighted to announce that **Pete Jardine** has been selected.

Peter says, 'Hi. My name is Pete Jardine I am a 39 year old father of one. I have always been keen on keeping fit and healthy, in my early teens I started training in martial arts but due to the club relocating I had to stop but took it up again in my early 30s. A personal goal of mine was to achieve my first Dan black belt by age 40 which I gained at 38. I now look forward to the London Marathon as this is also something I have wanted to do for a number of years now. Part of my training for competitions includes interval running and I tend to run 10K once a week and have covered ½ marathons in the past.

I intend to stick to this training schedule for the time being and then ramp it up in January as the Marathon date approaches. Lots of New Year 4am runs to look forward too!! I am proud to run the Marathon for the DSA on behalf of Isaac Maison. Isaac's Mother and I work together and she has always been very proud of her sons sporting achievements. However, as Isaac is getting older it is becoming harder for him to keep up with his peer group and being part of the DSA enables him to compete on a level playing field and he is enjoying his sport again.

The DSA enables children of shorter stature to try out different sporting activities they would otherwise shy away from in an environment they feel comfortable with. Emma is a great advocate of this and as I now have an understanding of the benefits this brings I am more than happy to run and raise money for such a good cause.
Pete'.



All at DSAuk are very grateful to Pete for offering to undertake this incredible challenge and raise money for our members.

Please dig deep and sponsor Pete by visiting:

<http://uk.virginmoneygiving.com/PeterJardine>

Look out for Pete's training blog which will be published on the website and Facebook nearer to the event.



BOCCIA AND BADMINTON WEEKEND

Well what a great weekend the DSA's annual Boccia and Badminton Tournament was. There was an entry of 62 players the best that we've seen for quite a few years, we welcomed some members we haven't seen for a while and some members brand new to the DSAuk.

The group matches for both sports were played on Saturday and there were some amazing performances. In the Boccia the open class was hotly contested and James Coyle-King proved hard to beat all weekend.

The masters class was as competitive as always with Liz Holland, Arthur Dean and Ange DenUil all putting in some amazing performances. New member Louise Cross, in her second Boccia event, showed great skill and sporting potential. Game strategies being used varied greatly from player to player making it hard to see who would come out on top and all of these experienced players showed a mastery of the game that was admired by everyone.

The entry for Badminton had a healthy junior section in 2014. The level of play was noticeably improved and it was clear that the training had paid off for those younger players who had invested their time. Daniel Allen and Dylan Beaumont were two of the most improved players with Nima Ghavami also showing a great affinity with the game. There were some very close matches and the doubles event delivered some 'edge of the seat' three set finals which were very exciting to watch.

We were able to run an under 10's competition and all the young players that entered had a really good time playing each other and learning about the game. First time players and future talent to watch out for were Bruce Dee and Jack Smith. Jack Smith was the overall winner but he was closely followed by Amelia Hall and Amy Thompson. We would hope to make the under 10's group a permanent part of the tournament and we look forward to welcoming more young players in 2015.

In the open men's event it was great to welcome the return of Lee Hill, Shaun Dunford, Jack Gambrell and Ollie Clarke. Ollie, who is still recovering from surgery, made a real splash as he proved that he had lost none of his skills on his way through the group stages. Shaun made a welcome return to the badminton tournament and played really well winning a bronze medal in a fantastic



BOCCIA AND BADMINTON WEEKEND

match with Jack Shephard. The open final between Andrew Martin and Krysten Coombs was an exciting, close run game finishing in a win for Andrew.

In the junior badminton doubles final Matt Topping and Dylan Beaumont won the round robin group which had to be decided on points due to it being so closely contested. In the junior singles Bobby Laing from Scotland won the event followed by the up and coming players; Daniel Allen and Dylan Beaumont. With the recent announcement that Parabadminton is to be a Paralympic sport in 2020 these young players could be part of an exciting time for this sport.

It was fantastic to be able to run a Masters Ladies event this year with some great players taking part. Pippa Wauthier proved to be hard to beat and won the Gold medal, April Barrett took second place and Helen Perkins, in her first badminton event, won the Bronze medal.

