

*Dwarf Sports Association UK  
Official Journal*



# ReachOut

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

## DSA Members at the Centre of the 2012 Paralympic Celebrations



# Paralympic Success for Dwarf Athletes

What an amazing two weeks of sport. The Olympics fortnight was brilliant with the most successful team Great Britain has ever had, but that was only the start of the incredible sport that followed.

The London 2012 Paralympics surpassed anything we could have imagined and the dwarf athletes were some of the stars of the London games. On the first day of competition in the women's 40kg weight class the first of the DSA members to compete took to the stage at the Excel centre.



Zoe Newson is only 19 years of age and was the youngest of the Team GB lifters. London was her first Paralympic games and she wasn't there with a medal in mind, she would have been happy with a personal best lift and to experience the games in preparation for the future. However she was able to push the best lifters in the world to perform in fear that this new young lifter would steal a medal from right under their noses.



**“I couldn't believe it when I was told I'd won a bronze, I had to go and look at the scoreboard and even then I still didn't believe**

Zoe started with a solid lift of 84kgs and set the standard for the rest of the field, she followed that with an 88kg lift which was disallowed due to not properly locking out her arms. This gave Zoe's opponents a chance to retaliate and she had to make her final lift to secure a medal. She went out and confidently lifted a new PB of 88kgs, winning the bronze medal for Team GB.

“I couldn't believe it when I was told I'd won a bronze, I had to go and look at the scoreboard and even then I still didn't believe it”

What a brilliant start to the 2012 Paralympics a first ever medal for British powerlifting from a female dwarf lifter.

Then the swimming started! We all held on to the belief that Ellie Simmonds and Matt Whorwood could recreate their success from 2008, but who knew how good it would be.

**“Matt was very pleased with his time and his bronze medal”**

The American swimmer, Victoria Arlen, held the world records for the 100m & 400m freestyle events it looked like the USA might be holding all the cards but Ellie had different ideas. In her first event she qualified strongly cruising into the final, knowing that the final would be different. She went out from the start to match Arlen stroke for stroke, and she did. Holding on to her up to the last 100m then stepping up a gear to push past Arlen and finish first in a new world record time of 5.19.17, five seconds faster than the previous record.



In the men's 400m freestyle Matt Whorwood had set the second fastest time in the qualifying heats and faced a tough race, Matt went out from the start holding on to the lead group from the off and as they pulled away from the chasing group he started to real in the top two, in the last 50m he really started to catch up to the leaders but didn't quite have enough time



to catch them and finished in third place He finished in a time of 5.11.59 a brilliant time and enough to secure him the bronze medal. Matt was very pleased with his time and his bronze medal.



After a days rest Ellie fought her way to another gold medal in the 200m individual medley with an amazing new world record of 3.05.39. In a cat and mouse race Ellie kept up the pressure on her rivals through the first two stages of the race putting in two damage limitation lengths for butterfly and backstroke before unleashing her breaststroke to pull up on the rest of the field, then in the final turn putting in a magnificent final 50m freestyle to pull into the lead and win her second gold medal of the games.

In the men's 200m IM Matt Whorwood swam a beautifully measured heat to make it into the finals. He swam well with a great butterfly and freestyle leg to finish 5th in a time of 2.53.08. A really great performance which is sure to push him well up the world rankings. Next for both Matt and Ellie was the 50m freestyle on Tuesday. Matt found it hard to keep up the pressure in the shorter race and did not make the final but still posted a great time of 33.91.



In the same 50m freestyle event Ellie put in a solid performance in the heats to make the final which featured, Arlen and De Konning-Pepper who are both very strong in the short races. Ellie had the crowd behind her, as she walked out the roof was raised by the noise of the cheering. Her stroke rate was phenomenal and she finished in a time of 36.11 not a PB but good enough to secure her third medal of the week, a bronze.

