



WheelAction

Autumn 2011

“I have a new perspective on what being able means”

“My name is Jason Copp, I am 28 years old and was the passenger in a car that was involved in an accident in November 2006. As a result I’m now a T10 incomplete paraplegic also with my left leg being amputated below the knee.

I had played tennis a bit as a kid, which was one of the reasons I decided to pick up a tennis racquet and have a go in a wheelchair. I was never any good at tennis as a kid, but the sports I had played as a teenager; touch football, oz tag, soccer and cricket had given me a complete edge. I was reminded of how much I enjoyed playing sport and being competitive.

I wasn’t naturally gifted when it came to wheelchair tennis. I have had to work very hard to achieve any sort of result. I think that is why I enjoy the sport so much. The need to work so hard to achieve results makes reaching those goals so much more rewarding. That is another reason why wheelchair tennis, or any wheelchair sport, is so gratifying. It is necessary to constantly set and reset goals in order to become a better player. This is what makes wheelchair tennis enjoyable for me.

When I first decided I wanted to give wheelchair tennis a try I was faced with the obvious decision about how I was going to get a chair. The normal everyday chair that I push around in wouldn’t cut it on the tennis court. Tennis chairs

have heavily cambered wheels, and the front wheels, or casters are much smaller. There is also another caster that sticks out the back. This enables you to lean right back without falling out when you are serving.

These chairs aren’t cheap and I was in no position to afford the near \$5,500 necessary. I was fortunate that I was introduced to Wheelchair Sports NSW which offers wheelchair leasing so that anyone who is not able to afford to purchase their own chair is able to try out wheelchair sports. After having been coached and playing

continued over



competition for a few years, I applied for an Athlete Grant through Wheelchair Sports NSW. All the costs involved in competing in any sport can be rather expensive. Fortunately Wheelchair Sports NSW offers grants so that athletes can pay for tournament entry fees, tickets for flights and accommodation costs.

I have a new perspective on what being able means. The first competition I played in was the Sydney International

Wheelchair Tennis Open. To see so many people in wheelchairs with injuries more and less severe than mine, with so much talent on the court, was just amazing. The thing that topped it off for me was watching the guys play in the quadriplegic division. Keep in mind that these guys have spinal cord injuries that affect their arms as well as their legs. Saying that it was inspiring does not even come close!"

50 Years Pushing Strong



This year is an exciting year for Wheelchair Sports NSW as it is the 50th year anniversary of the organisation. In October 1961 a small group of individuals met to form the Paraplegic Sports Club of NSW. In these early days it was affectionately known as "the club" – a term some older members continue to use today.

Daphne Hilton and Trevor French are the only two living Foundation Members of Wheelchair Sports NSW. They were at the very first meeting of the "Club" in 1961. The year before, Daphne was our only female selected for the first Paralympic Games in Rome in 1960. Hence she was our very first female Paralympian. Australia won 11 medals at these Games in 1960 and Daphne won 6 of them.

Across the 1962 Perth Commonwealth Games and the 1966 Jamaican Commonwealth Games, Daphne won 17 medals across a variety of sports. The 1968 Paralympic Games in Tel Aviv were Daphne's last and she won 3 bronze medals. In 1970 Daphne achieved her biggest feat by giving birth to twins. In 2000 Daphne was given the honour of opening the Paralympic village in Sydney and she returned to international competition briefly in 2002 when she competed in the World Wheelchair Lawn Bowls Championships. She won a silver and bronze, 34 years after her last international competition.

Daphne is a truly remarkable woman and athlete and Wheelchair Sports NSW is proud to have Daphne as an ambassador for our 50 year celebrations.



Daphne Hilton competing in Swimming and Archery for Australia



Daphne Hilton, Michael Godfrey-Roberts (President, WS NSW), Trevor French and Premier Kristina Keneally

Hall of Fame

Federal Minister for Sport Mark Arbib congratulated the sportsmen and women honoured at the Sports Australia Hall of Fame Awards for their outstanding contribution to sport in Australia. David Hall OAM (wheelchair tennis) was inducted into the Hall of Fame. David is the only other Paralympian to be awarded the honour after Paralympic legend Louise Sauvage (patron of WS NSW). These two are amongst the 503 Hall of Fame members.

