

*Dwarf Sports Association UK  
Official Journal*



# ReachOut

Issue 55  
Autumn 2011

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

## **Boccia Tournament 2011 Right on Target**



**Read all about it  
inside this edition**

# A word from the DSA Chair

I hope you have all enjoyed the summer and as the nights are drawing in and many of you are back at school never fear as the DSA are here to brighten up the winter months. You will have hopefully already enjoyed our fabulous Boccia event and are now looking forward to our Badminton weekend. Before long you will be hopefully invited to a regional Christmas social and you could also sign up for the New Year's Eve party!

Astonishingly it seems you have all been busy outside of DSA events too, as you will be able to read about in this edition of Reachout.

It is coming towards the end of the year when people and sports organisations start recognising the achievements of local athletes. So if you win an award or even just get a honourable mention let us know. I'm sure everyone else in the DSA would love to hear how successful our members have been during 2011.

Enjoy your reading of this fabulous edition and I hope to see you all at the next regional or national event soon.

Paul Doling,

## DSA Boccia Championships 2011



This years Boccia was held at the Aldersley Leisure Village and had a record entry taking part from 4 years old in the Junior class to, well, a bit older in the masters class.

There were enough under 6's to have their own group in the singles event and Fern Sneddon showed she has a great deal of promise for the future winning the U6 singles closely followed by Freya Woodhead in silver, and Amy Thompson in bronze positions. In the junior groups there was a increase in numbers and a very competitive event followed. The finals were won with some brilliant play from Jack Shephard with Nima Ghavami in silver and Kieran Randall in bronze. In the junior pairs Kieran featured again as he and Jack Shephard won silver after being beaten by George Coppin and Nima Ghavami for the gold, Thomas Vogt and Ben Prater picked up the bronze. In the team event new member Ben Prater partnered Jack to take the bronze medal with Kieran, Laura Holloway and Ellie Perks taking the silver spot and George, Nima and Amy Thompson winning the gold medal.

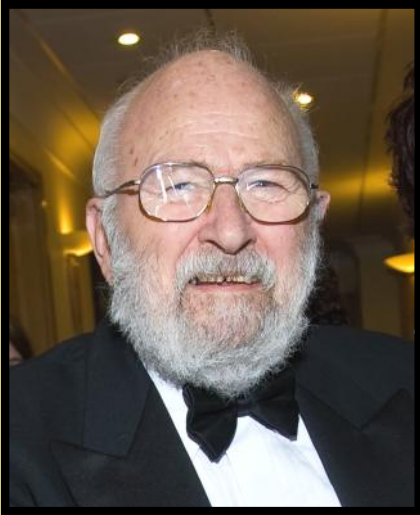


In the open class new member Nate Conner from Canada was dominant through the group stages, he showed he had a real eye for the game, but after making it to the final he was beaten 3-0 by Andrew Smith still winning medals after 18 years of being a DSA member. The bronze medal was won by Paul Doling in a close play off with Sammy Holland. In the open pairs newly weds Nate and Samantha Conner made their way to the finals, only to have to settle for silver with Eddie Joynson and Ben Buckley winning the gold in style. The bronze medal was won by Nic Dean and Rachel Lambert who had a close game with Emanuel Wauthier and Helen Perkins. In the teams Sammy Holland and Leah Flack won the gold, followed by Ben, Eddie and Stefan Garde, and taking the bronze was Randika Cooray, Paul Doling and Karl Sadil.

The hotly contested masters groups, again with an increased number of entries, was closely fought all the way to the final. Max Anin from Holland won the singles with our DSA Boccia team captain Liz Holland in silver and the DSA's President Arthur Dean picking up the bronze. In the pairs Denise Coppin and Sandra Scott won the play off for bronze and watched as Arthur and Steve Scott just managed to win the pairs by 1 point from Donna Walters and Pete Bonner. In the team event the all ladies team of Penny Dean, Liz Holland and Tineka Anin had some difficult games in the group stages, but still secured the bronze medal, Arthur, Steve and Willie Coppin scraped through to silver but winning every game and clearly top of the table was Pete Bonner, Donna Walters and Denise Coppin (Denise's Delights). Boccia is a great game, accessible to all, we hope to see you at the next DSA Boccia event.



