

2015 ... Our Year of Wins



Youth Group – Nitro Circus

2015 started with a BANG!! With the Youth Group getting to hang out with the Nitro Circus crew during a training session at the Westpac Stadium. The kids (big and small!) meet with Aaron “Wheels” Fotheringham and Travis Pastrana. It was a fabulous afternoon – we had the stadium to ourselves, access to the riders and a great spectacle.



Fishing ... the ones that didn't get away

On a beautiful Friday evening in mid-February we hit the water in Daniel to try our luck at fishing again. The evening was warm, harbour calm and the fish were definitely biting.

Twenty members, including six in wheelchairs had another fabulous fishing experience with Pete Lamb and his crew. Everyone went home with some fish at the end of the trip.

This trip was made possible by the very generous support of



Round the Bays

This year's Round the Bays event included members participating in their wheelchairs competing in the 6.5km and also a number of the Youth Group walking with friends and family as well as Board members and supporters.

This year's event charity was Archilles Foundation so there were lots of people with physical disabilities involved in the event, including many VIPs of the Rugby Foundation who brought a lot of players down from Auckland and Waikato to participate in the event, many of them known to our members as we regularly see them at wheelchair rugby and basketball competitions during the year.

AGM & Parafed Wellington Awards

The AGM is a time, not only to confirm the official business of Parafed Wellington, like electing the Board. The members elected a new President – **Alan Signal**, Treasurer – **Colleen Dryden**, and committee members – **Greg Reid & Karl Hobman**.

This year we also had the pleasure to present a Life Membership Award to Catherine Gregory. Catherine joined Parafed Wellington over 20 years ago and has been actively involved in wheelchair rugby as well as assisting in the office. Catherine continues to be a key member of the Parafed Wellington team.

Award Recipients

We also to recognise our members' for their sporting performances over the past year (2014).

Harold O'Callaghan Trophy

Awarded to the Sportsperson of the Year in the region served by Parafed Wellington

Mary Fisher

Parafed Wellington Boccia Cup

Awarded for outstanding achievements in Boccia

David Harrison

Parafed Wellington Wheelchair Basketball Cup

Most dedicated basketball player. This cup is awarded to the person who plays or helps at wheelchair basketball. This person goes that extra bit further for themselves and the team outside of normal training etc, but usually goes unrecognised

Alan Signal

Parafed Wellington Trophy

For outstanding sporting achievement and representing NZ internationally

Mary Fisher

Caltex Novice Trophy

Awarded to athlete from any sporting code

Willian Parker (Boccia)

WPPDA President's Trophy

The Chairman of Parafed Wellington names the recipient for this award each year

Julie Signal

Parafed Wellington Swimming Cup

Awarded for outstanding achievements in Swimming

Chris Arbuthnott



Catherine Gregory

Parafed Wellington Wheelchair Rugby Cup

Most dedicated rugby player. This cup is awarded to the person who plays or helps at wheelchair rugby. This person goes that extra bit further for themselves and the team outside of normal training etc, but usually goes unrecognised.

Catherine Gregory

Junior Disability Games

For the first time Parafed Wellington entered a team into the Junior Disability Games. 4 members of the Youth Group, plus their families, participated in this 3-day event.

The Parafed Wellington team was **Corran, Josh, Joel and Sean**. Thanks to **Ross Hanning** for agreeing to be team manager for the Games.

We wish to thank Four Winds Foundation for assisting with the team registration costs.



Wheelchair Basketball

The plans for Wheelchair Basketball this year were grand. We had decided on hosting an invitational tournament in Blenheim in late April with the intent of getting teams from Nelson, Christchurch and Dunedin, as well as Parafed Wellington and Taranaki, together to compete and train together. Unfortunately for us we were unable to secure funding for this event so we need to cancel it. We hope we can try again in the future with more success. We also wanted to be part of the Northern League again, but due to factors outside of our control we were unable to participate.