WS NSW Annual Awards

2010 Wheelchair Sports NSW Annual Presentation Dinner was held on Saturday 27 November at Bankstown Sports Club.

The major awards of the night were presented to:
Margaret Bennett - Clubperson of the Year
Ryley Batt - WS NSW Athlete of the Year

DID YOU KNOW?

15% of Australians of working age have a disability

GIO Oz Day 10K & Premiers Reception



Over 150 athletes, sponsors, supporters and friends of Wheelchair Sports NSW attended a reception hosted by the Premier of NSW Kristina Keneally at prestigious Government House in Sydney. Our local junior Declan Young spoke on what this iconic event (the Oz Day 10K International Wheelchair Road Race), now in its 22nd year, means to these wheelchair racers from home and abroad.

Wheelchair Sports CEO Jim O'Brien also spoke about Wheelchair Sports NSW 50th Anniversary this year, acknowledging some of our ambassadors who have been associated with Wheelchair Sports NSW since the beginning. He highlighted the Oz Day race which sends a strong message to the community about social inclusion and the worth of all individuals. Special thanks went to the Premier for hosting this event and welcoming the athletes for the GIO Oz Day 10K race.



The race was a huge success, despite the sweltering heat. Local athlete, crowd favourite and defending Champion Kurt Fearnley won his 7th consecutive title 21 seconds ahead of Heinz Frei (SUI) and Ernst Van Dyk (RSA).

The Open's Women's Race was won by Sandra Rush (USA) in a time of 30:40, with young Queenslander Sara Tait finishing second. The junior race was won by Nathen Arkley, (SA), with Declan Young (NSW) and Rheed McCracken (QLD) second and third respectively.

Athletes completed two laps of the 5km course along areas of the Sydney Harbour foreshore including George St, The Rocks, and Hickson Road. Competing racers were from Switzerland, Mexico, South Africa, USA and of course Australia. The very first winner of Oz Day 10K in 1990, Craig Blancette (USA) also competed the race this year.



Photos from top: Premier Kristina Keneally wishes WS NSW well for the 50th Anniversary celebrations; Junior WS NSW racer Declan Young; Kurt Fearnley OAM wins his 7th consecutive Oz Day 10K; The 23rd Oz Day 10K underway on Alfred St, The Rocks

DID YOU KNOW?

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

Juniors celebrate Christmas

The Junior Wheelchair Christmas Camp was held on 10 -12 December 2010 at the Sydney Academy of Sport, Narrabeen. Participants from all across NSW arrived at the camp, some from as far as Albury, Coffs Harbour, Taree, Wagga Wagga and Mudgee. Our junior wheelies enjoyed a weekend of camping with old and new friends and participated in a range of sports such as wheelchair basketball, tennis, rugby, rugby league, cricket, hockey, table tennis, powerlifting, athletics and canoeing.

Canoeing was voted the highlight of the camp by the kids this year as they were encouraged to canoe out further than they have ever gone in the past. This gave them all a great sense of achievement. Apart from sport, the Camp included a "No Talent Time" contest, karaoke, carol singing and a visit from Santa with gifts for all the kids.

The camp focuses on providing children and young adults with a disability the opportunity to interact with others like them. The camp helps to distinguish roles within the disability sector, and give our young members positive role models. These children and young adults feel somewhat isolated on a daily basis. However, when they are at our camp they are somewhere where disability is not the focus, rather participation, where everyone is accepted for who they are.

"It was the best camp I have ever been to"

"I loved powerlifting, something different and exciting"

"I don't want to go home; I want to stay here, I'm having so much fun"

"I made so many friends at the camp"



DID YOU KNOW?

179,000 of people with a disability use an electric wheelchair or a scooter for mobility

St George Autumn Wheelchair Basketball League

St George Foundation has kindly supported this years' Wheelchair Basketball Autumn League, which supports juniors improving their skills through competition amongst more seasoned wheelchair basketball players. The Autumn Basketball League is a great sporting event for all teams by increasing motivation, training and experience at a competitive level.

We are attracting players from all around the State including; Sutherland, Illawarra, ACT and the metropolitan area. Wheelchair Sports NSW will also be holding a development camp late February which will help prepare these players for the League.