# In Memory of Tony Smith



I would like to pay tribute to a very dear man, Tony Smith.

Sadly Tony passed away earlier this year, aged 83 years. Tony was a major part of the vision that made the Dwarf Sports Association what it is today. Tony was inspirational in putting this association together and to bringing equality in sport to all people with dwarfism. Tony encouraged everyone, both young and old to have a go, he challenged the Sporting World to accept and include dwarfs in sport, playing a major part in bringing our sports category to the Paralympics.

The source of the vision was taking his son Andrew to compete in the 1<sup>st</sup> World Dwarf Games in Chicago in 1993. His thoughts were "We could do this here in the UK." With his background in teaching PE and coaching at international level, he organised the first UK Games in 1994 in Walsall on "a wing and a prayer", but nevertheless adhering to proper standards and rules, about 50 dwarf athletes took part. From then on the National Games became

an annual event and in 1997 Tony spearheaded the team that organised and ran the second World Dwarf Games in Peterborough. He continued to play a major part in organising the annual Games until 2004. He also attended many meetings and bent many ears in the cause of enabling dwarf athletes to compete at the highest levels.

Several DSA members attended his funeral and we recognised his contribution to the DSA with a minute's applause at this year's Games.

Tony will be sadly missed by everyone, especially me. But his vision lives on.

God bless you Tony and thank you.

*Arthur Dean - DSAuk President*

## 2011 Canoeing & Sailing Day



This year's canoeing day was held at the Rother Valley Country Park near Sheffield. Although we were all worried about the forecast, the weather really couldn't have been any better. The sun shone for most of the day and there was a good breeze to help power the sailing boats.

The Pleasley Vale canoe club came along and provided instructors and equipment, with over 40 kayaks and 8 open Canadian canoes on the lake there was loads to do, and back by popular demand was the Zorbe! The Zorbe is an inflatable tube which you climb inside and run around like a hamster in a wheel, great fun although very tiring.

The staff at Rother Valley worked very hard to make sure everyone had a go at sailing and nobody got wet while sailing although that can't be said for

the canoeing. Most people ended up having a little swim at some point which was great fun, and in the sunshine everyone dried out quickly.

At lunch time everybody enjoyed a hot pork sandwich courtesy of Rod and the Riverside farm gang, who just as last year, roasted a hog for us onsite.

Thanks to all the volunteers who make this a very successful day, especially the canoe club instructors, thank you also to Joanne from the Sheffield Post Office who made a very generous donation towards the day.

If you've never attended the Canoeing & Sailing day why not try it next year, it's a day of recreational outdoor sport and is great fun as well as an excellent social event.



# DSA Athlete Profile

## Isaak Dalglish

- Class: - F40 Field and Class 2 Badminton player
- Job: Student
- Sporting background: 2 years ago I joined a local Badminton Club, I entered my first competition in February 2009(4 nations - Liverpool); from this. I have gone on to win the U13's category in Glasgow and Stoke Mandeville. In addition, I have a keen interest in football and play for the Lancashire FA Centre of Excellence.
- Age: 12 years old
- Favourite Sports: Badminton, Football, Skiing and Athletics
- Personal Bests: Javelin 9.08m, Shot put 3.2m, 60m Sprint 13.2 secs,
- Club: Bryn Badminton Club, Lancashire FA Centre of Excellence.
- Favourite TV programme: Waterloo Road,
- Favourite food: Indian & Chinese
- Sporting ambition : To be the best I can in the sports I enjoy particularly badminton and compete at the highest level possible.



### Powerlifter Zoe Newson Voted IPC Athlete of the Month



British powerlifter and DSA member Zoe Newson was voted the International Paralympic Committee's (IPC) Athlete of the Month for June. The 19

year old claimed nearly half (48%) of the public's vote in a poll on the IPC's official Facebook, to win the prestigious title. Zoe was shortlisted for the award after lifting 85.5kg, almost three times her body weight, in

the 40kg category at the IPC Powerlifting British Championships to set a new European record. The Suffolk Spartans powerlifter only entered her first IPC competition in January 2008 and came second with a lift of 47.5kg. Since then she has taken part in the World Dwarf Games, represented Great Britain at the IWAS World Games and won the junior title at the 2010 IPC Powerlifting World Championships. Last year she finished ranked fourth in the world at a senior level and is now setting her sights on winning a medal at the London 2012 Paralympic Games.