However! We did host the North Island wheelchair basketball champs at the ASB Sports Centre in July. Teams from Auckland (2) and Taranaki came down for the event. It was the first real competition for our players.

In September the team headed to Auckland to compete at the National Champs. Initially we had thought the team would be best in the Division 2 grade as we had new players and due to injuries and illness, fewer players than we had hoped. As it turned out, the team was entered in Division 1 and they did us proud. **The Parafed Wellington wheelchair basketball team finished 4th!** This was an improvement on 2014 where we finished 2nd in Division 2. Great work team.

Our travelling team this year was **Alan Signal** (coach/manager), **Slade O’rorke St John**, **Trevor Durry**, and **Michael Barry**.

Our thanks go to Pub Charity who continue to support our wheelchair basketball team. Without Pub Charity we would not be able to do what we do. Thanks also to the team at ASB Sports Centre who are always on hand and willing to help our team at training or competitions.



Trevor Durry, Slade O’rorke St John, Alan Signal



Wheelchair Rugby

In June we hosted the WRC1 at Te Rauparaha Arena again. This is such a great tournament and Parafed Wellington really enjoys hosting this event annually.

Teams from Auckland (2), Waikato, BOP, Hawkes Bay, and Canterbury converged on Wellington for the weekend.

The 2015 team was: **Alan Signal** (coach/manager), **Catherine Gregory**, **Chris Barry**, **Gavin Rolton** and **Chris Lay**.

At the June event we launched our new players uniform “Parafed Wheelington” to great success. Parafed Wheelington had wins at both this tournament, and the following WRC2 in Auckland July. Our team was placed 5th overall in the WRC series.

Again this year we had the fabulous support from **John and his team at Air NZ Wellington Airport** helping us with all the sports chairs. We are really lucky to have this support as it makes it a whole lot easier to move 30+ wheelchair rugby chairs!!

We would like to acknowledge the ongoing support from NZCT for our wheelchair rugby programme, Mana Community Trust for support for the WRC1 competition and Pelorus Trust for their support for the WRC2 competition.



Youth Group

This year the Youth Group has been very active, meeting monthly for lots of different sports and activities. This year the Youth Group did the following activities – Nitro Circus, Round the Bays, Weetbix Tryathlon, Orienteering, Wellington Zoo, Junior Disability Games, Rock Climbing, Indoor softball, Arts & Crafts, Wheelchair Basketball, Indoor Football, Golf & Bowls, and Athletics.

It has been wonderful this year to see both the Youth Group and parents regularly turn up to events, taking the opportunity to experience new activities, and also to meet new members, many of whom are now friends.

Our regular and keen Youth Group members include: **Joel, Kahu M, Noah, Liam, Gretta, Fraser, Ari, Josh, Sarah, Brinn R, Martin, Lucia, Corran, Nathan, Jack, Stephen, Kahu C-M, Artemis, Brin E, and Josh.**

Parafed Wellington would like to thank all the organisations, sports and individuals who have supported the Youth Group this year, particularly – Laura Fergusson Trust, Softball NZ, Capital Football, Athletics Wellington, Para-climbing, Erin Fitzgerald, and Geoff Henry. Without your support and involvement, the Youth Group wouldn't be what it is today. THANK You So Much.

Here's a wee snap shot of some of the Youth Group activities this year.



Rockclimbing



Indoor Softball



Trampolineing



Weetbix Tryathlon



Bowls

Youth Group T'Shirt

The Youth Group had the opportunity to design their own t-shirt during the Arts and Craft session. A whole lot of designs were created and with a bit of creativity, these were amalgamated into a t-shirt design. We have some very talented artists, as well as athletes in our Youth Group so I think we can expect to see a lot more from them in the future.

For parents and supporters who are interested in a Youth Group t-shirt, we'll make an order early in 2016, so keep an eye out for details.