Sarah Stewart (WS NSW member and Australian Glider) competing in the 2010 Autumn League



Keegan Oh-Chee accepting a cheque from the St George Foundation for the 2011 Autumn League



Motivational luncheons and Corporate Roadshows

Two of our corporate supporters were lucky bidders at the fundraising luncheon in September and recently received their auction prizes. Clubs Managers Association of Australia was the auction winner of a corporate lunch with multiple Paralympian David Hall OAM, held at the Westpac offices. Stuart Alexander & Co. Pty Ltd shared a lunch with Louise Sauvage OAM, held at Corrs Chambers Westgarth. Both of these lunches were an amazing experience with our paralympians sharing personal stories, triumphs and achievements. All who attended learnt more about Wheelchair Sports NSW while being touched and motivated by David and Louise's stories.

Last year we had a few corporates hold their own team building with Wheelchair Sports NSW with our Roadshow program, an afternoon with a difference, playing wheelchair basketball. The Roadshow introduces wheelchair basketball to corporates, along with meeting and playing alongside inspirational Paralympic athletes. The athletes help staff to play the game of wheelchair basketball. They also give a talk about their own personal journey, how they came to play wheelchair sport and how they overcame great challenges to achieve the pinnacle of their sport – through teamwork, passion, commitment and belief in their abilities.

For more information on booking your corporate Roadshow or special guest luncheon today visit www.wsnsw.org.au or call 02 9809 5260



WS NSW member, former World No.1 wheelchair tennis player and inspirational speaker David Hall OAM

DID YOU KNOW?

In NSW alone, 24,748 students attending school are disabled

Greenslip Cup

The second annual Greenslip Cup was held on Friday 29 October 2010. The Greenslip Cup, a corporate tennis day, saw 32 able bodied doubles teams from the insurance sector and compensation law firms, have a friendly day of competition in divisions from novice to elite. It was a great day of tennis in near perfect weather conditions. Teams all enjoyed the day held for the first time at the state of the art Sydney Olympic Park Tennis Centre. This year teams competed from Allianz, Suncorp, Stacks Goudkamp, Medico Legal Specialists and WS NSW. The top division teams were even lucky enough to compete against the dynamic wheelchair team of David Hall and Ben Weekes (world no.12).

These companies involvement in the Greenslip Cup has once again provided valuable support for the Sydney International Wheelchair Tennis Open raising \$30,000 for the event. Allianz once again blitzed the competition with three of their four teams competing in the finals along with a Stacks Goudkamp team. The finals of the two top divisions were played on Friday 4 February 2011 as part of the 2011 Sydney International Wheelchair Tennis Open at the Sydney Olympic Park Tennis Centre



Wheelchair Tennis players, current world No. 12 Ben Weekes (left) and former world No. 1 David Hall face off against members of the Allianz Greenslip Cup team.



Member of the Stacks Goudkamp Greenslip Cup team.

My 17 year old son

"My 17 year old son was born with a disability (a form of spinal fusion) which meant he was to use a wheelchair from an early age. He became involved in sport after Wheelchair Sports NSW came to his school to present a Wheelchair Sports Roadshow. He soon went along to wheelchair basketball coaching and found he had a natural talent.

We decided to hire a sports wheelchair through Wheelchair Sports NSW and soon after he became a sports nut. He became a healthier person and in time developed more self confidence, which showed through his schooling. It's been a bit of a whirlwind the last couple of years with my son playing national level wheelchair basketball and representing Australia in the Junior Wheelchair World Team Tennis Cup in Nottingham in the UK. Considering he has only been playing for a couple of years, he is improving every tournament and currently holds a world ranking of 6th in juniors and 146th in the seniors.

The opportunities that have been available to my son have been nothing short of a dream come true. I'm extremely proud of him and also extremely grateful to Wheelchair Sports NSW for all the support they have provided him during this time. Without the financial and other support of this wonderful organisation, myself as a single mum would have struggled to cope. It has provided my son opportunities and experiences that would not have been possible".

DID YOU KNOW?

Sport and recreation are vital in reducing the risk of developing heart disease, Type 2 diabetes, hypertension and obesity

2011 Sydney International Wheelchair Tennis Open

The 23rd Sydney International Wheelchair Tennis Open was held on 2 - 6 February 2011 and is a Series 1 tournament on the NEC International Wheelchair Tennis Tour (ITF). It is often categorised as a Tier 2 tournament, second only in status to the majors or the "Grand Slams".