Well done Zoe everyone at the DSAuk is very proud of you.



## DSA Football Team vs Beths Grammer School



On 25th June, 8 members of the DSA (Krysten Coombs, Eddie Joynson, Jack Gambrell, Andrew Martin, Ollie Clarke, Dean Kelly, Shaun Dunford & Mikey Thompson) went to Beths Grammar School in Kent to play a 7-a-side tournament

against eight Year 8 student teams.

Each team was given a country for its name, DSA was put a group with "Costa Rica" and "Portugal" where all matches ended 0-0. There was a nail biting penalty shoot out to see who would go through. Andrew

Martin's penalty was saved, Jack Gambrell managed to squeeze the ball through the keeper's legs and Eddie Joynson managing to secure a good save with his safe pair of hands allowing DSA to go through to the knockout round.

DSA progressed to the semi-finals with good play from everyone with goals coming from Krysten, Ollie, Shaun and new player Mikey. Unfortunately DSA lost that game but won the third place match to come 3<sup>rd</sup> overall.

The team played really well, was respected by all and a good day was had by everyone!

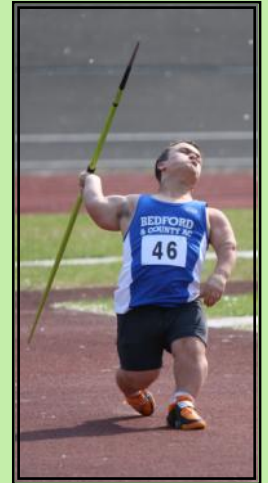
# DSA Athletes shine at Aviva Athletics event

**Aviva Parallel Success Athletics – Bedford International Stadium, 16<sup>th</sup>/17<sup>th</sup> July**

A group of 6 DSA athletes travelled to Bedford to join 100 other disabled athletes and compete in the APS athletics competition. The APS event was run alongside the Senior English National Championships and was IPC sanctioned, giving athletes from all disability classifications the opportunity to achieve minimum qualifying performances for the London 2012 Paralympic Games.

In poor weather conditions, Sophie Hancock was first into competition in the women's shot event, winning the gold medal with a throw of 7.42m. The men's shot event followed immediately with a total of 11 pan disability athletes competing including Sean Clare, Mike

Pope, Thomas Burton and Andrew Martin. In a multi disability competition, the placings are decided by a points system based on each athlete's disability and the distance thrown. Sean came out the overall gold medal winner with a throw of 9.01m and Andrew secured the bronze medal with a season's best throw of 7.59m. Mike came in 5<sup>th</sup> place with 7.43m followed closely by Tom with a new PB of 7.22m.



The men's discus event was again a multi disability competition Sean Clare brought home the gold medal with a throw of 24.97m. A good battle for 2<sup>nd</sup> and 3<sup>rd</sup> place was fought out by Thomas Burton and an F37 (Cerebral Palsy) athlete, Joshua Bain, with their placing changing 3 times during the competition. Tom eventually

came away with the silver medal and his second PB of the weekend at 23.36m. Mike Pope also gave a great performance to finish in 5<sup>th</sup> place with 19.08m.

In the Javelin, Andrew Martin put in an impressive performance, winning the gold medal with a throw of 26.39m. With this performance Andrew achieved the IPC 'B' qualification standard for 2012 and put himself in a good position to push on for the 'A' standard. Jack Gambrell put in a solid performance to finish in 4<sup>th</sup> place with a throw of 22.90m.



If you are interested in taking part in athletics events contact the DSA office for more details.

*Nigel Burton (Father of Thomas Burton)*

## Lauren Sullivan's Disability Sportsperson of the Year Award.



Lauren started to learn to swim in 2008, She had one lesson for half an hour a week and was anxious to try out her new skills at the DSA National Games in 2009. She won two medals and went to the World Dwarf Games as part of the DSAuk team. She won three golds for her swimming and decided that she really wanted to act on the inspiration provided by Ellie Simmonds and Matt Whorwood and start some serious training. She began training a couple of times a week and then applied for classification, which led to a swim at the London Youth Games, and the London open regionals. Lauren was chosen to compete at the National Junior Championships in Sheffield as part of the disability squad, where she smashed her previous personal best times and won three gold medals.