Skiing

Thanks to the support of Pelorus Trust, 3 Parafed Wellington members – **Alan Signal, Matthew & Andy Henderson** and supporters were able to attend the Adaptive Snow Festival at Cardrona this year.

Having the opportunity to spend a few days with the Adaptive SnowSports NZ team at Cardrona and The Remarkables was really an amazing experience. The weather was fabulous and the snow fresh and powder – so so different to the last two times we have tried (and failed!) to ski on Mt Ruapehu.

Thanks so much to our friends at Pelorus Trust who helped support this ski trip.



Alan Signal



Matthew Henderson



Boccia

The Boccia programme this year was a bit more limited than last year due, unfortunately, to Parafed Wellington having to cancel the Lower North Island Championships we were hosting due to poor registrations from other regions. Nonetheless, this didn't hold back our players who attended the Upper North Island Championships in Auckland in June.

Our Boccia team this year was **Andy Henderson** (manager), **Colin Frude**, **Hyran Daymond**, **David Harrison**, **Matthew Henderson** and **Nicola Dunleavy**.

Hyran Daymond (BC 2 & 34) and David Harrison (BC 1 & 4) both returned home from the Upper North Island Boccia Champs with Bronze medals. Matthew Henderson, our 3rd team member, came very close to making the semi-finals in November at the National Championships, **Hyran Daymond won the BC3 Title**, taking the game to tie-break against Paralympian Greig Jackson.

Hyran is now ranked No 1 in BC3. Other Parafed Wellington member's rankings are: David Harrison 7th (BC1,2 & 4), Colin Frude 13th (Kiwi), Matthew Henderson 19th (Kiwi) and Nicola Dunleavy 22nd (Kiwi).



Hyran Daymond

Parafed Wellington acknowledges the ongoing support from the Pelorus Trust for our Boccia Programme



Hyran Daymond, Matthew Henderson, David Harrison

A year of winning performances from our members

Quite a number of our members (past and present) have been active in many other activities outside of Parafed Wellington and we would like to congratulate them on their successes in 2015.

In January, the Lowry Bay Yacht Club hosted the NZ Hansa Class National Championships Kiwi Ability Regatta. Three members competed – **CJ Walker**, **Matthew Henderson** and **Genevieve McLachlan**.

KiwiAbility Overall Series Placing - CJ Walker 4th and Matthew Henderson 8th.
303 Class Overall Series Placing - Genevieve McLachlan 3rd

Also in January **Kate Horan breaks World Record**. Para-Cyclist and Parafed Wellington member Kate Horan smashed the world record for Women's Flying 200m sprint. Her time of 13.551 has knocked 2 seconds off the previous record held since 2003 by British Para-Cyclist Zoe Marusiak!!

Kate continued her form to win **Silver in the Women's C4 500m Time Trial** at the UCI Paracycling World Championships in April.

Kate was also named a Finalist for the Sport Wellington Athlete with a Disability award. Kate now has her sights set on Rio.



In April **Tim Prendergast won Bronze at London Marathon** former Paralympic 800m T13 champion and Parafed Wellington member, Tim Prendergast won bronze in 2:47:23. 3 world records were broken at this event.

Mary Fisher had a stunning year.

Starting in February, Mary won the **Halberg Award for Athletes with a Disability**. By the middle of the year, Mary was again recognised for her 2014 performances, being awarded for the second year the **Sport Wellington Sportswomen of the Year and Athlete with a Disability**.

Mary's performances in the water in 2015 were no less spectacular, starting with the IPC Swimming World Championships in Glasgow.

Mary collected **3 world titles in record time** and **2 silvers**.

Gold: 100m freestyle, 100m backstroke, 200m individual medley; Silver: 400m freestyle, 50m freestyle.

On arriving home, Mary broke **2 short-course world records**.

Mary is now World ranked

Long course - 50m Free – 3rd, 100m Free 2nd, 400m Free 3rd, 100m Back 1st, 100m Breast 8th, 200m IM 3rd.