Both Matt and Ellie had two days rest before their final event the 100m freestyle. A nervous nation watched the heats as both Matt and Ellie qualified for the finals in style. In the men's final Matt held onto the pack right through the first leg of the race and was beginning to make progress on the rest of the field but ran out of time to finish in a brilliant 7th place putting him in the top ten S6 class swimmers in the world. Ellie knew she had to swim a massive PB in the 100m final as the world record had fallen in the mornings heats, she went into the final as second fastest qualifier. Right from the beep the pace was incredible and as the whole field swam into the last 20m it was obvious the new world record was already under threat, Ellie touched second just behind Arlen who broke the world record for the second time that day, a fourth medal for Ellie in an incredible week of swimming.

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**“The world record was broken 6 times during the event and 9 out of the 10 athletes threw new personal bests”**

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In the field athletics Kyrone Duke threw in the shot & javelin and had a great competition in both. He threw new personal bests in both events finishing in a good 5th place on the Thursday in the shot put and then the day after on the Friday took part in the most incredible javelin event ever held in a Paralympics. The world record was broken 6 times during the event and 9 out of the 10 athletes threw new personal bests, eventually the gold medal was



won by Chinese athlete Zhming Wang with a massive 47.95m. Kyrone followed his successful shot event with a new PB in javelin of 38.64m giving him an overall position of 8th place.



The final dwarf athletes to compete was Jason Irving a veteran of several international events he lifted in the men's 60kg class, he lifted 163kg which is almost three times his own body weight . He finished in 8th place overall with the winner from Iran Nader Moradi lifting a massive 196kg.

All the membership of the DSAuk would like to say how proud we are of all the athletes who represented Team GB at the Paralympics. We hope to see more great dwarf athletes in Rio 2016!

Hopefully you have all been inspired by their efforts and if you want to take sport more seriously contact the office who can help you find clubs to train with otherwise just come along and enjoy some sport with you local regional events.



# A word from the chair

Wow we all thought it would be a great year for sport but little did we know how great it would be. Both the Olympics and the Paralympics encapsulated the Great British spirit and showed why we should all be proud to be British and in our cases proud to be dwarves. We had 5 members successfully compete and show the nation and the world exactly what dwarves can do when they put their minds to it and train extremely hard for 4 years. Well done Ellie, Matt, Zoe, Kyron and Jason. The hard work now starts for Rio 2016 where we hope we will have even more athletes competing.

We at the DSAuk want to build on this success and gain greater awareness in the UK and hopefully globally of the charity's fine work. This has started to occur with more new members joining the association

than ever this year and through large donations being received from Channel 4 and Warwick Davis & his family through their participation in celebrity Mr and Mrs. We are extremely grateful for these donations and all the members fundraising efforts as this is really helping our World Dwarf Games thermometer shoot up, every little really does help.

You can all help us in gaining greater awareness for the charity by attending our events, fundraising for us and being successful ambassadors of the charity. We have also started a new twitter account @dwarfsportDSAuk on the back of our successful Facebook page so come follow us and start spreading the awareness. Enjoy this edition of Reachout and I hope to see you at a national or regional event soon.

## DSA Athlete Profile William Palmer

- Class: - S6 swimmer
- Job: - Student
- Sporting background: - My family live for sport, and I am no different to my siblings. I have always enjoyed sports especially team games. I have played football, tag rugby, basketball, hockey and cricket and have been really lucky. My junior school sports master, not only included me in all the training but also in the teams.
- Age: - 13
- Favourite Sports: - Swimming, sailing, football, badminton
- Personal Bests: - I hold regional records in backstroke, both short and long course and individual medley. I went to the junior nationals in Sheffield this year and won gold medals and achieved PB's in all my events.
- Favourite TV programme: - Holby City
- Favourite food: - Chicken and pasta
- Sporting ambition: - My sporting ambition is in swimming. I would like to swim for Team GB in a world championships or Paralympics one day. I train regularly with a disability squad. None of our local clubs would integrate me into competitive squad training as I am too slow. (They need to look at Ellie and Matt to see how fast dwarfs can be! You two were incredible at the Paralympics.) I was really scared the first time I went to the disability training session but I have made some really good friends. One of my best friends there is deaf and she is a simply amazing swimmer. Our coach Maggie is the best. She is totally dedicated to all of us and comes to all our galas. She arranges loads of events where entry times are waived for us. This is fantastic as swimming against tall people really improves your times.
- Hobbies: - I enjoy scouts and socialising with friends.