In July, Lauren was awarded the London Borough of Sutton's Disabled Sportsperson of the Year Award for all her swimming achievements. She was amazed, delighted, surprised, over the moon, astounded and many more emotions. She was shaking when she went up on stage to receive her award from 1984 Olympic medallist Bob Wells. He won his medal boxing, and Lauren being Lauren, challenged him to a boxing match!

She is so happy with her swimming, it has helped her confidence as well as her fitness and has given her targets to work towards. She now swims 5 times a week with her club and is hoping to be selected for the National Open Disability Championships in Sheffield later this year.

*Emma Sullivan (proud mum)*

# IPC European Championships - Berlin



Talk about timing!! Having only just completed my G.C.S.E exams I had to quickly re-gather myself and focus on the major championship of this year, the European IPC Championships. Luckily I have been to several competitions at the same pool in Berlin, so I was familiar with the set up.

Mirjam de KoningPeper was back to full fitness this year for the first time since Beijing so I knew I needed to be at my best. Five of my family were out there cheering me on which is always good, and the prospect of having so many family and friends in London is really exciting it makes a big difference to know you have support with you. So if you can get to London in 2012 I look forward to seeing you there.

Day 1 - 400m freestyle, my favourite event. I swam really hard in the final as I wanted to go near to my world record. At 200m I wondered if I had gone too fast as I was starting to hurt and it was hard to keep up my pace. When I finished and looked at my time I was disappointed, I had swum 15 secs off my record, only then to realise that the clock had stopped at 200m it said 2m 42s **not** 5m 42s. I had to wait an agonising 10 minutes before my time was confirmed 5m 25.20s a **new world record** !

Day 3 - 50m freestyle, this is always a tough one for me as being short I lose a lot on the dive, with very little time to pull it back, I swam well 0.5s off my PB but got pipped into 3<sup>rd</sup>, Mirjam set a new world record for this event so was clearly in excellent form.

Day 4 - 200m Individual Medley, one of my main events, I've put a lot of work into my backstroke and breaststroke to improve this event, it paid off, beating my own world record by 0.3s. My times had been good, but I was finding the competition tiring it was hard work keeping up the pace.

Day 6 - 100m backstroke. Not an event I usually swim but we decided it would be good to have a go. I was rewarded with a PB and 5<sup>th</sup> place so slowly improving in that event.



Day 7 - 100m freestyle. This was my big head to head, I had won 2, with 2 world records and Mirjam had achieved the same. We are good friends when not racing but we both wanted to win this. Mirjam was leading at 50m as expected, I was rapidly gaining on the way back unfortunately not quite quickly enough and lost out on the touch by 0.1 sec, but don't worry I will be out for revenge next year. My time was good so I know I didn't swim badly, but I am never satisfied unless I win, I always believe I can do better.

Overall I was pleased with my performance, but know there is still lots of hard work to be done before 2012, you never know who may appear on the swimming scene at any time, it could be an unknown youngster, as I was in Beijing, or a good able bodied swimmer who has had an accident and switches to Paralympics.

1 year to go now it will soon roll around – I can't wait

*Ellie Simmonds M.B.E & DSAuk Patron*

## DSA Boccia Team Season Review

In October 2010 Penny Dean, Arthur Dean, Steve Scott, April Barrett and Liz Holland decided that they would enter the North Boccia League 2010/11.

Liz was voted as the Captain and led the team to many victories throughout the season. We visited several different venues across the North West and met lots of new people as well as learning a lot about the game of Boccia. We were soon brought to our senses as to how accurate and experienced our opponents were.

The team played one home and one away game at each venue. It was great to meet the other teams and we all really enjoyed the events. The whole team were

thrilled to bits to come third overall in the league and it made us all the more determined to enter another team next year.



What really stood out to us, was that these teams were really serious and it showed that practice really pays off. We are determined to try and get some practice organised and hopefully enter more than one team from the DSA next year.

If anyone is interested, Boccia leagues take place in the North and South of the country. If you would like to be part of a Boccia team contact the office for more details.

