



WheelAction

Autumn 2012

“Sport has helped me get over the fact that I will never walk again”

Angela Ballard is 29 years old, a three time Paralympian and is a current board member of Wheelchair Sports NSW. Angie plays a crucial role in our development and junior programs and is a world class competitor in track and road wheelchair racing.

At the young age of 7, Angie was involved in a car accident with her mother. As a back seat passenger in the crash, Angie was the most seriously injured and as a result is a paraplegic. After what seemed a lifetime of gruelling rehabilitation, Angie was introduced to a wide range of wheelchair sports, eventually finding her passion for wheelchair racing.

“I did swimming and athletics - track and field - and played wheelchair basketball, all that sort of stuff,” she says. “But once I got introduced to track I didn’t look back, my parents bought me a second hand racing chair and I was off and racing.”

Angie had her first competitive race at 12 years old. Only four years later she was representing Australia at the World Athletics Championships. By then she was taking her sport much more seriously and began setting records in Australian athletics for her classification. *“Obviously you get down, but people think because you end up in a chair that is it; but it is not. It’s human nature, plain and simple, to better yourself; **my sport has helped me get over the fact that I will never walk again.**”* says Angie.

Angie competed in her first Paralympic Games in Sydney 2000 and went on to compete in the 2004 and 2008 Paralympic Games. In the 2004 Games, Angie won

bronze in the 100m and soon after received the added support of nine time Paralympian gold medallist Louise Sauvage OAM as her coach and mentor. In the 2008 Beijing Games she picked up silver with her team mates in 4x100m relay, while also achieving her goal of making the finals for all of her events.

While busy competing full time in track, Angie still found time to study at Sydney University and finished her Bachelor of Science and is currently studying her Honours in Psychology. Angie also became a Wheelchair Sports NSW Board member and has been involved in mentoring and supporting our young juniors, just as she experienced as a child. Angie has always said, *“All people face and overcome different sorts of pitfalls in life, sport has opened up a lot of opportunities for me; I meet a lot of different people, travel overseas a lot and have great things to look forward to.”*

It was only a few weeks ago Angie in a highlight performance participated in the 2012 GIO Summer Down cont. over



Under Series and broke three Oceania records in the 100m, 200m and 400m on the track. On the road in the 2012 GIO Oz Day 10K around The Rocks, Angie normally a sprinter, challenged and surprised herself by placing 3rd in the Open Women Division.

Angie demonstrates the benefits of sport and the positive impact it had on her life as a child, into her adulthood and throughout her career. With your kind

support we are able to assist more 'young' Angie's reach their full potential and reap the marvellous benefits sport can offer.

Wheelchair Sports NSW is proud to support Angie and we look forward to watching her strive for her personal best at the London 2012 Paralympic Games later this year.

Celebrating 50 Years

Wheelchair Sports NSW celebrated its 50th Anniversary in October 2011 at the Waterview Convention Centre in Bicentennial Park. It was a fantastic night of celebration and a trip down memory lane. Close to 350 guests were at the dinner and it proved to be a night of delightful reunions for our members and athletes. It was wonderful

to see so many members, volunteers, supporters and friends all in the same room. This included the only two living foundation members, Daphne Hilton and Trevor French. Along with the celebrations there was the presentation of the Annual Sports Awards.



Life Members of WS NSW

Back row (left to right): Yvonne Talbott, Michael Godfrey-Roberts AM, Graeme Watts, Linda Ross, Craig Jarvis. Front row: Terry Mason, Richard Cordukes



Our "Athlete of the 50 Years" Louise Sauvage OAM with President Michael Godfrey-Roberts AM



Ass. Professor John Yeo AO sharing his memories of WS NSW in the 1970's



Members, staff and friends of WS NSW enjoying the celebrations



Team of the Year: Wollongong Roller Hawks Wheelchair Basketball Team

Wheelchair Sports NSW 2011 Awards

Athlete of the Year – Tristan Knowles (Basketball)

Junior of the Year – Michael Auprince (Swimming)

Coach of the Year – Ben Osborne, Wollongong Roller Hawks (Basketball)

Team of the Year – Wollongong Roller Hawks (Basketball)

Wheelchair Sports NSW Athlete of the 50 Years - Lousie Sauvage OAM (Athletics)

DID YOU KNOW?

Wheelchair rugby is a sport based on rules derived from ice hockey, grid iron and basketball?