The boccia finals drew the weekend to an end with many of the final places coming down to just the last couple of points. In the masters pairs it was married couples in the first two medal spots with Pete and Donna Bonner winning the gold medal, closely followed by Pippa and Emmanuel Wauthier. Steve Scott and Arthur Dean

received the bronze medal, only a few points separated all three pairs. In the open pairs James Coyle-king partnered with Morgan Lawrence, they were accomplished as a pair and proved to be very hard to beat. Rebecca Bedford and Carys Coppen followed taking the silver; and in a very close play off, Ben Buckley and Simon Mount picked up the bronze medal in Simon's first boccia pairs competition. Another notable medal win was that of Amy Thompson and Charlie Wauthier who won the gold medal in the junior pairs, Charlie being the ripe old age of four. Another great performance of note was from Arthur Dean who won the masters singles competition for the first time after 22 years of competing in boccia at DSA events. Well done Arthur.

The final event of the weekend was, as always, the Peter Sugden Trophy. This is played between the three winners of the three age groups in the boccia singles tournament.



BOCCIA AND BADMINTON WEEKEND

It is played in a round robin group and this year was contested by Thomas Vogt, Arthur Dean and James Coyle-King. Three extremely close games were played and watched by all other players and spectators. James Coyle-King played a clean sweep over the three games to win the trophy for the second year running. This closed out a very successful weekend for James who won medals in all the boccia events and in the badminton doubles.

We had great fun all weekend and it was nice to be back in the Village Hotel. We thank them for organising live music on Saturday night which made for a very enjoyable evening.

The boccia and badminton weekend is always great fun and is a good introduction to either or both of these popular sports. If you've never been before put it on your diary for 2015 you'll enjoy it!



SAVE THE DATES

1st to 4th May 2015

The 22nd National Games

To be held in the
Birmingham/Walsall/Wolverhampton area



20th June 2015

National Sailing and Canoeing Day

To be held in
Sheffield

10th to 11th October 2015

Bocce and Badminton Weekend

To be held in the
Walsall/Wolverhampton area

THE ONE SHOW RICKSHAW CHALLENGE



Wow over 2 million pounds raised by the amazing BBC Children in Need Rickshaw Challenge!

What an honour to have a member of the DSAuk selected from so many volunteers to be a part of Team Rickshaw for the 2014 BBC Children in Need appeal. The team was asked to ride hundreds of miles between Salford and Walford over seven days, finishing on the appeal night in London.

The member taking part in the Challenge was long standing DSA member Jess Davies. Jess went through a comprehensive selection process including several days of testing to make sure she was up to the challenge. She was thrilled to be told she would be part of the team for the 2014.

Once Jess knew she was part of the team the hard work really started with daily training on her bike both outside on the road and inside on a turbo trainer. There was also work to be done to adjust the rickshaw to make sure it would work for Jess and all her kit to tailored so it fitted correctly.

After all that had been done, on a very dark and cold Friday morning in November the team set off from the BBC buildings in Salford on their mammoth challenge. First off the line and leading the team on its way across England was Jess. Cheered on by lots of DSA members and her family Jess set off on the adventure of a lifetime.

The team wound its way around the country in relays with each member making a speech and a film about what their charity had been able to achieve with help from Children in Need. Jess had made an amazing film about herself and what the DSA means to her and her speech was delivered to the whole country on Strictly Come Dancing. It was so powerful you could have heard a pin drop in the studio.

Jess rode through a great deal of discomfort over the weekend and had to have treatment on her back to be able to continue. In true heroic fashion, she battled through the pain to complete all that was asked of her. On Tuesday, after the team had climbed to the highest village in England and covered over 70 miles, lots of members of the DSA gathered together in Alton Towers to see Jess cross the finish line. Her Mum, Dad and friends were also there to surprise her as she rode into the theme park. By the end of the fifth day, the fundraising was going well and was just a shade under an amazing £500,000. Matt Baker and Jess were really pleased to see the DSA members who attended and there was lots of celebrating followed by an early night ready for the following day.

The week continued with stops at many different events. The team peddled on over hundreds of miles on their way down the country.

The team worked together to achieve their goal of making it into London for Children in Need night and to raise as much money as possible on the way. Jess peddled her way into the record books when on Friday night they arrived in Walford with a record breaking total of over £2 million raised, contributing to an overall £32.6 million on the night.

The DSA is grateful to Children in Need for all its support over the last eight years and to Jess for giving something back to both DSA and Children in Need in her super human Rickshaw Challenge Marathon covering over 450 miles in the week.

DSAmazing !!!!!!!



