

August - September 2012

The Sporting Wheelies and
Disabled Sport and Recreation
Association of Queensland Inc.

DIARY

Annual Awards

Presentation Dinner

Friday 23 November 2012

Kedron Wavell Services Club

375 Hamilton Road, Chermside

Brisbane

Newsletter



Strong performances at Powerlifting Nationals

London Paralympians Abebe Fekadu (Qld) and Darren Gardiner (WA) are on track in their Games preparations after strong performances at the Powerlifting National Championships in Brisbane on 14 July.

Sixteen local and interstate lifters contested the event, which was hosted by the Association at The Gym.

Darren (*left, with Australian Head Coach Ray Epstein*) narrowly won the Best Male Lifter award over his Paralympic team mate with a lift of 224kg in the 100+kg bodyweight category. Abebe's best lift was 157kg (56kg category).

Lisa Mahony (Qld) won the Best Female Lifter. Three state records were set during the competition, including a new junior record by Townsville's Greg Moffatt.

Have you heard...the Association is now on Facebook and Twitter 'Like' us now to keep up to date with the latest news as it happens.



www.facebook.com/sporting.wheelies.and.disabled.association



www.twitter.com/SWDA_Qld

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& DISABLED ASSOC.

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Queensland
Government

The Queensland Government provides funding to the Association to get more Queenslanders active through sport and recreation.

Upcoming Events

Goalball National Championships

Thursday 4 - Sunday 7 October 2012
Collingwood College, Vere Street, Collingwood, Victoria

The championships will be hosted by the Victorian Goalball Association and includes divisions for men, women and junior teams. The Queensland team was selected at the Goalball State Championships (28-29 July, Brisbane). We wish the Queensland team the best of luck at this event.



Goalball State Championships action
(photo by Nam Tran)

For more information on representative sport and athlete subsidies, contact Events Officer Sally Watts on (07) 3253 3333 or email: sallyw@sportingwheelies.org.au

State Championships

Upcoming Events

South Queensland AWD Championships (Athletics)

Sunday 7 October 2012

This event will be hosted by Queensland Athletics and is open to people with a disability who are financial members of clubs affiliated with Queensland Athletics. For more information on this event and for nomination forms, contact Queensland Athletics on (07) 3343 5653.

Competitors who are members of Sporting Wheelies and Disabled Association are eligible for a number of additional services including athlete funding; free transport between the airport, official accommodation and venue; and assistance with flight and accommodation bookings.

Please contact the Association's Events Team for details.

Multi-Disability Lawn Bowls State Championships

Sunday 9 - Wednesday 12 September 2012
Chermside Bowls Club
468 Rode Road, Chermside

The Multi-Disability Lawn Bowls State Championships will be hosted by Bowls Queensland in 2012. The event is open to all people with a disability who are financial members of clubs affiliated with Bowls Queensland. For more information, contact Bowls Queensland on (07) 3355 9988.

Competitors who are members of Sporting Wheelies and Disabled Association are eligible for a number of additional services including athlete funding; free transport between the airport, official accommodation and venue; and assistance with flight and accommodation bookings. Please contact the Association's Events Team for details.

Queensland Age Multi Class Swimming Championships

Sunday 16 September 2012
Brisbane Aquatic Centre
Corner Old Cleveland and Tilley Roads
Chandler

Swimming Queensland will host this event, which is open to anyone with a disability who is a financial member of a club affiliated with Swimming Queensland.

Swimmers must enter online using the Member's Portal at www.qld.swimming.org.au.

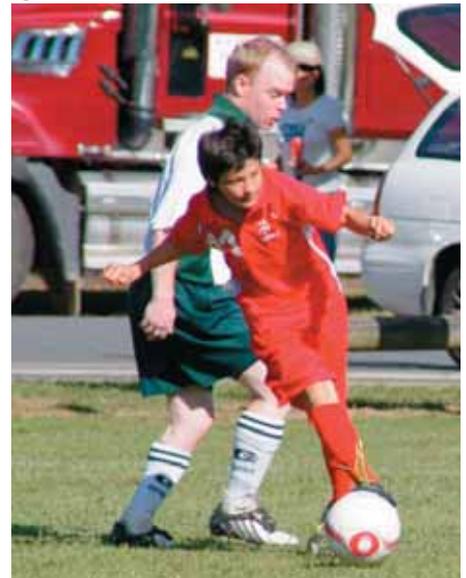
For more information, contact Swimming Queensland on (07) 3390 2011 or email: admin.qld@swimming.org.au

Competitors who are members of Sporting Wheelies and Disabled Association are eligible for a number of additional services including athlete funding; free transport between the airport, official accommodation and venue; and assistance with flight and accommodation bookings. Please contact the Association's Events Team for details.

Football State Championships ('Festival of Football')

Saturday 6 October 2012
Westside Sports Club
Hanran Street, Grovely

There will be plenty of action on the field as players from around Queensland compete for the champion team title. Nomination kits will be available late August.



Festival of Football action



Our Paralympic heritage: Peter Marsh (1976, 1980 and 1984 Games) and Rene Ahrens (1980, 1988 Games)

For more information on state championships, contact the Events Team on (07) 3253 3333 or email: events@sportingwheelies.org.au

Invacare 'Win a custom made wheelchair' competition

During the recent 2012 Wheelchair Basketball State Championships ('The Classics'), the Association partnered with Invacare to run the 'Win a custom made wheelchair' competition.