# German Open Parabadminton Championships

On the 2<sup>nd</sup> to 5<sup>th</sup> June, I was part of a 15 strong GB team who travelled to Dortmund, Germany for the 10<sup>th</sup> German Open Parabadminton competition.

Friday was the first day of the singles event. In my group were Niall McVeigh and a young German called Daria Lu. My first match was against Daria, I used the game to get a feel of the court and the speed of the shuttles, I won the match and was up and running, ready for the next match. If I won, I could top the group and cement a semi final place. The match was against Niall McVeigh, I felt nervous a few weeks earlier he had beat me in the singles final at the 4 Nations event in England. After the first few points I

settled into a rhythm and played my game, controlling most of the first set, taking it 21-17. I knew I had to keep up my tempo and continue to play at a high level for the second set. I gained a lead that I kept throughout the second set, but at match point I made a mistake which almost let Niall back into the game. I dug in, focused and won the game, 21-19. I had topped my group and was into the semi finals. In the semi finals I played Luke Irvine who had finished runner up in the other groups, I won the semi final 21-7, 21-7 booking my place in the final, where I would play Niall again after he beat Krysten Coombs 27-25, 21-16 in his semi final.



Saturday was the day of the doubles competition, in the men's doubles due to low numbers we played up a category in the standing class. I partnered Luke Irvine and we came third in the group, we gave a good performance considering we played in the class above ours. In the mixed doubles I was partnered by a German girl called Millena Hoffman we played up a category again as there was only two dwarf pairings. Millena and I had great success in the competition securing the silver medal after an impressive three wins and one loss. A very satisfying performance for us as a new partnership and also playing in a different class.

On Sunday I woke up feeling confident, I warmed up and had my racket restrung, I wanted it to be tip top for the final. The Dwarf Men's Singles Final was called. My heart racing, the first few points of the match were played nervously by both of us, but I settled early and started to play confident badminton. I won the first set 21-11. I knew in the second set Niall would come out and attack, but remained focused. I made a few errors and let my concentration slip for part of the next set, Niall took it 21-14. In the third set, I got myself a lead and held on to it. I got to 19-12 ahead, I could sense victory, a small lapse in concentration and Niall fought back to 18-19. In the following rally I gained control and Niall hit the shuttle out of play. I calmed myself down to serve at match point. The last point was a bit of a blur, but as I hit the winning shot I knew I had won. I was so pleased as this was my first singles competition win since 2008 and it was well worth the wait.

Earlier in the year a report on the Badminton England website quoted I was more of a double specialist, I hope this proves that I can compete at an international level in singles as well. I felt so proud collecting my gold medal. Now I am looking forward to the start of the new season in September and I hope to see lots more of the DSA badminton players at the 4 Nations events during the next season.

*Andrew Martin*



## [Dwarf Sports Association Facebook page](#)

The DSA now has a Facebook page to keep you up to date with events both regional and national, and to let you know the latest news, results and our members achievements. Don't get left behind. If you use Facebook get along to [www.facebook/dsauk](http://www.facebook/dsauk) and press the 'like' button to join our page.

# Get to know your Committee

## **Paul Doling; Chairman**

### What is it like being the chair of a National Sporting charity?

Harder than it looks! Lets just say the previous Chair made it look easy. There is lots of work behind the scenes that people don't see but is essential for the DSAuk to run smoothly. I talk to Tim (our development officer) every week to keep up to speed and spend lots of time in the evening answering emails. Although its a lot of work on top of a full time job it is definitely worthwhile when I see the difference it makes to people at the games and other DSA events.



### How did you get to work on the committee?

I have entered DSAuk events since I was a teenager and I wanted to be able to give something back to the charity. I joined the committee to help out, taking over the fundraising role organising the raffle at the games and fundraising for the last World Dwarf games in 2009. After the last World Dwarf games I stepped in to the role of chair as Steve Scott moved on to become a trustee.

### What is your occupation outside of the DSA?

I currently work for BAE Systems a global defence and security company, who make everything from submarines and airplanes to tanks. I work in the Land division as a strategy manager ensuring the company is exporting the right products to the right market.