THE ONE SHOW RICKSHAW CHALLENGE



Coast2coast challenge

Sponsored Cycle Event

Way of the Roses

Morecambe to Bridlington | 170 miles

24 - 26 July 2015 | 3 days

Raise funds for
DSAuk



OPTION 1:

3 days/2 nights | 170 miles

OPTION 2:

Choose any 1 of the 3 days | 66, 62 or 42 miles

OPTION 3:

Start only on 24th July | 10 miles

OPTION 4:

Finish only on 26th July | 10 miles

Please call 01246 296485
before 1st February 2015 to
secure your place.



Charity No. 1041961

People are responsible for providing their own transport to and from start/finish lines,
accommodation, refreshments and their own bicycle.

Call 01246 296485 for
Sponsorship form



Way of the Roses
Coast2Coast Challenge
www.wayoftheroses.info

Volunteers are Needed!

- Do you have a van, people carrier or large 4x4?
- Are you a first aider?

Don't fancy taking part in the challenge?

You can still help by volunteering as a member of the support team.

The event can't take place without the generous help of volunteers and we're grateful for any support you can give.

Email tim.shephard@dsauk.org with offers of Help.

Way of the Roses
Coast2Coast Challenge
www.wayoftheroses.info

- 28th March 2015
- 16th May 2015
- 20th June 2015

Rother Valley Country Park
Mansfield Road
Wales Bar
Sheffield
S26 5PQ

Free Training Days



Dwarf Sports Association UK

Multi Sports Training Days



The DSA are putting on a series of sports days in the Birmingham area that are open for all members to attend.

They will all feature Football in the morning coached by Glenn and Steve.

In the afternoon we are planning on trying some different sports to vary the activity and to make the days more interesting.

14th March 2015 coincides with the Shooting morning at Aldersley Shooting Centre, we have done this by design so there is a choice in the morning for those who do not wish to play football.



Multi Sports Training Dates

Date	Morning 10am - 12 noon	Afternoon 1pm - 3pm
17th January 2015	Football	Table Tennis/ Badminton/Boccia
21st February 2015	Football	Hockey/ Boccia
14th March 2015	Football	Table Tennis/ Badminton/Boccia
18th April 2015	Football	Hockey/ Boccia

Venue:

**Hamstead Hall
Academy,
Craythorne Ave,
Handsworth Wood,
Birmingham,
B20 1HL.**

If you have any questions please contact Tim via email tim.shephard@dsauk.org or via phone 01246 296485 or 07889922736



Shooting Training Dates



- Sat 14th Feb 15, 10:00 to 12:00

- Sat 14th Mar 15, 10:00 to 12:00
(then 1:00pm at Hamstead Hall)

- Sat 25th Apr 15, 10:00 to 12:00
(No Hamstead Hall on this date but last chance to practise your shooting before the national games)

Venue:

National Indoor Shooting Centre,
Aldersley Leisure Village, Aldersley Road,
Wolverhampton, WV6 9NW

NOTE; Most of the dates listed here offer the opportunity to join in the fun in the afternoon with other DSauk members taking part in Table Tennis, Badminton, Boccia and Hockey at; Hamstead Hall Academy, Craythorne Ave, Handsworth Wood, Birmingham, B20 1HL.

JACK GAMBRILLS SKYDIVE

On Wednesday 3rd September 2014, Jack Gambrill jumped out of a plane from 10,000ft (just under 2 miles) on a tandem skydive. Bellow he tells the story.

On a foggy Wednesday morning, I set off to the North London Skydiving Centre in Cambridgeshire. Registration was at 8am with a first come first jump basis. I was 7th in line and was put in training group A. At 9am I was called in with 25 others for our training and brief for the day.

We were first told the 5 golden rules: 1) Keep the proper skydive position, 2) Always listen to your instructor, 3) Don't hold your instructors hands during the skydive, 4) Pick your feet and legs up for landing and 5) Don't fiddle with your harness!

At about 11am the fog had lifted and we were cleared to jump. The first 5 were kitted up and were ready to jump, once they were ready the next 5 including myself were called in to kit up. I was so excited. I got into a jumpsuit, rolled up the bottoms and taped them round my ankles. I got into my harness and met my instructor Geordie and camera man Kev.

I was now fully kitted up and ready. I watched the first 5 get in the plane and take off. Eventually someone in the crowd yelled "there they are" and lo behold there was the first person with an open chute. Soon after 4 other chutes burst open and you could see them

all. They all landed safely which made me feel very excited as this meant it was my turn to go up! As I stood with my instructor, the others looked a bit worried and weren't very positive. This was due to more low cloud arriving and so we were grounded for "a while".