Junior Wheelies Celebrating Christmas

Wheelchair Sports NSW held the annual Junior Wheelies Christmas Camp on 9 – 11 December 2011 at the Sydney Academy of Sport, Narrabeen. The Christmas Camp provides an opportunity for children with a disability to try different sports in a wheelchair. These children can feel somewhat isolated on a daily basis, however, when at camp, their disability is not the focus, rather participation where everyone is accepted for who they are.

The different sports the kids participated in included; wheelchair basketball, wheelchair tennis, wheelchair rugby, hockey, hand cycling, track and field, cricket, canoeing, and rugby league. We hope that at least one of the sports offered at camp will have captured their interest, and ignite a life of activity and social interaction. The camp also includes a “no talent time” contest, karaoke, Christmas carols and a visit from Santa with gifts for all the kids.

There were 45 participants in residence at the camp aged between 9 and 18 years old. The Camp was staffed by volunteers who assisted with sport and social activities, meal times, as well as the set up and bump out of the camp. Our campers and volunteers came from all areas of NSW. This year the St George Foundation was the major supporter of the camp, and we are extremely grateful for their ongoing generosity.



“Thank you for organising a fantastic weekend. Coban (aged 9) has not stopped talking about it and he even made a comment on the way home in the car “that weekend has changed my life”. We cannot thank you, your organisation and the volunteers enough”. From Coban’s Mother.



DID YOU KNOW?

Wheelchair basketballers are classified according to their physical ability and are given a points rating between 1 and 4.5. 1-pointers being the most disabled and 4.5 the least disabled.

2012 GIO Summer Down Under Series

The 2012 GIO Summer Down Under Series held in January showcased elite wheelchair races from all over the world competing in an international series of wheelchair track and road racing. The Series hosted one of the largest fields with over 60 athletes competing.

The Series commenced with a welcome function hosted by the ACT Government. ACT Minister for Community Services, Joy Burch welcomed the athletes to our nation's capital and Susie Walford (from major sponsor GIO) wished them well at the track meet in Canberra. Congratulations to Michelle Stilwell (Canada) in T52 400m, Hannah Cockcroft (Great Britain) in T34 400m and Rheed McCracken (AUS – QLD) in T34 1,500m on their new **World Records** set at the Australian Institute of Sport Track, Canberra.

In Sydney on Monday 23 January, athletes, sponsors, supporters and friends of Wheelchair Sports NSW attended a reception hosted by the Honourable Barry O'Farrell MP Premier of NSW at the Opera House. Our well known Aussie Paralympian, Kurt Fearnley OAM

spoke about the iconic GIO Oz Day 10K, now in its 23rd year.

The second Track Meet of the Series was held on Tuesday 24 January at the Sydney Olympic Park Athletics Centre. Congratulations again to Michelle Stilwell (Canada) on breaking her own 100m and 200m **World Records**. **Oceania records** also fell that night, Rheed McCracken (QLD) T34 200m and our own Angie Ballard 100m, 200m and 400m.

On Australia Day, Thursday 26 January Sydney's streets around The Rocks were closed for the 23rd GIO Oz Day 10K. For the first time this spectacular event, footage was captured and broadcasted live via a big screen and online around the world. Fortunately the rain held off during the race as we watched crowd favourite and defending champion Kurt Fearnley OAM win his 8th consecutive title in a new course record of 20:23.

To watch the Highlight clip of the 2012 GIO Oz Day 10K, visit www.wsnsw.org.au



Kurt Fearnley OAM, the Honourable Barry O'Farrell MP Premier of NSW and Michelle Stilwell



2012 GIO Oz Day 10K



Kurt Fearnley OAM, wins the 2012 GIO Oz Day 10K



Madison de Rozario wins the Open Women's division of the 2012 GIO Oz Day 10K



Our own Angie Ballard on the track

DID YOU KNOW?

Kurt Fearnley averaged a speed of 29.44 km/h as he set a new course record of 20:23 for the 2012 GIO Oz Day 10K?

2012 GIO Sydney International Wheelchair Tennis Open

The 2012 GIO Sydney International is the only tournament of its type in Australia and is a crucial component of the "new look" Australian Wheelchair Tennis Tour. This is the opportunity for local athletes to seek international standard competition in Sydney each year. The tournament is the largest of its type in Australia and will continue to create avenues for our athletes into the future. It has developed into an event with international wheelchair sporting significance and a major contributor to the growth and acceptance of wheelchair sport into the mainstream sporting arena.

The 24th Sydney International Wheelchair Tennis Open was held from 20 – 24 January 2012 at Sydney Olympic Park Tennis Centre. This year's event showcased the world's best men and women wheelchair tennis players, with 110 players from 22 countries competing. The top 8 ranked men and women in the world were featured in the tournament.