# DSAuk Boccia & Badminton Tournament

The August bank holiday weekend saw the very best boccia and badminton players meeting in Birmingham for the DSAuk National Tournament.

The event was held over three days and showcased the very best of the nations dwarf athletes in both boccia and badminton. The badminton event featured a development doubles tournament where the pairings were matched to make the tournament both fair and on a level par, giving developing players both in the juniors and open age groups a chance to play with different partners and learn from each other whilst competing.



In the boccia event it was good to see some new players and some of our more experienced players return to the national tournament. All the categories and age groups were very competitive as usual and many of the players had to dig deep in the final ends of the games to go through to the finals.

In the open boccia a very tough competition led to a gripping final between Jamie Patton and James Coyle King. In the masters groups, players from the regional leagues featured heavily culminating in a very close final between Steve Scott and Martin Rush with Steve winning 7-4.



A nice end to the boccia tournament was Martin Rush winning the Peter Sugden Trophy as he was the first ever winner of the trophy in 2005. The Peter Sugden trophy is a great last event where the winners of the junior, open and masters singles event play off to find the best player from the weekend.



**“Thomas Vogt’s mum told us he had a great weekend & really enjoyed himself”**

The juniors section of the badminton was particularly close this year as many of the young players are members of local clubs and are becoming very accomplished players. It was great to see Jack Shephard back on court after several months off after his surgery. In a very exciting final Jack played Bobby Laing, Jack won the first game but Bobby fought back to win two games to one. Well done to both those junior players.

The class 1 group was also exciting with new player Jamie Patton taking part and James Coyle-King coming back to badminton after a break from the sport. The open doubles and mixed doubles were very exciting games with developing players Thomas Vogt and Rebecca Bedford both showing a great deal of improvement in their games, two players to watch out for in 2013.

Boccia and badminton are both becoming very popular and are growing in numbers every year, don't miss next years national event for the very best in both sports.



### South West region update

The region has been very active and there's more planned for the autumn. In July we held a swimming session at Milborne Port Pool with a coach who gave encouragement to all our members,. Unfortunately it rained so we were unable to picnic, but we will hope for better weather when we return.

The weather was lovely when we spent a fun day at Vivary Park, Taunton. We used the park's facilities, playing football and skittles. "This Ability" also organised a have-a-go event in Yeovil, which gave people an opportunity to try sporting challenges and included live music.

Soon we are having our first badminton coaching session with DSA member Krysten Coombs. We would like to thank Krysten for giving up his time to coach our members. Sinead York is also kindly organising a table-top sale & pamper session Sat 1<sup>st</sup> December, in Paulton near Bristol. If you would like to have a stall the cost is £10, please get in touch ASAP. Please, please come and support this event as all the proceeds are going to DSASW.

Finally, our treasurer has stepped down. We would like to thank Sue for her support. If you are interested, please get in contact.



### South Central update

The South Central region organised a very successful afternoon in August at Woodmill Activity Centre where we learnt survival skills, lighting a fire without the use of matches & canoeing. Judging by the amount of squeals the canoeing was great fun and everyone got soaked either by capsizing or jumping in.

Karen has decided to resign as secretary, but continuing in the role of treasurer. I would like to thank her for all her hard work over the years. The region is looking for parents to share this role in organising a few events.

In July we organised a fundraising event in Winchester. It was a long day, an early start, but very worthwhile as we raised over £500. Thanks to everyone who helped. In October we are organising our second Art Fundraiser at Rookesbury Park, Wickam. Congratulations also to Martin Rush for winning the Peter Sugden trophy in the National Boccia competition.

We are continuing with our outdoor athletics sessions and trying skiing in October at Southampton Alpine Centre. Our monthly badminton sessions at the Lido in Winchester are very successful as members are now playing Para-Badminton competitions regularly.