A while turned into 4 hours of patiently waiting. At 3pm a gap in the clouds arrived and we were finally told that we would now be allowed to jump. On the journey up, my instructor made conversation reminding me what was going to happen. He then calmly said "Don't panic, if you die, I die!" which filled me with nerves and worry! After 15 minutes of climbing we were at 10,000 feet where two of the instructors opened the plane door. I was now very excited and ready to jump. I saw the first tandem go with no problem and now I knew it was my turn. We shuffled to the door and I adopted the position. As I hovered out of the door, I looked down. I thought I would be extremely scared but I wasn't. Still full of excitement I heard Geordie say "Ready, Set, Let's go" and with that we fell, tumbling down like a leaf in the breeze. After 10 seconds Geordie let out the little slider shoot which reduced our falling speed from 150mph to 120mph and allowed us to control our free fall in the correct position. I was feeling amazing; words can't quite describe what it was like. It's the best experience of my life to date. After about 45 seconds, Geordie opened the



parachute and we were now able to talk and control our landing.

I took the controls from Geordie and was allowed to fly where I wanted. Left cord down to go left, right to go right, both down to fall quicker and both up to fall slowly. We held the left down and ended up spinning very quickly. Geordie told me that with each spin we fall 200ft and reach 2G's of force which made our feet tingle.

After about 10 minutes in the parachute we were ready to land. We picked our feet up and landed on our bottoms. I thanked Geordie and Kev so much for the day and recommend it to anyone. Everyone was so supportive and friendly which allowed you to relax and not worry about jumping out of a plane. All in all, a fantastic experience.



DSA REGIONAL OFFICERS

To complement our existing staff team of Tim, Nigel and Michelle, everyone at DSAuk is delighted to welcome on board our two new Regional Officers; Tom Mills and Sean Clare.

Tom and Sean have been members of DSA for many years and both have recently graduated from university with degrees related to sport.



Tom



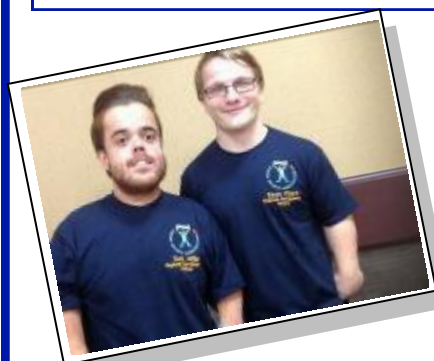
Sean

Hi, my name is Thomas Mills, I am 23 years old and have been a member of the DSAuk for over 20 years. I have represented the Dwarf Sport Association at a national and international level on many occasions.

Sport is something which I have always been interested in; as a competitor, coach and spectator. Academically I have always studied sport and leisure and gained a 2:1 in my Leisure Management Degree.

I am looking forward to working for such an amazing organisation and have a passion for making a difference. I will be working with all regions and supporting the DSAuk ensuring all members have a positive experience through sport and recreational activities. If you have any questions please feel free to email me on tom.mills@dsauk.org

Hi , I'm Sean Clare and I am excited to be apart of the DSAuk team working as an regional development officer alongside Tom. I have been a DSA member since the age of 5 and have a represented the DSA nationally, Internationally and at the World Dwarf Games. I feel the DSAuk has given me great opportunities within my sporting career. Sport has always been a passion of mine; as a competitor, I have represented Great Britain numerous times around the world. Academically I have always studied sport and in University I gained a 2:2 Degree in Sport Development. I will be working alongside the region leaders in all the regions supporting the DSA and ensuring that members have a great experience in sporting activities. If you have any questions please feel free to email me on sean.clare@dsauk.org



DSA REGIONS UPDATE

Midlands

Over the past few months the Midlands region has not been as active as it would like to be. This is something which is going to change over the coming months as they have Badminton and Boccia sessions being held on a monthly basis before Christmas. These sessions will take place at “Etwell Leisure Centre” in Derby. The Midlands region would like to develop and have a variety of different opportunities available for all members to try out and enjoy. For this to be successful we are looking for volunteers to help support this. If you are able to support the region in anyway please let us know, also if you have any ideas or activities you would like to see within this region, please contact the region leader.

South East

The South East region has two Soft Play and Swimming sessions in the run up to Christmas, these will take place at “Whale of a Time” in Cambridge, for further information please visit the website or contact the region leader. The region is very active and in addition to the current session the region would like to hold a variety of different activities in the upcoming months suitable for all ages and abilities. Badminton is becoming ever more popular and something which the region would like to put on, for this we are looking for volunteers who are able to support and deliver these sessions. If you are able to or have an interest to support these sessions please contact the region leader.