Players were required to explain, in 150 words or less, how an Invacare custom made wheelchair 'would change their lives'. Entrants were also judged on sportsmanship shown throughout the weekend.

After three days of high intensity wheelchair basketball, and a rigorous selection process, the Association and Invacare were delighted to announce Scott Boland as the competition winner.



Winner Scott Boland (centre) with Invacare representative Bob Findlay and the Association's Events Coordinator Amy Nicol

Scott, a regular member of the Gold Coast Roller Blaze, based his entry on an inspiring poem:

"The way this chair could change my life,
is to keep me training and out of strife.
My shot would improve.
My chair skills would soar.
One basket, two baskets, three baskets, four.

I'd welcome blisters, I'd train every day.
Hoping to go from B grade to A.
When I first started playing,
I didn't think I would last.
I was usually a quitter,
now three years have passed.

I've won some trophies,
and gained some skills.
Met some great ballers,
had some great thrills.
Twice a week I'll drive the 100k round trip.
To work on my game,
and play like a whip.

I've even tried fundraising,
to get my own chair.
But I didn't do well, so I need Invacare.
I need this chair, to be all I can be.
My game will improve, just wait and see.
Thank you for considering my little rhyme.
If I won this chair, I would train all the time."

Scott is currently being fitted for his custom made chair up to the retail value of \$5000.

Christmas Party (day chair) competition

We are currently accepting entries for our second Invacare competition which will be drawn at the Brisbane Christmas Party in December. For your chance to win a custom made day chair, simply complete the application form (included in this edition of the newsletter).



Women's National Wheelchair Basketball League (WNWBL) wrap-up

The second year back in the Women's National Wheelchair Basketball League (WNWBL) competition for the MineCraft Comets was an opportunity to further develop skills and team harmony. The 2012 team comprised nine athletes supported by four team staff, with 11 team members in total travelling to the away rounds.

Newcomers Jasmine Clarke and Ella Sabljak were welcome additions to the team. Jasmine's willingness to give it a go and try anything has endeared her to team members, while Ella's cheery manner and enthusiasm were contagious and helped bring the team together.

Unfortunately, due to considerable distances between team members, limited opportunities to train together during the year made for a challenging season. Development athletes were encouraged and mentored by the more senior players in the team. Captain Bridie Kean organised extra training sessions before the Brisbane home round and Belinda Dinga ran a special session in conjunction with this, which helped the players in critiquing their games on video.

The team also took part in short training sessions at the Sydney, Brisbane and Perth league rounds. These sessions showed marked improvement in the games that immediately followed. Overall, the team put in a major effort to overcome their training obstacles, with the senior players showing great commitment towards the development of the team.

The home round held at the Logan Metro Sports Centre, Brisbane (4-6 May), gave the team a chance to welcome the other states with perfect Queensland weather and a warm, friendly atmosphere for the competition. The team also revelled in the opportunity to show their skills in front of a home crowd.



Our Paralympic heritage: Alan Dufty (1984, 1988, 1992 Games)

Although the team failed to make the finals, there were many close games throughout the season. They ended the season on a high with a win in the last round, hosted by Perth (1-3 June), a promising sign for the future.

The WNWBL season ran early this year, from March through to June, due to the Paralympics. The team is looking forward to the 2013 WNWBL season and hopes to contest other competitions such as the Slam Down Under and Suncoast Spinners Tournament to maintain team unity and fitness during the off-season.

Sincere thanks to the hardworking team staff members Peter Sumpter, Donna Sumpter and Gareth Munro for their unwavering commitment and invaluable support of the MineCraft Comets. Special thanks also to our generous team sponsors, MineCraft Consulting.





Photo by Nam Tran

Did you know? MineCraft Comets captain Bridie Kean (*pictured middle row, second from left*) has been named captain of the Australian women's team, the Gliders, for the London Paralympic Games. Congratulations, Bridie!

National Wheelchair Basketball League (NWBL) Wrap Up

RSL Queensland
Spinning Bullets



For the RSL Queensland Spinning Bullets, 2012 was a successful year on a number of fronts. However, despite everyone's best efforts, the team failed to qualify for the National Wheelchair Basketball League finals, finishing fifth on the ladder (out of seven teams).

Under the coaching of Tom Kyle and Mark Casson, the team developed a number of its juniors, who saw more game time than previous years and were well-supported by their team mates. The experience gained this year by teenagers Bailey Rowland, Jordan Bartley and Tom O'Neill-Thorne assisted their selection in the emerging Australian Rollers team which defeated Iraq in the gold medal game at the Fazza International Wheelchair Basketball Tournament held in Dubai in April.

Throughout the season, the team won a number of games and lost a few to some exceptional teams, but continued to train hard and improve both as individuals and as a unit.

National Leagues (continued)

Assisting and supporting the team this year were not only family and friends, but also members of the MineCraft Comets women's team. A special thank you to Belinda Dinga and other players who attended training sessions when available.

With 2012 being a Paralympic year, the National Wheelchair Basketball League ran earlier than usual, from February to June, to allow Australian team members Tige Simmons, Bill Latham and Bridie Kean time to concentrate on qualifying for the Australian Rollers and Gliders squads. Congratulations and good luck in London!