### North West region update

The North West has been very busy lately organising a few new events. Providing our learn to swim and soft play days we have also started a whole new group of young members learning to Ski. With ringo's for those who wish to just simply go sledging.

Also coming up soon is a tag rugby session which we hope will build on the success of last years taster session.

We are hoping to put on some more team sports soon and put on some training sessions to support our team competing in the USA in 2013.



### South East region update

The South East region events are now back in full swing after a little bit of a summer break. The football sessions have been a big success and well attended by lots of different members, even Mikey Thompson coming down all the way from Manchester to participate. These sessions have been so popular we will look to extend them into the New Year.

The Learn to Swim sessions in Cambridge continues to draw lots of younger members in and fingers crossed we may find another Ellie Simmonds. It can already been seen that Tom Smith & Fern Sneddon, have dramatically improved due to initially attending these sessions and then finding other regular lessons outside the regional events. These sessions currently run until November but again will be extended into 2013.

The South East region is also looking for people willing to help out, from just keeping the simple accounts for the region or organising an event or two so if you are willing then let Paul Doling know.



### North East region update

In early August we had a very successful corporate golf day fundraiser to help raise funds for the World Games team and the North East Region.

This year we had some fantastic prizes including the chance to win a car if a hole in one was scored on the 11th hole. Thanks to the support of Fiat cars for donating that amazing prize. There were also holidays, insurance and golf equipment on offer at other par 3 holes for holes in one, and we thank all the companies that supported us with those prizes.

This year 42 teams of comprising of 4 players entered and even though the rest of the summer has not been the best on our golf day the sun shone all day.

There were some brilliant performances and great golf played and through the raffle and charity auction the golf day raised an amazing £4500.

Thanks to Rick Morris, Annie Morris, David Hunt, Glynn Flack and all the DSA committee members who turned out to support the day and to help raise funds.



### West Midlands update

The West Midlands region has re-launched itself with a few different members helping it to organise some new events and attract new members.

They have kicked off with a series of swimming sessions aimed at teaching those who can't swim to learn and for those who can the coaches are focussing on improving their stroke. After the swimming there was time to catch up over a bite to eat and talk about what they want to do next.

The region has plans to add more to their agenda of events very soon. With the chance of lots of different sessions and events to enjoy, covering all the sports the regions membership want to take part in.

If you live in the west midlands area go long and enjoy their events and support this region in its work to reach more people with dwarf conditions in the west midlands area.



## Good Sportsmanship - It Starts With YOU!



Good sportsmanship is one of the most important lessons that we can learn from competition. Our success in sports is in learning to play the game with a certain attitude, rather than whether we win or lose. Transferring that knowledge to other tasks and activities is an important part of the battle when it comes to learning to succeed.

It builds skills that all children and even some adults need to have for their own. So how do you teach the meaning of good sportsmanship, let alone the practice of it, in today's society where messages and examples of poor and even downright bad sportsmanship abound?

### Be a Good Sport

The first role model that a new member will have for the proper behaviour in games and sports is you. Make sure that the impression that you make is a good one. Show that you enjoy sports and games for themselves and not just for the prospect of winning. Teach others to admire skill and performance no matter who delivers it and even suggest to them that it is okay to root for all the participants. Help people to learn how to behave when playing, win or lose. A good coach will make their expectations of conduct clear early on, you should make sure that you understand your part in that before going on to the field of play.

Players should shake hands or give high fives at the beginning and end of a contest. You can discourage showing off & taunting and encourage participants to congratulate players on both sides, for good plays. Congratulate players who perform well and console those who may not have and feel disappointed. Learning to be a good loser is a difficult & important ability and learning to be a humble and magnanimous winner is just as important. You can show a young athlete how to be a good sportsman by being one yourself, never complain or blame others and treat all your competitors how you would expect to be treated yourself.

Treat each other with respect and lead by example. Give something back to the sports you enjoy and others will follow your good example.