This 5 day tournament was a star attraction in the Wheelchair Tennis Circuit with our Aussies taking on

a tough international field. With fierce competition, matches were exciting and demonstrated some quality wheelchair tennis. The Main Draw Men's final was played by Maikel Scheffers (Netherlands) current world number one against Michael Jeremiasz (France) who is on his comeback from injury. This was a highlight match with Michael Jeremiasz defeating Maikel Scheffers, 6-4, 6-3.

In the Main Draw Women's division, Dani DiToro (world number 5) from Australia competed in semi finals against Aniek Van Koot (world number 2) from the Netherlands, this was a close match but Dani was out-played by Aniek. In the women's finals current world number 1 Esther Vergeer (Netherlands) dominated the match to defeat Aniek Van Koot, 6-1, 6-0.

After amazing results in the Main Draw Men's singles, two of our upcoming NSW players won the Men's Second Draw Doubles, Keegan Oh Chee and Richard Engles. Great achievement for Keegan and Rick, improving their overall points and experience against a quality international field.



2012 GIO Sydney International Wheelchair Tennis Open Main Draw Men's winner Michael Jeremiasz (FRA)



2012 GIO Sydney International Wheelchair Tennis Open Main Draw Women's winner Esther Vergeer (NED)

Mounties supports our junior tennis players

Thank you to Mounties who supported our junior tennis athletes through the Talented Athlete Program. The Talented Athlete Program identifies promising junior wheelchair athletes and provides a pathway to develop and improve their fundamental skills, providing intensive training and specialist coaching to allow progress to an elite performance level. This program has one of our junior tennis players, Andy Parker who competed in the recent 2012 GIO Sydney International Wheelchair Tennis Open and won his first round in the senior competition. This is a massive achievement for 13 year old Andy, as he never thought he would stand a chance against the "older men".



TAP Program athletes Stephan Rouchecouste (left) and Keegan Oh-Chee (right) with Marilyn Price (Director - Mounties)

DID YOU KNOW?

The only rule change from able-bodied tennis and wheelchair tennis is that the ball is allowed to bounce twice before it must be returned by a player.

Juniors battle it out in Dallas, Texas

Wheelchair Sports NSW supported our finest junior wheelchair basketball team last year as they travelled to Dallas, Texas to represent NSW at the Jim Hayes Memorial Wheelchair Basketball Tournament. The team was undefeated and managed to win GOLD against Nebraska 62 – 56, a close game. For many of our junior team this was their first overseas trip and a great experience for them.



National Handcycling Series

Wheelchair Sports NSW recently held the National Handcycling Series in Sydney on 3rd to 5th February across three different locations, (Sutherland, Lansdowne and Calga). The "Triple Header" weekend ensured there were plenty of points on offer for each classification. With rain throughout the first race held at Sutherland Shire Cycling Club created challenging conditions. The second race was held at Bankstown Sports Cycling Club with sweltering heat but all racers managed to finish. There were only 5 hand cyclists to brave the third leg (25km time trial) in Calga. Great results from Tripp who raced through the course clocking a time of 44:31 (avg. speed 33.7 kmph).



Australian Honours List



Congratulations to our very own President, Michael Godfrey-Roberts who has been awarded a Member of the Order of Australia (AM). The honour confers recognition for

outstanding achievement and service. The recognition of Michael comes after his 30+ years of dedicated and unswerving service to wheelchair and disability sport at all levels namely State, National and International. All in a volunteer capacity.

DID YOU KNOW?

Handcycles are built to accommodate kneeling athletes as well as seated athletes? They would compete in different classifications.

One to watch!



Josh Meoli is 18 years old and attending his second year of university studying for a degree in Early Childhood teaching. Josh was born with a genetic disorder called lower limb neuropathy which means that his legs aren't strong enough to hold him up.

Josh didn't use a wheelchair until he started high school but once he was in a chair he discovered wheelchair basketball, playing for the Alexandria team for a couple of years and then the Sydney Uni WheelKings for the last 3 years in the national league.

Josh's goal is to one day play for Australia in the Australian Men's Wheelchair Basketball team (the Rollers) and to become a primary school teacher, teaching children with special needs.

Stacks Goudkamp Charity Golf Day

Join us for the annual Stacks Goudkamp Golf Day on Tuesday 29 May 2012 and experience a great day of golf with colleagues, clients and friends, whilst raising much needed funds for Wheelchair Sports NSW. The Golf Day is organised by Gary Dawson and Matt Laverty from Charity Challenge, provide exciting, fun competition with prizes, giveaways and a great atmosphere for our golfers.