North West

The North West region has two Soft Play, Skiing and Swimming sessions in the run up to Christmas, for further information regarding the area and time please visit the website. Also every Friday night in Liverpool, Janie and Jay Clare coach athletics, so get yourselves down there for extra training before the national games in May. The region is very active and in addition to the current session the region would like to hold a variety of different activities in the upcoming months suitable for all ages and abilities. If interest is shown Penny is willing to put on another day at the soccer dome for various activities such as team sports (football and basketball) as well as New Age Curling and Archery.

North East

In the run up to Christmas the North East held a Calvert Trust weekend on the 7th of November, which included a range of Outdoor activities for members to enjoy. The region is also putting on a soft play session on the 14th of December at Xscape in Castleford. This is a great place to meet other families and have a chat while the children play. The North East region would like to develop and have a range of different opportunities available for all members to try in the New Year. For this to work we are looking for volunteers to help support this. If you are willing to help out within the region please do not hesitate to get in touch with a Regional Development Officer.

Over the coming months, there are many events taking place regionally. We will have an update on the other regions in the next edition. Keep an eye out on Social Media for all exciting activities and watch out for the brand new launch of the Welsh Region.

THE NEW CALVERT TRUST

The Prater Family

The weekend of the 27/28th September 2014 found us travelling north for an activity packed weekend at the Calvert Trust-Lake District. We arrived in time for tea, cooked by the great chefs at the centre and had an early night in preparation for a busy weekend.

Saturday morning was bright and fresh. We climbed aboard the bus and took a small trip to the side of Thirlmere for a morning of kayaking, our group split between some large Canadian kayaks and some smaller two man kayaks. We spent a fun couple of hours splashing/paddling up the lake. A great time was had with some of us getting wetter than others!

We spent the afternoon in the purpose built gym with climbing walls, abseiling hatch and rope swings...the younger members of our group were particularly brave and nimble! Ben even abseiled out of a window!! We managed a quick dip in the fantastic on-site sensory pool before tea.



In the evening there was a showing of Frozen before a social evening spent in the common room catching up with all the other families. We got up to another lovely morning and headed off to the centres stables. The ponies were very well behaved and the children all had a great experience, most of them riding for the first time. After lunch we headed to Whinlatter forest in search of the Gruffalo. We returned to the centre to pack and say our goodbyes to the wonderful families who were all travelling home tired and inspired after a weekend where everyone had been able to take part and do something DSAmazing! Many thanks to NW DSA for organising such a wonderful weekend and all the staff at the Calvert trust for making the outdoor activities accessible and enjoyable to us all!

The Thompson Family

Our visit to the Calvert Trust in Keswick this year was amazing ! We began our weekend adventure with a daunting zip-wire zooming through the tree tops with views of Bassenthwaite lake. All harnessed up, the very brave Malcolm went first followed by

the daredevil kids and then the more cautious parents who conquered their fears...so much so we did it twice! In the afternoon we were taken to Goldscope mine , a disused Copper Mine in the Newlands Valley. Starting with a steep hill climb we walked to the centre and turned off our torches to appreciate the conditions the miners were working in and then found our way back out with only one candle. We were all glad to see daylight in such a beautiful setting - only one problem we managed to leave the group leader's dog inside the cave ! Thankfully Tors recovered him safe and well! On Saturday evening we enjoyed a disco and swapped hints and tips for day two which for us started with a Ghyll scramble up a waterfall following the route of a mountain stream. With tales of fairies beneath the stream it turned out to be a magical morning . In the afternoon we went Canoeing in the calm serene Bassenthwaite lake. We had an exceptional group leader Tors who made sure we were all looked after. A fun packed and challenging weekend with everything catered for with excellent food too. What an amazing experience, We are so lucky to have the chance. A big thank you to Penny and Arthur for making it possible.



Core Ball and More!



Squats - Stand with the ball in the small of your back against a wall. Squat down until your knees are at right angles then stand up.



Back Raises - With the ball under your hips and your feet against a wall, lean over as far as you can. Now lift up until your back is parallel with your legs. Don't lift beyond this point.



The Pass - Start with the ball in between your feet and your arms stretched out. Slowly bring your feet and hands together, then pass the ball to your hands. Holding the ball reach back but don't let the ball touch the floor. Now bring your hands and feet together again and pass the ball back to your feet. Lower slowly but don't let the ball touch the floor. This counts as one repetition.