# Get To Know Your New Committee Members

## Pippa Wauthier

I have been a member of the DSA for 10 years. I work as a teacher of the deaf, and have Cartilage Hair Hypoplasia which was diagnosed when I was 4 years old. I spent my childhood living in Cambridge. Both my parents are average height and quite sporty so encouraged me to be active.

I left home at 18 for Manchester University where I trained as a teacher for the deaf. I've always been interested in team sports, I loved rounders and hockey and made the school teams for both. I also played hockey for Manchester University Ladies 2<sup>nd</sup> Team. I learnt to swim at 9 years old, with help from a local pool and swimming became a sport I adore and do on a regular basis. Growing up in Cambridge cycling was also something I enjoy, I've taken my bike around the world even to Vancouver, I've enjoyed cycling holidays in the Loire Valley and also in Brittany. On a holiday to Austria, I found a passion for skiing and went on to get my ski instructors qualification during a season in Vermont, my weekends were spent on the local mountains teaching on a disabled ski programme. Settling back in the UK in 2002 I joined the DSA and love meeting up regularly with others to enjoy sport on a level playing field. I especially enjoy the table tennis, badminton and ladies football, but cycling and swimming will always be my favourite.



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**“I hope to be able to support the great work that it (DSAuk) does so that it can continue to offer access to sports for all its members”**

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I have attended the World Dwarf Games three times and have entered many National Games, 4 Nations Badminton and also the European Games in 2007. In 2008 I threw the qualifying distance at the DSA games and was invited to compete at the Paralympic World Cup in Manchester. It was an amazing experience, and I was very nervous, I did my best but came last. Still it was a great honour to be selected and a memory I will treasure forever. I now have a husband and toddler to keep me busy as well as a new job. We are based in Warwick and are supporting the West Midlands Region in setting up lots of activities and sports. I have joined the DSA committee because I know how important sport has been to my life and health. The DSA is a small charity that makes a big difference to many lives. I hope to be able to support the great work that it does so that it can continue to offer access to sports for all its members. Sports are such a fun way to staying healthy.

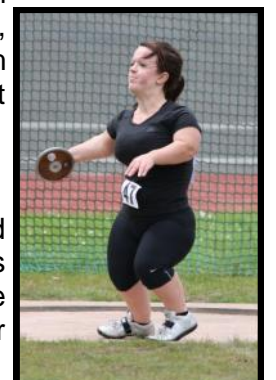
## Nic Beaumont

My committee role is Parents' Representative. I am very passionate about this wonderful charity and will always be grateful for everything it has given my family. Quite simply, I would love all our parents to feel the same way. I want parents, particularly our new members, to feel they can raise their queries, issues, suggestions through me and I would like DSAuk to be transparent and responsive to parents. Clear, open and honest communication will help to ensure that DSAuk remains an integral part of all our lives and that our children continue to get the most out of the fantastic opportunities it provides. I have been a member of DSA since my son Dylan was about 2 years old, so around 10 years! Where has the time gone? My favourite food is Spanish. I spent some time travelling round Spain when I was 18 and fell in love with everything about it. I can also make a great traditional tortilla. My favourite sport is football. Proper football, the way Everton play! My musical taste is quite diverse, from the Smiths through to 70s disco, the Jam, Simon and Garfunkel and Northern Soul but my absolute favourite music is Motown. I'm hoping that if I get to the World Games next year I can get along to Hitsville in Detroit where it all began.



## Leah Flack

The newest addition is a non committee role of athletes' rep. Leah applied for the post and was asked to join recently. She will represent the opinions of the athletes at the meetings that affect the National Games and also to feedback any questions or problems that the athletes might want to bring to the attention of the committee. If you are a young member and have anything you wish to bring to the attention of the committee then see Leah.





# Paralympic Torchbearers



DSAuk member Michael Pope carried the Paralympic Torch on the final leg through London during the 24-hour relay on August 29<sup>th</sup>.