Sincere thanks to RSL Queensland for their generous support in 2012 and their continuing sponsorship of the RSL Queensland Spinning Bullets. Sincere thanks also to our team coaches and team manager Jane Kyle for their tremendous efforts throughout the year.

National Wheelchair Rugby Series (NWRS) Wrap Up

With a large time gap between Tournament 1 and the National Championships, The Jetstar Gold Coast Titans have been keeping busy with fitness and skills sessions, competing in the Wheelchair Rugby State Championships ('The Bash') and attending Gold Coast Titans sponsorship opportunities.

Staff member Lynelle Rowe snapped this photo of the NSW-born Jetstar Gold Coast Titans rugby league players as they tested their wheelchair skills in a State of Origin challenge against members of The Jetstar Gold Coast Titans Wheelchair Rugby Team. To see video of all the clashes from the day, go to www.titans.com.au and check out the community news section.



Jet★



The Jetstar Gold Coast Titans

Did you know? Five of the Queensland team players will compete at the London Paralympic Games beginning at the end of August. We're looking forward to seeing the boys do Queensland and Australia proud!

STOP PRESS - Queensland are the 2012 national wheelchair rugby champions after The Jetstar Gold Coast Titans Wheelchair Rugby Team defeated the South Australian Sharks 64-39 in the finals held in Sydney 2-4 August, ending a six year national domination by GIO NSW Gladiators.

The Queensland team were unbeaten throughout the three-day national championships, despite the absence of key players Ben Newton and Cody Meakin due to injury. Queenslanders also featured prominently in the major championship awards including Most Valuable Player (Chris Bond), Best Referee (Tom Kyle), and the inclusion of Ryan Scott in the 'All Star Four'.

Our sincere thanks to our team staff, Brad Pillette-Hughes, Sissy Taufika, Thomas Kyle and development coaches Matthew Hawkins and Elliot Burton for their tremendous efforts throughout the year and our team sponsors The Jetstar Gold Coast Titans.

For more information on National Leagues, contact Events Coordinator Amy Nicol on (07) 3253 3333 or email: amyn@sportingwheelies.org.au

Upcoming Events

Queensland Age Multi Class Swimming Championships

Sunday 16 September 2012
Brisbane Aquatic Centre
Corner Old Cleveland and Tilley Roads
Chandler

Timekeepers and general event assistants are needed for this event. All training will be provided.

Thank You

The past couple of months have been very busy with many events requiring volunteers. We would like to thank everyone who gave up their time to assist. Our events could not run successfully without this generous support.



Volunteers in action - 2012 Powerlifting National Championships

For more information about volunteering, contact the Events Administration Officer on (07) 3253 3333 or email: events@sportingwheelies.org.au

Brisbane/ Ipswich Sport

Football

Sundays 1.30pm (juniors), 3pm (seniors)
Westside Football Club
Hanran Street, Grovely

Excitement at the Brisbane Paralympic Football Program (BPFP) is building as players and volunteers get ready for the Festival of Football State Championships in October. Anyone of any ability is welcome to come along and find out how they can get involved on or off the field. Long-time player and Brisbane team captain Andrew Pope recently took on the role of Vice President – BPFP on Westside Football Club’s committee, representing the program within the club. Our members have been very well supported by Program Officer Jay Larkins, Manager Lauren Wall, and Westside Football Club President Shane Downey.

Tennis

Tuesdays 5pm (beginners)
6pm (high performance squad)
Queensland Tennis Centre
King Arthur Terrace, Tennyson

Tennis Queensland coordinates this weekly wheelchair tennis program. Equipment and coaching are provided. For more information, contact State Wheelchair Coach Andrew Ash on phone: 0413 288 874 or email: ashandrew@optusnet.com.au

Tennis Queensland also coordinates competition opportunities for wheelchair athletes, deaf athletes and athletes with an intellectual disability. For more information, visit their website www.tennis.com.au/qld/play-tennis/programs/disabilities.

Golf

Spring Golf Challenge
Sunday 9 September 2012
Wynnum Golf Club
64 Stradbroke Avenue, Wynnum

Contact our Brisbane office for an entry form.

Winter Golf Challenge

The Association's Winter Golf Challenge was held at Oxley Golf Club on Sunday 17 June, with eight members and two playing partners enjoying warm conditions. Darryl and Ed Gibson improved on the previous event taking out the Canadian Couples event, followed closely by Brian Harvey and Sean Fitzgerald in second. In the Singles, newcomer Scott Smith edged out Ivan Walker and Ben Tullipan with a nett score of 73.

Lawn Bowls

Bowls Queensland have been doing a great job supporting bowls clubs around Queensland to welcome people of all abilities to their club and try the sport. Clubs such as St. Lucia Bowls Club have improved access to their club facilities and playing greens, and are now actively promoting themselves to people with a disability. If you would like to visit St. Lucia Bowls Club, please call Don Anderson on (07) 3870 3208.

For locations and contacts at lawn bowls clubs in your area, visit the Bowls Queensland website www.bowlsqld.org

Boccia Art Raffle

The Brisbane North Boccia Program ran an art raffle earlier in the year. Prizes included some exquisite artwork from the talented players and carers at the program. The raffle was drawn by Reg Gulley MP, State Member for Murumba Downs, and his daughter Ester.

There were five prizes in total which helped to raise over \$500 to assist players involved in state and national competition.