Short course - 50m Free – 1st, 100m Free 1st, 50m Breast 1st, 100m Breast 1st, 50m Fly 1st, 100m IM 1st.

Mary was also named a finalist in the 2015 Wellys Sport Category in late 2015.



Sir Murray Halberg & Mary Fisher

Hutt City hosted the Disabled Bowls World Champs in from February. A few Parafed Wellington members were involved in the organisation of the event.

Gavin Rolton again captained the Wheelblacks on their international tours this year as the team working through qualifying tournaments in order to secure a spot in Rio. In October the team headed to London to compete in the BT World Wheelchair Rugby Challenge competing against 7 other nations, finishing 7th in the tournament. In November the team also competed at the IWRF 2015 Asia Oceania Champs in Japan, finishing 3rd. The team finished the year with a World Ranking of 10th.

Matthew Vangioni headed off to the USA in early 2015 to compete in the Military Games in wheelchair basketball.

Paul Fallon and **Karl Hobman** joined the national wheelchair basketball team to compete in a number of games in South Africa in September. South Africa won all games.

Greg Reid secured a quota spot in Rio for the NZ Paralympic shooting team after competing at the IPC Shooting World Cup at Fort Benning, USA in December.

Greg finished placed 8th in the R3 Air Prone event. That makes it slot number 3 for NZ in the sport of Para-Shooting!

Andy Henderson and **Colin Frude** were both re-elected to the Boccia NZ Board in November.

Paula Tesoriero was appointed a Trustee of the Halberg Disability Sport Foundation. This in another volunteer role Paula holds alongside being a Board member of Sport Wellington.

Alan Signal attended the Connecting Coaches 2015 Conference in Auckland. Speakers at the conference included Steve Hansen, Stephen Kearney and Baroness Sue Campbell. This annual conference is a key event for all coaches in NZ, be they international world champion coaches or local club coaches.

Alan was fortunately to have the opportunity for a one-on-one session with Stephen Kearney.



Parafed Wellington was named a finalist in the Wellington Regional Community Airport Awards 2015. This year we presented our Youth Group for the Sport Award.



Why we do what we do

Some feedback we received over the year

As a Step-Dad and Guardian of Michael, I stood back and watched how Alan, Slade and Trevor welcomed Michael into the fold as this years 'rookie' and on his maiden trip away. That carried on with Shane and his boys from Tauranga. Five days have gone by now, and the smile on Michaels dial has not disappeared. As you know - he is not one for many words, but for what he has shared so far, this trip away with the Team has certainly made a massive impact on him. I have thanked the boys already for taking him in and treating him as their equal, advising and coaching him before, during and after the games. Because of this trip his confidence is starting to take off – and I cannot thank you enough for giving him this opportunity.

In relation to the Youth Group

Its great and we appreciate the opportunities it provides. You're doing a great job!

A New Year Message from our Patron

I hope you all had a wonderful Christmas break after what was an action packed year, with opportunities for participation increasing through all of the sports, activities and events Parafed provided. When we look at the list of last year's activities it included Softball, Basketball, Rugby, Boccia, Youth Club, Weet-Bix triathlon, Ski Trips, fishing trips etc. It makes me tired just thinking of all the organisation behind the scenes. So I would expressly like to thank our hard-working staff and committee for all your work, I hope you have had time to recover, because I am sure that this year will be just as eventful as last year. In concluding I would like to wish all our members a happy and fulfilling 2016.



Paul Curry
Patron

Message from Our President

What an amazing year we have had it has not stopped all year it is great to see a lot of new faces youth group growing in numbers and the kids and parents having a crack at the new activities this year. Which brings me to a big thank you to Catriona our Parafed office manager for making this year another huge success and a smooth as possible process for all Parafed members to be able to participate in their chosen activities for the year. With that a very big thank you to Colleen and to Greg our Parafed board members for volunteering their time and efforts In this day and age giving up your time for free is a valuable commodity worth its weight in gold so to see the results in our members makes it worthwhile. Finally to all our members current and future sports stars and of course all our sponsors who without your support none of this would happen thanks for a great year it has been amazing to witness everyone achieve attempt and enjoy on all levels may 2016 be just as satisfying and challenging for us all



Alan Signal
President

Some BIG Thank You's ...