**“It was an honour”**



He was selected for his sporting achievements and his work as a community volunteer helping to coach both able-bodied and disabled people and for encouraging disabled children into sport at his school. Michael said “I was so proud to be selected to carry the Paralympic Torch. It’s a once-in-a-lifetime opportunity and an event I shall never forget. It was one of the best things I’ve done in my life and such an honour to be selected. It was an amazing experience and it was great to see so many people in London who came out to watch. My friends, family from Penzance to Scotland and some of my teachers also came, which made it even better. “It was an honour”.



Another member of the DSA who carried the Olympic torch was Chris Isaac. He carried the flame through Barking and Dagenham on 22nd July in the last few days before the opening of the Olympics. Chris has been a member of the DSA for some time and is an enthusiastic table tennis player and massive football fan. As Michael said and Chris echoed his sentiment “It was an honour”

## Name The New DSAuk Mascot

The DSAuk is launching a brand new mascot for our charity. We’ve never had a mascot before and after some discussion it was thought to be a great idea. The committee and trustees have chosen a lion as the animal we will focus on however our mascot still needs a name. Something that represents the DSA, its aims and ethos, also a name that is memorable and unforgettable.

We have decided on running a competition with the prize being winning the first DSAuk mascot ever made. All you have to do is dream up the best name for our new mascot and send your entries to the office by the end of November. If you do not win the competition don’t worry as you can always purchase a mascot from our website.

The whole concept behind having a mascot is that when our members are on their travels they get our lion photographed with famous people or in famous places and post those photo’s on their own Facebook and our DSAuk Facebook and Twitter pages, creating a viral global phenomena that is based around our mascot, creating publicity and worldwide awareness of the DSA and its work. Plus it will be great fun!!!



# Ben Buckley - Games Maker



*How did you get the chance to become a 2012 games maker?*

Ben: A friend encouraged me to apply, after reading the details, I made the application in October 2010 via the London games maker 2012 website. The forms were easy to fill in and I was already excited by just the thought of being a 2012 volunteer. Once the applications were received and considered, successful applicants were invited to a selection event. I was invited to an interview in the summer of 2011, and then to a test event which took place in September 2011. The interviews were fun but quite nerve racking.



*Did you pick which job you wanted to do or where you were told?*

Ben: We were asked to choose 3 roles in order of preference in the application form. Luckily I was able to volunteer for my preferred role and location, which was the Table Tennis field of play in the Excel Centre.

*How did you feel when they told you what you would be doing?*

Ben: I was surprised and very excited to be invited to help, I hadn't realised when I applied I would be involved in helping with both the Olympics and Paralympics table tennis events. I realised at that point it would probably be a once in a lifetime opportunity.

*What did you have to do as your part of the event?*

Ben: I was part of the field of play team within the table tennis event. This involved ball collecting, being an assistant beside the court, leading the players and teams to their tables and checking accreditation.

*How long were you working there for and how long were the days?*

Ben: During the 2 weeks of the Olympics I helped for 8 days. At the Paralympics I helped for 6 days. Each day shifts were worked from 8am until 10pm at night, teams of games makers would start in the morning until mid afternoon then a second shift would start from the afternoon until the end of the day.

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**“I realised at that point it would probably be a once in a lifetime opportunity”**

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*Did you meet any famous athletes?*

Ben: I was fortunate to meet and be around some of the best table tennis players in the world such as Ding Ning from China. Probably one of the most high profile table tennis players was Natalia Partyka from Poland who took part in both the Olympics and Paralympics, she was very friendly and popular with the crowds.

*Did you have fun and how much did you enjoy volunteering in London 2012?*

Ben: It was great fun, I've a lot of great memories I will never forget. There was a real buzz and good vibe during the whole summer of 2012 and I was really proud to be a part of it.

*Did you get the chance to attend the closing or opening ceremony?*

Ben: Unfortunately I didn't get the chance to attend the ceremonies, I was offered the opportunity to attend a rehearsal and also the athletes parade, but I was unable to attend due to my work commitments.