### Why is the DSA so important for people with dwarfism?

DSA is so important as it helps to build self confidence in people with restricted growth and shows the public and new members that we can do anything we put our minds to. The change in attitudes and confidence of new members before and after the games is remarkable. This makes it all worthwhile, sport can help keep anyone fit and healthy but at DSA events its also fun, as we are all playing on a level playing field competing fairly against each other.

## **Nichola Dean; Vice Chair**

### What is your role on the committee?

I'm currently the vice chair however my role also involves media enquiries. We get a lot of production companies and journalists contacting the DSA. It is very easy to decide what we want to be involved in as our main criteria is, it has to be sport related. We feel that keeping it this way gives an automatic and positive focus.



### How long have you been involved?

My father is a founder member and I went to the first ever world dwarf games in Chicago. I have dipped in and out of DSA since then only missing a couple of years when at university. I now feel it's very important to keep such a successful, vibrant and important charity moving forward.

### What is your occupation outside of the DSA?

I have worked for the BBC for nearly 10 years as a researcher and assistant producer. I have made a variety of programmes including documentaries, Gardeners World, Countryfile and Songs of Praise! I have recently gone back to work after maternity leave and I split my time between work and looking after our 17 month old daughter Ava who is a future athlete for DSA.

## **Andrew Smith; Regional co-ordinator**

### How long have you been a member of DSA?

I have been a member of DSA for 18 years, and was one of the athletes at the first ever games in 1993. My father is Tony Smith who helped organise the games from 1993 - 2004.

### What is your role on the committee?

I am the Regions Co-ordinator for the DSA, this involves working with the regional managers to promote their opportunities and fundraising for the DSA.

### What is your occupation outside of the DSA?

I work for ECDP insight as a Development Coordinator, ECDP works in Essex to improve the everyday lives of disabled people, I help ECDP members to achieve independence through our support network.



### What is your favourite sport?

I love Basketball and have played for a wheelchair team for some years now. I'm looking forward to 2013 to be part of the DSA team in Michigan.



### **Janie Clare; DSA Coach**

#### How did you become involved with DSA?

Sean Clare is my link to DSA he is a member and has a rare form of dwarfism called Ellis Van-Creveld Syndrome. I have been a committee member for several years now and through my involvement with coaching athletics became the DSA coach.



#### What is your coaching background?

I have been coaching for about 4 years now, and got into it initially as the club Sean was training at always wanted more help. This then developed into myself and Jay, (my husband) becoming the lead coaches at the club. I coach pan disability athletics and absolutely love it, there is always more to learn and the challenges prove to be very rewarding.

#### What is your occupation outside of the DSA?

I work as a practice manager in a Veterinary Hospital, previously I was a Veterinary Nurse. I am married to Jay with 2 children and 3 dogs.

### **Jason Irving: Athlete Co-ordinator**

#### How did you get involved with the DSAUK?

It seems a lifetime ago when I was visited by Arthur and Nichola Dean one winters night in 1993 to see if I would be interested in joining a newly formed sports association with a view to being part of the team of athletes that would then take on the American's – how could I resist! I later went on to be athlete's rep to the committee during the successful World Games of 1997 before leaving in 1999 to concentrate on my lifting career.



#### How did you become involved in elite sport?

My sporting career began by responding to a last minute plea to 'have a go' at field events in the Greater Manchester Youth Games in 1991. From there I went on to my first GB selection in Powerlifting in 1993 and represented GB in Athletics when our F40 classification was debuted in 1998, winning 2 medals in the process. I'm currently part of my 5<sup>th</sup> Paralympic powerlifting squad, looking to finish my career with a medal in London.

#### What do you think is the future for the DSA?

In my opinion London 2012 will change the way sport in this country is run and funded once the flame goes out. I hope to be able to assist the association to continue to grow when this happens. Prior to the games my role is to help any athlete that has aspirations of putting on a GB uniform, helping them to be in the right place, at the right time, to give them the best chance of getting there.

### **Stefan Garde: International Rep**

#### What is your nationality and how did you become involved with the DSA?

I am originally from Denmark but have lived in the UK now since 2004. In 1993 Denmark was invited to the DAAUK first national games (I was 13 at the time). I had a great time and came again in 1995 and to the World Games in 1997. So I feel in a sense that I have been involved in the association since the start, even though I came as an international competitor.

#### What is your role on the committee?

I am the international rep on the committee. I am also the team manager for the DSAuk both nationally and internationally.

