

*Dwarf Sports Association UK
Official Journal*



ReachOut

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



2015

**Lots to look forward to with
DSAuk**



2015 NATIONAL GAMES

Entry Form Opens: 10th February 2015

Entry Form Closes: 6th March 2015

Log on to the members area of www.dsauk.org to complete your entry form

2015 Changes

- £25 entry fee per athlete
- Restaurant evening meals for all nights must be prebooked and prepaid
- All hotel rooms are allocated on a 'first come, first served' basis
- Rooms will not be allocated until payment is received
- Accommodation will be in the Village Hotel or Holiday Inn Express, Junction 10, M6

2015 NATIONAL GAMES



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.



Coast2coast challenge

Sponsored Cycle Event



Charity No.
1041961



Way of the Roses

Morecambe to Bridlington | 170 miles

Raise funds for Dwarf Sports Association UK

OPTION 1: 3 days/2 nights | 170 miles

OPTION 2: Saturday or Sunday only | 66 or 42 miles

OPTION 3: First or Last 10 miles

***We'll handle the stress, so you're
free to enjoy the ride...***

**We'll arrange the route & carry your luggage
We'll book your hotel & sort your evening meals
We'll provide support vehicles**

Please call 01246 296485 as soon
as possible to secure your place.

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

Call 01246 296485 for a
Sponsorship form

FUN FOR ALL
CYCLE DAY!

28th March 2015

Rother Valley Country Park
Mansfield Rd, Sheffield
S26 5PQ

11am until 3pm

Bring yourself
Bring your bike
Bring your
lunch...

...and we'll
provide the fun!

Come along and
have a go

Save the Dates National Events

20th June 2015

National Sailing and Canoeing Day

To be held in Sheffield



10th to 11th October 2015

Boccia and Badminton Weekend

To be held in the
Walsall/Wolverhampton area

DSA Ireland Update

D.S.A.I was formed in February 2013 and successfully sent an Irish team to the World Dwarf Athletics Games in Michigan USA. Our team numbered 14 Athletes and 5 support coaches. The Games were very successful with 18 Golds and many more medals totalling 43 in number.

We recently held our Annual General Meeting and the following officers were elected.

Eddie Keena:	Chairman
Yvonne McCloskey:	Secretary
Dan King:	Treasurer

Upcoming events: We hope to hold our first annual sports day for DSAI date and time to be confirmed.

Regards
Eddie Keena
Chairman DSAI
eddiekeena@yahoo.co.uk
dsaiireland@gmail.com

2015 British Gas Open Disability Short Course Swimming

By Leo McCrea

On Friday 22nd November 2014, I went up to Manchester to compete at the British Gas Open Disability Short Course Championships swimming. When we left by car on the Friday, it took us 6 horrendous hours because of the busy traffic.

On Saturday, I had to wake up at 6:00am to the disturbing sound of my alarm clock, to get to the aquatic centre. It was also the first time I have been there because it is usually held in Sheffield. Once I got there, the warm up started at 7:30am so I could prepare myself.

After the warm up, with my team South West, I then had to get ready for my first race which was 100m (2 lengths) freestyle; like always I felt nervous. It was a fantastic race, my entry time was 1:55 and I got a PB (personal best) which was a brilliant 1:48 so I did a 7 seconds PB. Also, I got a GOLD MEDAL for it, which I was very proud of. I was really happy with that race, but I then had to go for my other race, which was 100m breast stroke.

My entry time was 2:30 and my time was 2:18, which was an amazing 12 second PB. Luckily, I came first for that race, with a gleaming GOLD MEDAL. My final race was the 50m freestyle, which I entered for 52:62 and fortunately got 51:28 so again another PB, which I was really proud of and I got another GOLD MEDAL. Unfortunately I could not stay for the following day because I had to travel to London to go and see my aunty and uncle. I feel that I did a great job because I have put a lot of serious practice into my technique and power. Also, it was my fourth time at a national competition and helps me build my confidence in swimming and I look forward to swimming again next year in the nationals.



By Samantha Moore

Hi my name is Samantha and I'm ten years old. A couple of months ago I did my first nationals since I was classified. When I walked on to the pool side I didn't feel worried at all. I went to sit with my friends Corral and Adel. I felt more than happy when I was with them. I didn't think about the race at all, we laughed, we talked, and most importantly we swam. As soon as I went into the collecting room the nerves started to kick in. My coach Ruth gave me some last minute tips. When I was on poolside I saw the judges and I felt even more anxious. I got in the pool and said to myself "just do it" I flew through the water like no one was watching. The 50m freestyle was a success my time was 1:22:01 and it was a PB (personal best) and I came second in my heat. It was a great day at Manchester aquatics and to know that Ellie Simmonds has been in the same pool is amazing. Remember you have to believe to achieve.

**'Well done to all DSA Athletes who competed at
the British Gas Open Disability Short Course
Swimming Championships!'**

DSAuk Regions Update



Tom



Sean

Wales

Setting up the Welsh Region is coming along great as we have identified a number of families from across Wales; some members and some non members. These families have shown great interest and are onboard in helping us create and develop a successful region. We have arranged to meet up with a number of families within the region to introduce ourselves and begin thinking of different events and activities for the region, watch this space!

If you are currently in the Welsh region and wish to be actively involved in supporting this new region development please let us know. If you are able to support the region in anyway such as fundraising or you have any ideas or activities you would like to see within this region, please contact Tom or Sean.

South Central

The South Central region has a range of exciting events coming up over the next few months. Swimming at Fleming Park Leisure Centre which is a private booking of 1 large lane to allow fitness training, work on technique or simply a relaxing lane swim. A Swim coach attends some sessions. Also the region will hold Multi-Sport sessions at Wyvern Technical College with sports included such as, table tennis, basketball, badminton, new age curling, boccia, dodgeball and athletics (when the J-track is booked). Any other sports are also considered. Also badminton sessions will take place with coaching at Winchester Lido. For further information regarding this region please visit our website or contact the region leader.

South West

The South West has an exciting events calendar coming up over the next couple of months. Cycling Proficiency, Multi Sports as well as an exciting Snow Sports Activity Day are all already booked. For further information please visit the website or contact the region leader. The region itself has many members spread across a vast area and is the largest region within the UK. We are currently in the process of trying to recruit some volunteers to support this region. We are asking members to step forward from the Cornwall area to support this region by organising some exciting events.



Support your region to deliver exciting events. Contact your regional leader for more information.

South Central:

Justine Stocks 07941 133345 and Katie Wilkinson 07852 516772

South East:

Sally Smith 07500 220615 and Pippa Wauthier 07869 141350

East Midlands:

Willie Coppen 01332 514813 and Sally King 07800 630350

South West:

Sinead York 07725 357703 and Krysten Coombs 07597 288825

Northern Ireland:

Eugene McVeigh 028 3831 8212 and Emma Farnham 07732 357053

North West:

Penny Dean 07976 706868 and Karen Thompson 07849 307334

North East:

Annie Morris 07595 027774 and Rebecca Nuttall 07866 039305

Midlands:

April Barrett 07751 819096 and Mohammed Taj 07773 326149

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

- Find lots of great regional activities and events.
- Learn more about the amazing people who fundraise to support DSAuk.
- Get reminders for 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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www.facebook.com/DSAUK



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[@dwarfsportDSAuk](https://twitter.com/dwarfsportDSAuk)