*Did you take holidays off work or did your place of work support you as a games maker?*

Ben: I recently started a new job early in the summer and mentioned this at the interview, I took my annual leave to facilitate the time off I needed. Luckily my manager was supportive and very enthusiastic about my role.

*What was your favourite part of the whole experience?*

Ben: The exciting atmosphere and the friendly people. Watching some great games and being very close to the action. Also to have been a part of London 2012 and the amazing games makers team.

*Did you meet any dwarf athletes?*

Ben: I did see other dwarf athletes while at the Excel, a table tennis player from France, and I met one dwarf player who came from Egypt. I hope to see them both again at the Dwarf World Games in Michigan.





# World Games Training Days

It's less than a year before the GB team will be on its way to Michigan for the World Dwarf Games, so the DSAuk are organising training days and trials for the football and basketball teams.



There will be regular sessions held in Birmingham for men's and ladies, junior and senior football and basketball teams. The sessions will be coached by qualified coaches to develop the teams over the months leading up to the 2013 World Games. If the teams are to be successful then it is important that they train and play together as much as possible on the lead up to the World Dwarf Games.

The days will start at 10am prompt with football training till 12 noon and then from 1pm to 3pm there will be basketball training. The training will take place at Hamstead Hall Community Learning Centre, Craythorne Avenue, Handsworth Wood, Birmingham, B20 1HL.



Also available will be archery and boccia for those who wish to do some preparation towards those events. All members are welcome to attend. Training dates set so far are 3rd November, 19th January, 9th February, 9th March, 25th May, 22nd June, 6th July.



# World Games Updates

The World Games organising committee have now officially invited all the countries of the world to compete in Michigan. The response has been amazing with 35 nations having made contact with DAAA to show interest in the event. The rules that will be used for the 2013 World Dwarf Games have also been published and can be found on their website at [www.2013worlddwarfgames.org](http://www.2013worlddwarfgames.org).

We have had quite a few requests for approximate costs of competing at the world games so here is a brief run down of what it will cost.

- Flights around £800 per person (direct from Heathrow).
- Bus transfers from Detroit Wayne County airport (DTW) \$50 per person (includes return journey).
- Athlete registration - including opening and closing receptions \$150
- Non-athlete registration - including opening and closing receptions \$75
- University accommodation, \$35 single room, \$32 shared room, per person, per night
- All you can eat meal plan, \$25 per person, per day.

A total cost of around £1260 per athlete for a nine day stay.