#### How important do you think sport is for young people with dwarfism?

Taken from my own experience, I would say it is of HUGE importance - it does not matter whether going skiing, playing football, table tennis or boccia, all sport counts! It is great social interaction that is both fun and great exercise, which is important for all! Also there is nothing like competing with people of a similar height.



#### What is your occupation outside of the DSA?

I work for a large IT corporation called ATOS, I work in a project team developing IT solutions for large scale companies such as the Ministry of Justice. I started there as a graduate 4 years ago.

#### Who is your biggest rival?

Steve Scott! It is more on Steve's side than mine, as I know he takes it very seriously when we compete. I'm much more relaxed about it *honest!*

# DSA Regions Update

## South West Region



On Saturday 25<sup>th</sup> June seven families enjoyed the facilities of Plymouth Leisure Pool. The Manager kindly used discretion (commonsense!) and waived the height restrictions, allowing our children to enjoy the flumes. Afterwards a few ventured onto the ice rink and realised

they had undiscovered balancing skills - finding several ways of using the body to slide on the ice! A good time was had by all and an opportunity to meet a couple of new families and welcome them into DSASW.

After Christmas comes the New Year event in Swindon which borders our region so I do hope many of the SW members will come and join in the fun.

*Carole North*

## South Central Region

South Central region have had a relatively quiet time over the last three months with our sports programme, however, inactive we certainly have not been, as there has been a huge fund raising push to kick start the region's autumn sports programme and to partly fund our activity weekend in Okehampton in November.

Fund raising has been in the form of car boot sales, stands in shopping malls, Waitrose Community Matters Scheme and a raffle with a Quiz Night. (7th October 2011 at Valley Park Community Centre, Chandler's Ford at 7:30pm).

We have had four Waitrose stores who have chosen our region for their monthly Community Matters Scheme which has raised a total of £1,200; a stand at

the Covet in Winchester generated £600, Car boot sales held by the Wilkinson family generated £100 and raffle ticket sales to date have generated in excess of £700 - more to come hopefully - in total, in excess of £2,600 to hopefully see us through to the new year.

Well done to Jenny Greasley and Lucy Wilkinson, in Cardiff at the 4 Nations Badminton. Jenny won gold and Lucy Silver in the ladies doubles.

Please look at the DSA UK website for all our events for Autumn/ Winter 2011/12.

*Jenny Greasley*



## North East Region

On the 5th August 2011 we organised our 5th Annual charity Golf Day at Doncaster Golf Club. We had 32 teams from all over the country participate i.e. Scotland, London, Cornwall, Wales.

We had sponsors on each of the Par 3 holes and thanks to the generosity of these sponsors and all the players we raised the amazing amount of **£6,805!** We held a disco, raffle and auction with a signed Lee Westwood shirt which raised an amazing £500! We had some great support with thanks to Dave and Josh from CASE Construction, Glynn Flack and David Hunt for providing chocolate and water to all the players. Leah and Hazel Flack, the Parsons Family, Jamie Patton, the Deans and Andrew Mitchell also came along and kindly supported the day.

Next year the Golf Day will be on Friday August 3<sup>rd</sup> and we are hoping to have a DSA members golf team we already have a couple of members interested. You must have a golf handicap to play but you have time to get ready and prepare if you are already into golf! The North East region are going to be organising golf lessons with Ross Mckechnie (who supports the Golf Day) to get practice levels up! If you are interested in being in a team next year please contact Rick Morris at

[rickmorris2154@gmail.com](mailto:rickmorris2154@gmail.com).

The golf day is very popular with Doncaster golf club members and they support us so much that we raise more and more each year. We are approaching the World Games so fundraising to support our team is becoming really important.

We always welcome DSA members to come along, so the golfers that help us make the day so successful can meet our members and experience what is so special about the DSA.

See you next year,

*Annie Morris*



### South East Region

Due to unforeseen circumstances the South East region is currently looking for more people to help run it. If you are interested in helping out with this region please let Tim know at the DSAuk office. We will hopefully be running an event soon, so watch out for an email inviting you along. Please support your region if you can help in anyway.

Well done to SE Boccia players, Ben Buckley, Eddie Joynson and Paul Doling all winning medals at the DSA Boccia Tournament.