Prize winners were:

- 1st prize: Ann Walker
- 2nd prize: Bruce Walker
- 3rd prize: Pam O'Hara
- 4th prize: Ria (Pam's neighbour)
- 5th prize: Shane Morgan

Mr Gulley also took the opportunity to meet the players and played a game with the members.

The Brisbane North Boccia Program members are very grateful to everyone who supported the raffle and wish to especially thank Mr Gulley and Ester for their time and generous donation.



For more information, contact the Brisbane office on (07) 3253 3333
or email: mailbox@sportingwheelies.org.au

South East Queensland Sports Programs

Activity	Program	Days	Frequency	Time	Venue
Boccia	East Brisbane League	Sunday	Weekly	10am - 12noon	Redlands PCYC, Corner Mt Cotton and Degen Roads, Capalaba
	North Brisbane League	Saturday	1st and 3rd	10am - 12noon	Deception Bay PCYC, 100 Maine Terrace, Deception Bay
	West Brisbane League	Saturday	2nd and 4th	10am - 12noon	Redbank Sport Centre, 265 Smiths Road, Redbank
For more information please email: boccia@sportingwheelies.org.au or contact Sport and Recreation Officer Ian Jones					
Goalball	Brisbane	Saturday	Weekly	9am - 12noon	YMCA Bowen Hills (Perry Park), 95 Abbotsford Road, Bowen Hills
	For more information please email: goalball@sportingwheelies.org.au or contact Sport and Recreation Officer Ian Jones				
Electric Wheelchair Sports	Brisbane	Saturday	1st and 3rd	11.30am - 2.30pm	Inala PCYC, 37 Swallow St, Inala
	For more information please email: mailbox@sportingwheelies.org.au or contact Sports Programs Officer Gia Walker				
Wheelchair Basketball	BWBL	Monday	Weekly	6pm - 8.30pm	Southern Districts Basketball Courts, 1 Zahel Street, Carina
	Gold Coast	Thursday	Weekly	7pm - 9pm	Nerang PCYC, Cayuga Street, Nerang
		Saturday		10am - 12.30pm	
	Sunshine Coast	Tuesday	Weekly	6.30pm - 8.30pm	University of the Sunshine Coast Sports Centre, Sippy Downs
	Toowoomba	Friday	Weekly	6pm - 7.30pm	Toowoomba Basketball Stadium, 254A South Street, Toowoomba
For more information please email: basketball@sportingwheelies.org.au or contact Sports Programs Officer Gia Walker					
Wheelchair Rugby	Brisbane	Tuesday	Weekly	6pm - 9pm	YMCA Bowen Hills (Perry Park), 95 Abbotsford Road, Bowen Hills
	For more information please email: rugby@sportingwheelies.org.au or contact Sports Programs Officer Gia Walker				

The year is rolling along. Remember 30 minutes of regular moderate intensity physical activity on most if not all days is good for your health. To help you stay healthy, The Gym at Bowen Hills is open during the following hours:

Monday: 8am -12noon and 3.30pm-7.30pm
Tuesday: 8am-12noon and 3.30pm-7.30pm
Wednesday: 8am-12 noon and 3.30pm-7.30pm
Thursday: 8am-12 noon and 3.30pm-7.30pm
Friday: 8am-12 noon
Saturday: 9am-12noon

If you would like to enquire about the availability of personal trainers or want to get some help revising your current gym work out, please feel free to register your interest with our staff.

Impacts of posture and scoliosis

Physiotherapist for Spinal Outreach Team, Carey Bayliss, recently conducted a training session with gym staff on scoliosis and posture. Peter Marsh, who is an active member and regular gym attendee, is also passionate about the impact of poor posture and scoliosis on people's physical function.

If you are interested in learning more about this topic and the potential for us to help you maintain optimal postural stability, contact Kate Baran in The Gym on (07) 3253 3333 or email: gym@sportingwheelies.org.au

Members Forum

If you have a topic of interest or story that you would like to share in relation to health and fitness in the Association's newsletter, please send responses to gym@sportingwheelies.org.au

Bond Uni Physio students raise funds for The Gym

On 13 June, the Association received a donation of \$800 worth of equipment (mitts and straps) for The Gym, purchased through the fundraising efforts of Bond University's Physiotherapy students through their Advocacy - Fundraising Program.

Association staff members Ben MacFie and Ian Jones provided the students with an overview of Association services and how the students' fundraising efforts can provide much needed support. Association Gym member Jocelyn Bartlem provided a valuable personal insight of the benefits of being involved in The Gym's services, particularly Walk On. All were on hand to receive the equipment from Joanne Bullock-Saxton, Associate Professor, School of Health Sciences and students Matteo Amabile, Alexander Eagles and Adam Shaw (pictured below).

The students are hard at work again already raising funds which will be used for another Association project.



For more information, contact Gym Coordinator Shane Gilligan on (07) 3253 3333 or email: gym@sportingwheelies.org.au

The Inside Story

Wheelchair Basketball

Paralympian Adrian King rates our Aussie medal chances in wheelchair basketball at the London 2012 Paralympic Games.

“Hi, my name is Adrian King and I have been a member and involved in wheelchair basketball since June 1993 when I first moved to Brisbane. I have played with the Rollers (Australian men’s wheelchair basketball team) over the last three Paralympics, ending my international career with a gold medal in Beijing 2008. I thought I would give my overview of the upcoming Paralympics basketball programs’ assault on the rest of the world.