Thanks to a number of our members for their time and commitment this year.

Alan Signal was elected as President of Parafed Wellington this year, which has been kept him busy, but Alan has still committed time and energy to coaching and managing the Wheelchair Basketball and Rugby teams.

Colleen Dryden stepped down as President but agreed to continue in the role as Treasurer.

Andy Henderson continued to run the Parafed Wellington Boccia programme, along with **Colin Frude** providing coaching assistance.

Also a **Special Thanks** to all the **spouses, partners, family** and **friends** of our members who regularly help not only their own family member with trainings, competitions, transport, encouragement and sometimes "tough-love" but also our other members. Without your ongoing support, our members sporting and recreational aspirations would not be so easily achieved.

Without our Funders & Partners

Parafed Wellington is very grateful and offer heartfelt thanks to all our funders this year. Our funders who supported some specific projects have been listed above. The following funders have helped us with general and non-project funding:



Manager's salary assistance is gratefully appreciated as it allows Parafed Wellington to have a staff member to help organize the sporting activities, as well as run the organization.



Lottery Grants Board have come on board with Parafed Wellington again this year supporting us with funding which has helped us continue to deliver sports, activities and other services to our members.



Think Differently have helped Parafed Wellington with providing financial support to our Youth Group.



Provided support for Parafed Wellington this year through a number of its sports and community grants.



For supporting us this year, even though we didn't end up using the funding this year!



Assisted with general funding for Parafed Wellington to continue providing a range of activities and opportunities for our members.



Thanks to ContainerCo who very kindly donated a 20ft container to store all our equipment. Also to the Kilbirnie Fire Station who continue to let us leave the container in their car park.



Ongoing partner of Parafed Wellington.



Ongoing partner of Parafed Wellington.

SO, what we are doing in 2016



2016 is going to start with another **Round the Bays** is on **21 Sunday February**. We are planning on entering a team again this year. If you wish to be part of the Parafed Wellington team, you can register through the wellingtonroundthebays.co.nz website.

<https://secure.tiktok.biz/register/default.aspx?EventID=wellingtonroundthebays&Edition=2016>

We'll be entering the 6.5km run/walk.

We have set up a team entry, so search for Parafed Wellington. Enter all your details. You DO NOT need to pay when you register, we will invoice you once the entries are all completed.

Encourage friends and family to join us on the walk, it's a great morning out. Lots of fun!!



Fishing trip.

We have 'Daniel' booked for **Friday 26 February**.

If you are keen please contact the office asap. We will need to limit the number of wheelchairs on board this year (we took a few too many last year)!!. Again, if you are in an electric wheelchair, you will need to have access to a manual chair while we are out fishing as we can't get them on the boat.

Appointment of Sport Coordinator

We are also in the process of appointing a part-time Sport Coordinator. This role is to facilitate the development of Parafed Wellington, ensuring our organisation caters for and supports people with physical disabilities to be active in sport and recreation. A key focus of this role is to work with our younger members through our Youth Group.

We hope this successful applicant will start in early February. We'll keep you posted.

Youth Group

A wee reminder from Erin at Halberg Disability Sport Foundation about the Adaptive Football programme which will recommence on **Friday 15 January** at **Petone Memorial turf 5-6 pm**.

And, finally

2016 Membership

Please remember to renew and/or join Parafed Wellington this month so you can access all these great activities and more during 2016. A membership form will be sent along with this newsletter, but if you don't receive it, you can find one on the Parafed Wellington website www.parafedwellington.co.nz.