The day includes 18 holes of golf at the prestigious Macquarie Links International Golf Club, starting at 7am for registration and breakfast, golf carts, drinks, prizes and finishing with a fantastic buffet lunch and presentation. Put together your team of 4 or just come along yourself and enjoy some competitive fun golf for a worthy cause, please contact Sarah Hozack on 9809 5260 or sarahh@wsnsw.org.au

STACKS // **GOUDKAMP**



Challenge yourself for disability 2012 City2Surf!

Wheelchair Sports NSW is participating in the Sun-Herald City2Surf on Sunday 12 August. We want you to join our team! Wheelchair Sports NSW is looking for team captains and participants to join the Wheelchair Sports NSW team. Whether you're a serious runner, casual jogger or want to join in for the first time, don't miss your chance to be a part of one of Sydney's favourite sporting events.

In 2011 there were over 85,000 people competing in the fun run, many raising funds for their chosen Charity. Entries for the 2012 City2Surf will open in May 2012, however if you would like to register your interest, please contact Sarah Hozack on 9809 5260 or sarahh@wsnsw.org.au



DID YOU KNOW?

Even though the rule in wheelchair basketball differs slightly from conventional basketball, traveling is still an infraction in wheelchair basketball

Diary Dates

Stacks Goudkamp Charity Golf Day	Tuesday 29 May	Macquarie Links International Golf Club
City 2 Surf	Sunday 12 August	Sydney CBD to Bondi Beach
SHOT Expo (sport, health, outdoor, travel)	25 – 26 August	Sydney Academy of Sport, Narrabeen
London Paralympic Games	29 August - 9 September	London
Junior Fundraising Luncheon	Friday 19 October	Four Seasons Hotel Sydney
Charity Challenge Gala Ball	Saturday 17 November	Hilton Hotel Sydney

Come and See

Women's National Wheelchair Basketball League	16-18 March	Sydney Uni Sports & Aquatic Centre
Men's National Wheelchair Basketball League	24-25 March	Sydney Uni Sports & Shellharbour
Women's National Wheelchair Basketball League	13-15 April	North Sydney Indoor Sports Centre
NSW Track & Field Championships	30 March – 1 April	Sydney Olympic Park
Men's National Wheelchair Basketball League	12-13 May	Sydney Uni Sports & Aquatic Centre
Wheelchair Rugby Australia v Japan	4-6 May	Sydney Olympic Park Sport Centre
National Lawn Bowls Championships	4-8 June	Raymond Terrace
National Wheelchair Rugby Championships	29 June – 1 July	Sydney Olympic Park Sport Centre
Wheelchair Basketball World Challenge (Mens & Womens Aus teams)	17-21 July	Sydney Olympic Park Sport Centre
South Pacific Wheelchair Tennis Open	14-16 September	Nowra

Thank You

Thank you to our supporters, sponsors and donors who kindly supported Wheelchair Sports NSW recently. Thank you to our supporters who donated to the 2011 Christmas Appeal and a special thank you to the following:

AAWD	CMAA	Ryde Eastwood Leagues Club
Allianz	GIO	SOPA
ANZ Foundation	Golden Stave Foundation	St George Foundation
APC	IPAC	Stacks Goudkamp
ASX Thomson Reuters	Lord Mayors Charitable Foundation	The Rocks
Australian Chinese Foundation	Mounties	Tennis NSW
Charity Challenge Fund	NSW Sport & Recreation	The Primary Club
Commonwealth Bank	Revesby Workers Club	Uniport
Contact and Clarendon Print	Roth Charitable Foundation	

Pushing Strong Publication

If you make donation of \$100 or more to Wheelchair Sports NSW before 31 March 2012 we will include a special thank you gift of our 50th anniversary book, "Pushing Strong" publication.



Wheelchair Sports NSW is on Facebook, please visit and like our page! Join our group and have your say, you can check out our latest event photos, share stories and make comments.

www.facebook.com/wsnsw

Telemarketing Raffle Winners

Campaign 4, Wheelchair Tennis

- 1st Prize: J Gameraov
Tamarama
- 2nd Prize: L McKenzie
Berowra
- 3rd Prize: M Warby
Mittagong

Campaign 5

Junior Christmas Camp

- 1st Prize: P Napper
Wilberforce
- 2nd Prize: K Murrell
Sanctuary Point
- 3rd Prize: B & M Curry
Cheltenham

How you can help?

Visit www.wsnsw.org.au or phone **02 9809 5260** for fundraising ideas and volunteering opportunities

DID YOU KNOW?

One in five people (20%) in Australia have a disability