The Rollers are the defending Paralympic and World Champions and are hungry to extend their dominance with the help of Queenslanders Bill Latham and Tige Simmons. In the Gliders (the women’s team), we are well represented by Bridie Kean and I think we can also claim the super star Cobi Crispin, originally from Mackay.

As well as these outstanding Queensland basketball ambassadors, we also have our own Tom Kyle and Matteo Feriani as assistant coaches for the men’s wheelchair basketball program. Both have had a huge impact on the development of Queensland basketball at all levels.

The Gliders and Rollers have both come off impressive leadup tournaments and are fit and

ready to take on the world. The men’s draw looks to be the toughest and deepest in a number of years, with a number of new teams that have qualified for this year’s Games that weren’t there in Beijing. Add these to the powerhouses of USA, Canada and Great Britain, and the men’s draw looks to be a tightly contested competition.

In the Gliders draw, based on recent tournaments there are a number of teams that could provide challenges but the Gliders have proven their depth and resilience to overcome these hurdles over the course of the last two years.

Paralympic wheelchair basketball is the toughest tournament around. For the men, it takes eight games to win a gold medal. Each day is filled with training, video sessions, recovery sessions and game time, and then you have to back it up day after day. The key to success is staying fit and getting enough sleep to cope with what each day has to throw at you.

I will be tweeting regular updates throughout the Paralympics, so please feel free to follow me with basketball news and results.”
[@ajking71](#)



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When he’s not playing wheelchair basketball, Adrian King is a qualified investment adviser with Gamma Wealth Management with over 11 years experience in assisting clients in managing their investments. Whether it is setting up a self managed super fund, direct share investments or determining the best term deposit, Adrian can help you. Adrian specialises in managing clients financial affairs with a key focus on compensation payments, marital breakdown or deceased estate settlements. Based on the Gold Coast but living in Brisbane, he can come to you to map out a personalised plan to secure your financial future so please call or send him an email today: adrian.king@gammawealth.com.au

Please note: This is a paid advertisement and should not be read as endorsement of the services being offered.

Boccia

The Association is planning to host a boccia workshop in the Cairns region. This will be a chance for new players to try out the sport and also a great learning opportunity for potential coaches and supporters. To register your interest, please contact the Cairns office.

Cycling

The Cairns handcycle has been very popular for the past few months. The bike can be adjusted to fit varying body sizes and is available for loan for up to five weeks. If you are interested, get in quick and contact the Cairns office to book your loan or tryout.



Tenpin Bowling

Thursdays 1.30pm-4pm
Go Bowling Cairns
93 Pease Street
Manoora

Cost: \$12.00 per player for two games and a hot or cold drink between games. Carers bowl for the same price.

Saturdays 2pm-4pm
Innisfail Sugarbowl Lanes
21 Lyons Road
Innisfail

Wheelchair Basketball

Wheelchair Basketball State Championships

Cairns once again sent a team to Brisbane to compete at 'The Classics'. The Hoopsnakes competed in the A Grade competition for the first time and performed well with some good performances. Congratulations to Adam Howarth, who was voted in the All Star Five. Thank you to coach Mark Casson and our new manager Ken Hudson.

Northern Challenge (Finals Round)

22-23 September 2012
Marlin Coast Recreation Centre
27 Leisure Park Road
Smithfield

Regular program

Sundays 10am-12noon
Bendigo Bank Stadium
389 Aumuller Street
Manunda

For more information, contact Regional Development Officer Aaron Dati on (07) 4033 1487 or email: cairns@sportingwheelies.org.au

Boccia

Volunteers are urgently required to assist with the boccia programs, promotions and regular training. Let us know when you are available. We are very appreciative of any support you are able to give.

Football

Frenchville Sports Club Football Program
Wednesdays 4pm-5pm
Ryan Park, Frenchville Sports Club
105 Clifton Street, North Rockhampton

Throughout August, Frenchville Sports Club will be running Come and Try Football days for people with a disability. Clinics will be conducted by members of the Queensland Paralympic Football Team under the guidance of state coach Terry Kennedy. To register, please contact the Capricorn office. Only those who advise they are attending will be notified if sessions are postponed due to weather.

Wheelchair Basketball

The Frenchville Rockwheelers have been very busy lately, playing games in Mackay, Townsville and Brisbane, and have spent more than 70 hours together in a bus! Coach Jenny Anderson's philosophy is that the team that travels together, stays together, both on and off the court.

Beginners Program

Saturdays 11am-12noon
Hegvold Stadium
Huish Drive, Rockhampton

Shellie-Rae McGregor is doing a wonderful job promoting the Association's Beginners Program with several new families and players getting involved.

Dates: 11,18 and 25 August 2012
Cost: \$5 per session

RSC Charity Golf Day

Sunday 30 September 2012
Capricorn Country Golf Club
131 Richardson Road, North Rockhampton

Dust off the golf clubs, grab a few friends and enter a team in the annual Regional Subcommittee Charity Golf Day. This year's event is sponsored by our good friends at the Frenchville Sports Club. The event begins with tee off at 9am and will continue into the night, watching the NRL grand final at the bar.

So if you want to play, or help us out by volunteering, your attendance will be appreciated. We are also asking for support to assist with attracting supporters and sponsors for the day. If you are available to help in the lead up to the event, please contact RSC Secretary Kaye Kidd on 0409 268 147.