This year's event attracted a quality field of the worlds best wheelchair tennis athletes including 18 Australian competitors in the event. Four of the worlds top ten Men's players including world number one, Shingo Kunieda from Japan and seven of the world's top ten Women's players, including Australia's number one Daniela Di Toro competed for the title. These superior wheelchair tennis players travel to Sydney to experience unparalleled standard of competition, a supreme playing surface and the atmosphere of playing at Sydney Olympic Park Tennis Centre.

With a diverse group of players in the field this year, Shingo Kunieda defeated Ronald Vink from Netherlands in the men's title and Dani Di Toro from Australia defeated Jiske Griffioen from Netherlands in the women's final. Nick Taylor (USA) narrowly defeated Lucas Sithole (RSA) in the Quad Draw. After amazing results in the Men's Open, two of our junior Aussies competed for the junior title. Keegan Oh-Chee and Henry de Cure battled it out for the final, with both only just returning from a tournament in France. Henry narrowly defeated Keegan for the junior title.



WS NSW member and Men's Main Draw Quarter Finalist Ben Weekes



WS NSW member and Junior Draw Runner Up Keegan Oh-Chee



Women's Main Draw Winner Danni Di Toro (AUS)

Stacks Goudkamp Charity Golf Day

Join us for the 2011 Stacks Goudkamp Golf Day on Tuesday 31 May 2011 and experience a great day of golf with colleagues and clients, whilst raising much needed funds to go towards providing people with a disability the opportunity to play sport!

This is a full day of serious golf at Macquarie Links International Golf Club, starting at 7am for registration and breakfast, then finishing with a fantastic lunch and presentation. For all those interested in playing some competitive golf for a worthy cause please contact Sarah Hozack on 9809 5260 or sarahh@wsnsw.org.au.



DID YOU KNOW?

70% of Australians know someone with a disability

A Giant Thank You

GIO
Tennis NSW
NSW Sport and Recreation
Suncorp
ClubsNSW
St George Foundation
Sydney Olympic Park

IPAC Financial Services
Contact & Clarendon
AAWD
Sydney Harbour Foreshore Authority
International Tennis Federation
Australian Paralympic Committee
NEC

Active Sportz
Athletics NSW
Star City
Stacks Goudkamp
Allianz
Medico Legal Specialists
All our supporters who donated
towards the Christmas Appeal.

Diary Dates

Charity Golf Day – Tuesday 31 May 2011 - Macquarie Links International Golf Club

A day playing golf with corporates while raising funds for Wheelchair Sports – to reserve your place please contact Wheelchair Sports NSW.

Wheelchair Sports NSW Annual General Meeting - Monday 27 June 2011 (venue TBA)

Charity Race Day - Saturday 9 July 2011 - Randwick Race Course

A fantastic day at the races and three course lunch, while raising funds for Wheelchair Sports NSW.

Junior Sports Fundraising Lunch – Wednesday 31 August 2011 - Four Season Hotel

Our major fundraising lunch for corporates, sponsors and supporters – raising funds for our junior wheelchair programs.

50th Anniversary Celebration Dinner – Friday 21 October 2011 - Waterview Conference Centre, Bicentennial Park

Time to turn back the clock and go through wheelchair sports journey over the past 50 years. Connecting with past and present members, volunteers and supporters.

Greenslip Cup – October 2011 - Sydney Olympic Park Tennis Centre

Supporting the Sydney International Wheelchair Tennis Open, Insurers and law firms compete in a tennis event, raising funds for our tennis players.

Come and See

St George Autumn Basketball League	13, 20 March & 3, 10 April	Various Venues
Swimming NSW Multi Class	19 March	Blacktown Pool
Handcycling Nationals	25-26 March	Warratah Park, Sutherland & Lansdowne Park
NSW Wheelchair Athletics State Championships	25-27 March	Sydney Olympic Park Athletic Competition Arena
Lawn Bowls Singles Classic	27-29 March	Rosehill Bowling Club
National Wheelchair Rugby League	11-13 June	Blacktown (TBC)
Handcycling Series	May-August	Merrylands Oval

Telemarketing Raffle Winners

Christmas Campaign 1

Drawn 31 January 2011

1st prize: O Dunk, Lane Cove

2nd Prize: R Clinton, Rydalmere

3rd Prize: V Oloms, Braddon



How you can help?

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

DID YOU KNOW?

Physical inactivity contributes to 8,000 deaths per
year in Australia