*Paul Doling*



### West Midlands Region

West Midlands is planning a Christmas Party for the region to celebrate the festive season. There'll be lots of fun and games for all. The region really needs some help to keep it going and to help organise the

events. I really want to put on more events and include more sports, but without your support it is very difficult. This is your region, and it needs you, so if you can help please contact me.

*April Barrett*



### Northern Ireland Region



The NI region held its second badminton camp in July. Peter Kapetz from Sweden was just one of the high level coaches that made the camp a success.

Our Saturday/Tuesday night badminton club begins in September as did our Athletics training.

On a different note, Jason Lamont and two of his

Asda colleagues completed the Cookstown Half Marathon. He completed it in 2 hrs 34 mins 40 secs and raised £422 for DSA and for Everyman Stamp out Male Cancer. Thanks Jason.



Well done to Luke Irvine who passed his driving test, to David Kelly who has been made Head Boy of his School and all the best to Niall McVeigh who goes to Australia for a year at the end of September.

*Alison Kelly*

### North West Region

The North West region has just started swimming lessons every month for our U8 year olds. We have had two sessions and they are going really well. We have two instructors in the pool with our young ones, so hopefully you never know we may have another Ellie or Matt in the making!!

Our older athletes continue to do well in their competitions around the country. Mikey Thompson swam in the UK School games, Thomas Burton and Sean Clare are both throwing very well, both these athletes have thrown



in recent IPC sanctioned events and are improving at every event. Janie's athletics team are still training every Friday night if any DSA members wish to take part.

Our soft play sessions have been an outstanding success and we are having a snowdome session with sledges, ski's and rubber rings in October. We are all looking forward to our Christmas social meal in December.

Not forgetting the New Year Party which is open to all DSA members and will be held in Swindon. Anyone wanting to know more about our North West activities please contact us.

*Penny Dean*

### East Midlands Region

All change here in the East Midlands, after 7 years Willie and I will be standing down as Regional Mangers, due to family and work commitments, this has been a hard decision to make, but we feel that it needs new blood and ideas. We would like to thank all members and their families in the region for their support, especially Samantha and Paul Randall, Sally King and Dave Bedford. We will be stepping down at the end of the Activity Weekend, which is taking place at Lea-green near Matlock in late September. We will still be doing an annual fund raising evening, to raise funds for the World Games 2013, unfortunately due to lack of numbers I have had to postpone the 70's Disco

which was scheduled for the 22<sup>nd</sup> October, we are hoping to do another event in Jan 2012.

Well done to Rebecca Bedford who won 2 silver medals at the 4 Nations Parabadminton Tournament in the Ladies Singles and Ladies Doubles, paired with Lucy Wilkinson. This is only the 2<sup>nd</sup> time, that she has entered this national competition. Also good luck to the group of swimmers that are going down to Swansea, to train with Ellie Simmonds, Matt Whorwood and Billy Pye.

*Denise Copen*



**£135,000**

Flights £65,500  
Cumulative Total £135,000

Food costs £11,600  
Total £69,500

Accommodation £13,100  
Total £57,900

Coaches & Staff £15,500  
Total £44,800

Team Transfers £6,200  
Total £29,300

Belfast 2009 cost £27,000

Registration fees £7,700  
Total £23,100

Kit for every athlete £15,400  
Total £15,400

We are here £8620

*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

I hope you have all noticed the thermometer has risen since the last Reachout. We have had an additional donation from the Gentlemen's night out and a donation from the North East region of money they have raised.

Lets keep up the momentum and break some fundraising records.

There is lots that's easy to do, you could organise a non-school uniform day, or a disco with a buffet and sell tickets for it, or a sponsored event like a run or perhaps a cycle. If you can get a few friends involved try organising a bag pack at your local supermarket, or a quiz night at your local pub, perhaps have a stall at your local car boot sale. There is loads that you can do and every pound mounts up to help the DSA hit it's target.

Well done and a big thank you goes to Jacob Beaumont who raised £175 doing a sponsored Triathlon in Sefton for the DSA world games fund. Every penny counts so get going and support our team.



## 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 414238

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

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

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

**South East:** Eddie Joynson on 01727 874356

## 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)