Archery

John Hans OAM and the team at Peace International Archery Club have recently renovated the facilities which now include a wheelchair-accessible toilet block. Several disability service providers and schools have been visiting the club and testing their archery skills. The club runs regular come and try days for beginners. If you would like to give archery a try, contact John Hans on 0409 657 857.

Tenpin Bowling

Fridays 3.30pm and Saturdays 10am
Rockhampton Tenpin Bowl
90 Musgrave St, North Rockhampton

Tenpin Bowling Association is conducting a five-week free Roll 'n' Strike program for people with disabilities and juniors across the state, starting late July through to October. Participants can attend five free sessions and receive expert coaching advice. Also on offer is three weeks of free bowling for people with a disability in the Capricorn League on Monday nights.

Golf

One of our volunteers is an experienced golf coach and is happy to share his knowledge. Any members who are interested in learning to play golf, or are already playing and wish to improve, please contact the office for more information.

Athletics

Training:
3.30pm-5.30pm Mondays and Wednesdays
3pm-5pm Saturdays

Mini Competitions: 1.30pm Sundays
Central Queensland University Oval
Yaamba Road, Rockhampton

Capricorn member Briannah Holloway (*right, with Preston Mallory*) shares how athletics has changed her life and has opened the door to other opportunities that she never dreamed possible...

“For the past five years, I have had the best opportunity to excel in my athletics career by being a part of the Central Queensland Athletics Club (CQAC), in Rockhampton. Recently, I was able to attend the North Queensland Games in Mackay for CQAC and competed in the Open Women’s Shot put and Discus; I gained gold in both events and was very close to my PB’s.

At the start of the year, I was nominated and accepted by the CQAC Committee to become a committee member, which has been a great experience. We are a small club, but so far this year approximately 100 athletes ranging from 4 year olds to masters have signed on to be a part of this club. Thanks to CQAC, I have attained my Level 2 Athletics Club Coach Certificate which is recognised through Athletics Australia.



If you are interested in trying athletics in a supportive and friendly environment and are in the Capricornia region, don’t hesitate to come out and have a go!

CQAC can offer you two free sessions to see if you like it before needing to join the club. Mini Competitions have different events each Sunday. For more information or if you’re interested in coming out, please contact Carolyn Johnson on 0407 763 552. Alternatively, you can find us on Facebook under ‘Central Queensland Athletics Club’.”

For more information including season dates, contact Regional Development Officer
Michael Oxley on (07) 4921 2640
or email: capricornia@sportingwheelies.org.au

River2Reef Bike Ride

Registration is now open for this major community event which will be held in Mackay on Saturday 6 October 2012. Last year, 850 cyclists of all ages, experience and ability participated in the ride. Entrants can choose from 30km, 60km, 90km rides or the new extended distance of 135km. The organisers would like to see an increase in the number of cyclists with a disability entering the event. In 2011, there were seven members who participated on conventional cycles, hand cycles, tandems and even a home-made tricycle.

For more information or to register, visit www.river2reefride.com.au. Sporting Wheelies and Disabled Association (Mackay Region) is a beneficiary of this event.

Social Evening

The region's latest social evening saw a change of style with dinner at a Chinese smorgasbord, attended by 15 members. A prominent topic of conversation was the rapidly approaching trip to the Gold Coast and all its attractions. The Mackay members will be away for eight days and are looking forward to the company of a group of Brisbane members on the last three days.

North Queensland Games

The NQ Games got off to a great start with the opening ceremony at Virgin Stadium on 22 June. The honour of lighting the cauldron was given to Mackay Paralympic football player Beau Menzies (*below*) and Olympians Tracey Belbin (hockey) and Linda McKenzie (swimming). Despite the less than perfect weather, the spirit around the stadium was very upbeat.



NQ Games Lawn Bowls

The NQ Games lawn bowls tournament (22-23 June) was a fours event contested by 20 teams from as far afield as Cairns. Five teams contained members from the Association - John Green, Cristian Lenske, Alan Field, Wally Foo and Bill Cocup. With \$5,000 prize money on offer from the wonderful hosts, Souths Suburban Bowls Club, everybody gave the competition their best shot. There was also a prize supplied by Sporting Wheelies and Disabled Association (Mackay Region) for the best performing team including a player with a disability. The \$500 prize went to John Green, Neil Blackburn, Jimmy Anderson and George Cranfield (*pictured below*).



NQ Games Wheelchair Basketball

PCYC Mackay was the venue for the wheelchair basketball component of the NQ Games. Four teams consisting of the Frenchville Rockwheelers (Capricorn), Townsville Cyclones, Mackay Machines and Pioneer Prowlers (Mackay's development team) contested the event. The Pioneer Prowlers also featured two guest players, Bernadette Peterson of Cairns and Matt Lodewikus of Mount Morgan. The future of the sport looks good with players as young as 12 and 13 competing in the event.