Do not attempt if you are experiencing any current low back pain.



Plank - Start planking on your knees and forearms. When you can hold this position for 60secs, try planking on your toes and forearms. Start with 10secs and work up to 60secs.



Side Plank - Start planking on your knee and forearm. When you can hold this position for 60secs, try planking on the side of your foot and forearm and for extra difficulty raise your arm as shown. Start with 10secs and work up to 60secs.



With all these exercises except the planks, start with 3 sets of 10 with a 30 second break between each set. Once that is too easy do 3 sets of 20. With the planks try to do 1 set of 10.

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!

If you have any questions about these exercises then contact Kim Dean:
kimdeanphysio@hotmail.co.uk

POWERLIFTING

Powerlifting has become more popular since its return to the DSA National Games in 2011. Thanks to support from British Lifting we have been able to enjoy what is one of the most exciting sports to spectate at and compete in.

Members of DSA have had success on the international stage in the past with Adam Alderman, Jason Irving and Zoe Newson all winning medals for their country.

The rules for classification state that a measurement of less than 20 degrees should be at the elbow joint when the arm is measured.

At the recent championships in Dubai a change to the position in which the arm is measured in resulted in two dwarf lifters

being unable to classify and compete.

As the DSAuk is committed to supporting all our athletes, we have asked questions of the rules for classification. We have received support from British Lifting who also questioned the decision to measure this way at the event in Dubai. Although making changes is not always easy, British Lifting have agreed to look into the process and pursue avenues of how to make a change to the rules on measurement. At this time, dwarf lifters must stick to the current restrictions within the rules and regulations until further information is received from British Lifting.



If you are interested in Powerlifting and are planning to compete at any events outside of the DSA's national games you should make sure you classify before committing to any entry. If you wish to be considered for a Powerlifting classification contact the DSA office for help on how to go about it.

SHOOTING

Target shooting has once again got DSAuk members firing on all fronts. Coinciding with team training days at Hamstead Hall, shooting sessions are taking place at the West Midlands Shooting Centre, Aldersley (DSAuk Games venue) for anyone to go along and take part in shooting air rifle and pistol. The first sessions took place in October and November and attracted members, not only new to the sport of shooting, but also brand new to DSAuk. This is great for both DSAuk and the sport. As always, Melvyn Dykes, from the centre, is on hand to give advice and tips to help improve your shooting. More sessions are planned for Feb, March and April 2015.

If you plan to shoot at the national games, this is your opportunity to practice. Through a small grant from Sport England, DSAuk are working closely with British Shooting to develop the sport for people with dwarfism. An evaluation day took place recently with a small focus group, where a number of rifles were fired, assessed and comments noted. A model of rifle was identified that, when adapted, should better suit people with dwarfism.



The next step is to acquire a rifle, adapt it and carry out a final assessment. The plan is then to set up a few existing centres around the country with the adapted rifles and pistols for members to access on club nights. As part of the project, Peter Bonner and Arthur Dean are taking Rangemaster qualifications to lead our own DSAuk shooting sessions. More opportunities will be available for other interested members to gain this certification.





DSA Challenge 100

Will your family meet the
'DSA Challenge 100' and raise
£100 for DSAuk?

We are all delighted that we have seen phenomenal growth in our membership numbers over the past few years.

We are excited about the future for the association and are committed to providing quality national events for you to enjoy.

We need your help to boost our main funds to ensure that we are able to continue to provide fun and enjoyable events for years to come.

The challenge is on!

We are challenging every family within our membership to 'Do Something Amazing' and raise just £100 for DSAuk.

We would love to hear your fundraising stories and will publish them all on Facebook and www.dsauk.org.

We're here to support you every step of the way so have placed a downloadable fundraising pack on www.dsauk.org. This contains sponsorship forms and plenty of ideas, hints and tips.

If you need any more advice, we're always here to talk to you so give us a call on 01246 296485.



**Good
Luck!**



Support your region to deliver exciting events.

Contact your regional leader for more information.

South Central:

Justine Stocks 07941 133345

South East:

Pippa Wauthier 07869 141350

East Midlands:

Willie Coppen 01332 514813

South West:

Sinead York 07725 357703

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



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!!!



'Like' us on Facebook
www.facebook.com/DSAUK



'Follow' us on Twitter
[@dwarfsportDSAuk](https://twitter.com/dwarfsportDSAuk)