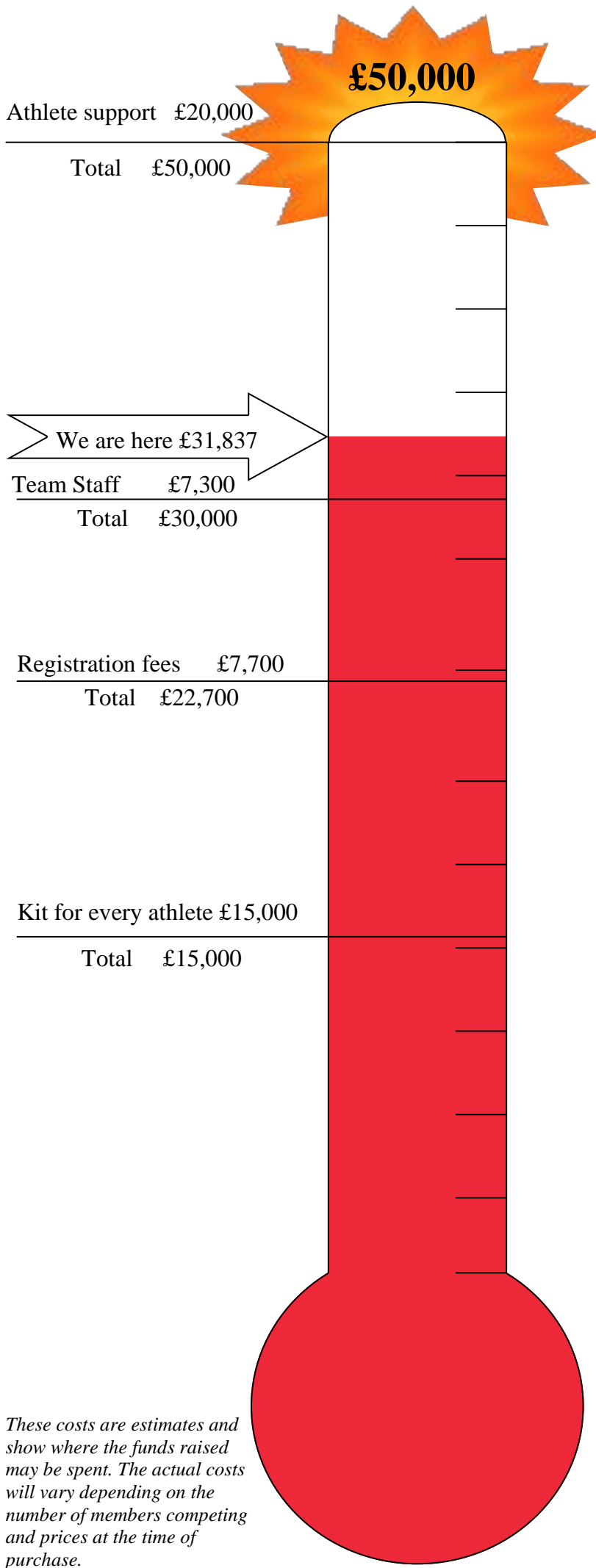


# 4 Nations ParaBadminton - Cardiff

The 4 nations Badminton series got underway in Cardiff in September with the first event for the 2012/13 season. The dwarf class was well represented with 16 players entered. A new player to the four nations was Jack Wilkinson who did really well in the singles and partnered with Jack Shephard in the men's doubles came third in the group stages. Many of the young players have made great progress and the standard of play is good across all the ages.



It was great to see the ladies groups well supported with Randika Cooray making a comeback to the tournament, also making a welcome return was Luke Irvine and Niall McVeigh from Ireland. The four nations is open to any of the DSA members who would like to play more badminton for more information contact the DSA office, the next event is in Belfast in November, followed by Scotland in February.



*These costs are estimates and show where the funds raised may be spent. The actual costs will vary depending on the number of members competing and prices at the time of purchase.*

## 2013 World Games Fund



The world games funding thermometer continues to rise and has risen dramatically since the last Reachout, lets keep up the good work and carry on raising money to get our team to the USA in 2013.

Thanks to several members, including Karl Sadil, Nic Beaumont, George Coppen, Andrew Smith, Ella Scott's family, the North East region and East Midlands region for their recent donations.

Thanks also go to Sammy and Warwick Davis for their £5,000 donation from their recent appearance on ITV in All Star Mr & Mrs. Well done and thank you for your support.

And last but not least Channel 4 who have made a considerable donation to the DSA which resulted in £10,000 being added to the total.

### DSA Merchandise

**DSAuk Hoodies - £25.00 each**

**DSAuk Polo Shirts - £15.00 each**

**DSAuk T Shirts - £12.00 each**

**Childs sizes**

**3-4, 5-6, 7-8, 9-10, 11-12, 14,**

**Adult sizes**

**S small, M medium, L large, XL and XXL .**

**Post & Package £4 or can be delivered to you at any DSA event.**

**All clothing has the DSAuk logo on the left breast of the garment, and can also have your name embroidered underneath the logo.**

Contact the office to order your DSA clothing  
tim.shephard@dsauk.org or download an order from at  
[www.dsauk.org](http://www.dsauk.org)

### Regional Contacts

**South West:** Carole North on 01963 250175

**Northern Ireland:** Eugene McVeigh on 02838 318512

**North West:** Penny Dean on 0161 355 5399

**North East:** Tim Shephard on 01246 767268

**Midlands:** April Barrett on 0121 454 5582

**South Central:** Jenny Greasley on 02380 274219

**East Midlands:** Willie Coppen on 01332 514813

**South East:** Paul Doling on 07789 557143