Mackay Region - Regular Sports Programs

Activity	Days	Frequency	Time	Venue	Cost
Boccia	Tuesday	Weekly	1.30pm - 3pm	Mackay Indoor Bowls Hall, Bridge Road, Mackay	\$2
	This program runs during the school terms				
Wheelchair Dancing	Tuesday	Weekly	3pm - 5pm	Mackay Indoor Bowls Hall, Bridge Road, Mackay	\$2
	This program runs during the school terms				
Lawn Bowls	Friday	Weekly	9am - 11am	Souths Suburban Bowls Club, 39 Wardrop Street, West Mackay	\$4
Wheelchair Basketball	Wednesday	Weekly	6pm - 8.30pm	Mackay PCYC, off Norris Road, North Mackay	\$5
AspiDowns Basketball	Saturday	Weekly	9.30am - 11am	Mackay PCYC, off Norris Road, North Mackay	\$5
Tenpin Bowling	Monday	Weekly	6.30pm - 8.30pm	The Leisure Centre, Broadsound Road, Mackay	

For more information including season dates, contact Regional Development Officer Peter Sumpter on (07) 4953 1991 or email: mackay@sportingwheelies.org.au

Blokarting

3pm-6pm Sunday 19 August 2012
Pallarenda Beach, Pallarenda
(next to the boat ramp, near end park)

The Townsville region are now the proud owners of their very own blokart and shadow kart. After successfully receiving funding in May, the new blokart and equipment have arrived. Come down and give this great activity a go, it's fun and anyone can do it. Afternoon snacks will be provided on the day. Please make sure you RSVP to the Townsville office by Thursday 16 August.

Disability Action Week (DAW)

9-15 September 2012

The Association will be involved in Townsville's Inclusive Festival as part of DAW at 11am Sunday 9 September at Strand Park, 59/60 The Strand, Townsville. The new daytime boccia program will also be launching during DAW, kicking off at 10am Monday 10 September at Townsville RSL Stadium, Murray Lyons Crescent, Annandale.

North Queensland Sports Ability Games

12-13 September 2012

Also being held during DAW this year, the second annual North Queensland Sports Ability Games are being held in the Burdekin. Day one kicks off with the round robin-style schedule involving the three different sports (boccia, soccer and tee ball), whilst day two will incorporate a social golf day. Teams from Townsville, Burdekin, Bowen and Ingham regions will be competing at this event.

Wheelchair Basketball State Championships ('The Classics')

Congratulations to the Townsville Cyclones who won the B Grade competition at the recent state championships in Brisbane (9-11 June). Competing against seven other teams, the Townsville Cyclones beat the Gold Coast 102.9ers to take out the title. Well done!

Wheelchair Basketball Northern Challenge (Finals round)

22-23 September 2012
Marlin Coast Recreation Centre
27 Leisure Park Road, Smithfield

The Northern Challenge finals are fast approaching. Heading into the event, the Frenchville Rockwheelers (Capricorn) are on top with just the one loss. Townsville and Cairns are equal second after winning and losing three games each, while Mackay with one win are in fourth position. Good luck to all players and supporters heading to Cairns in September.



Cyclones Challenge – VS CP League

2.00pm Saturday 11 August 2012
Townsville Crocodiles Club Court
Stuart Drive, Wulguru

The Townsville Cyclones will be mixing with staff, clients and families from the Cerebral Palsy League in Townsville when the Association hosts the August Cyclones Challenge wheelchair basketball match. Come down and watch a couple of great games over the afternoon, including a sausage sizzle and soft drinks between games. This is also a great opportunity for new players looking to see what it's all about.

Athletics

Well done to Charters Towers and Townsville members Raymond Abdy, Darren McKenna and Jason Lettice (Darren and Jason pictured right) who competed at the Oceania Athletics Track and Field Championships held in Cairns from 27-29 June. Darren McKenna set two records at the event, including a new Oceania record in the discus (32.98m) and a new state record in the javelin (20.67m).



Townsville Region - Regular Sports Programs

Activity	Days	Frequency	Time	Venue	Cost
Boccia	Wednesday	Weekly	5pm - 6.30pm	Townsville RSL Stadium, Murray Lyons Crescent, Annandale	\$3 per session \$30 per season
Table Tennis	Saturday	Weekly	11.30am - 1.30pm	Townsville Table Tennis, Charters Towers Road, Hermit Park	Free
Wheelchair Basketball	Thursday	Weekly	5.30pm - 7.30pm	Crocodiles Club, Stuart Drive, Wulguru	\$4
If you would like to join or find out when training is on, please call the office for a calendar.					

For more information, contact Regional Development Officer Jonathon Orman on (07) 4721 4881 or email: townsville@sportingwheelies.org.au



Our Paralympic heritage: Roy Fowler (1964, 1968, 1972, 1976, 1984, 1988 Games) and Tracey Freeman (1972, 1976 Games)

Networks the key ingredients for Sports CONNECT recipe



The Redlands Sports CONNECT Forum audience sat in silence as champion rifle shooter Bradley Mark (pictured above) explained how his life had changed through involvement in sport. His story provided an inspirational start to an evening of information sharing and networking for the families and disability support groups gathered at the Victoria Point Sharks Sporting Club in May.

Bradley shared some of the turbulent moments he had experienced in his life as a result of his disability. In contrast to this, he described the time he first picked up a rifle and looked down the scope at his target, which is about the size of a 10 cent piece. Everything went quiet and he knew he had found his new place in the world. It was a profound moment for many in the room.

Over the course of the evening, participants discovered the tools they have at their disposal to initiate inclusive sporting opportunities for their family member or the people with a disability they are working alongside.

A great example of this was the parents who designed a recipe for success for their son who has autism and some difficulty with communication. They realised that finding out which sport their son might enjoy was their first key ingredient and came up with the idea to use pictures to represent individual vs. team sports, as well as sports played in different environments. They saw value in presenting this exercise to their son both at home and at school to determine if there was consistency in the choices he made.

Seeking assistance from others at the forum to progress their thinking, these parents identified that their son was happy in an aquatic environment. Remembering a past trip to a local park in Capalaba which has a creek running behind it, they described how their son had stopped and was fascinated as a kayaker paddled past. The young man's father then suggested that canoeing might interest his son.

Knowing their son had initial difficulties interacting with unfamiliar people, both felt that canoeing could provide a perfect blend of individual participation within a club environment leading to group opportunities as their son's confidence and familiarity grew. They are now keen to contact the Wynnum/Redlands Canoe Club, whose president attended a previous Sports CONNECT Forum.

Opening up conversations, sharing ideas and linking with other key stakeholders involved in local and state Sports CONNECT Networks are all key ingredients when creating a recipe for inclusion in sport. Bradley's recipe has seen him shoot to the top of his sport with his selection in the Australian team for the London 2012 Paralympic Games.

Toowoomba aiming high in inclusive sport and recreation

Sporting and disability organisations in Toowoomba are currently raising the bar in the pursuit of inclusive sport and recreation. Sports CONNECT Community Development Officer Phil Rogers recently spent two days in the city, hearing how several new opportunities are being identified for people with a disability.

A key forum for catching up with the latest news in the sector is the Toowoomba Disability Service Providers Network meeting. This group includes Assert Services, the most recent south-west organisation to sign a Sports CONNECT Charter; Breakaway Toowoomba, who are making progress on their Charter; and BigDog Support Services, who are keen to be the next to sign up.

Those attending the May network meeting heard about the Social Sports Network initiative developed by Michael Pratt, a local teacher and passionate advocate for inclusive sport. Now working as a Local Sport and Recreation Coordinator following state government funding

secured through Toowoomba PCYC, Michael has established a program of inclusive activities in association with lawn bowls, tenpin bowling, croquet, touch football, tennis and swimming clubs. Michael later hosted his first advisory committee meeting and outlined plans for inclusive club-based sessions for adults as well as sports expos for school-age students.

In addition to this, the Sports CONNECT Hub at the University of Southern Queensland re-launched its Sports Ability program on 7 June to attract new participants to sessions which are now being offered three times per week.

All this makes for an exciting time in inclusive sport and recreation on the Darling Downs. Sporting organisations are ready to talk with you and your family about getting involved!

If you are interested in finding out more about the inclusive activities on offer through the Social Sports Network, contact Michael Pratt on 0412 807210 or email: michael.pratt@pcyc.org.au



Children involved in inclusive football games at USQ in Toowoomba

For more information, contact State Coordinator, Sports CONNECT/Disability Education Jenny Frowd on (07) 3253 3333 or email: jennyf@sportingwheelies.org.au

Grants available for high school students

RSL Queensland and Bond University have joined forces to offer the opportunity for students in Grades 10 and 11 to apply for grants to help them achieve their goals, as part of the RSL Youth Development Program.

Grants of \$2500-\$5000 are available under the following three categories:

- Academic Achievement (inclusive of Art, Drama, Dance, Media and Design)
- Sporting Achievement
- Community Leadership and Civic Participation

Recipients will also have an exclusive opportunity to apply for a scholarship worth 50 percent of tuition fees to study either a single or combined degree at Bond University at the completion of high school.

Applications close 11 November 2012. To find out more about the Youth Development Program or to apply, visit www.RSLyouth.com.au

Spare Parts Art Exhibition

Priscilla Sutton is a member of the Association, an amputee and the curator of the successful art exhibition 'Spare Parts'.

Spare Parts is considered to be the first exhibition of its kind and brings together a diverse range of artists all using pre-loved prosthetic limbs as their canvas.

The prosthetics are donated from amputees, families of amputees and clinics from around the world.

The 2010 exhibition was a huge success and featured a mixture of prosthetic arms, legs and even an eye!

Priscilla is currently in London showcasing the previous pieces along with some new limbs that have been decorated by artists world-wide.

Spare Parts will make a guest appearance at our Annual Awards Presentation dinner in November.

To find out more and to keep up to date with Priscilla's adventures, visit www.spareparts2012.com



Staff member Emily Muldoon and Finbar Mills at a recent fundraiser for Spare Parts

Recommended reading

Kerri-Anne Connor was a typical active Gold Coast teenager, and one of the first women in Australia to gain a bronze medallion for Surf Life Saving, when her life changed dramatically in 1981.

Bronze is the story of Kerri-Anne's struggle to deal with paralysis and her rise to become one of Australia's most successful athletes with a disability in the 1980s as a member of our Association.

It's a funny, gritty and heart-breaking story of a young woman facing up to one of the biggest challenges imaginable, and the lessons she learnt along the way.

Kerri-Anne's memoir is available as an eBook from Amazon www.amazon.com. If you don't have an Amazon account, simply follow the directions on the site to set up an account, then go 'Back to Home Page', go to the heading 'Books', then click on 'Kindle Books' and type in 'Bronze'.



Congratulations, Kerri-Anne - you can now add 'author' to your list of outstanding achievements!



'Kerri-Anne (third from right) with fellow Queensland members of the Australian team for the 1984 Paralympic Games

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Mission Statement

Enhancing the lives of people with a disability through community engagement and education, sport and healthy activity.