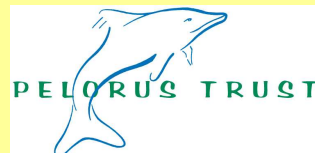
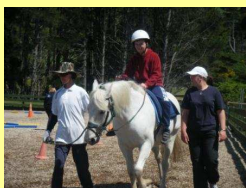


Parafed Wellington

Reviewing a year filled with sporting moments and opportunities for Youth & Have-a-go events & coaching programmes from March to November 2010



1. Right: Matthew Henderson enjoys the ride



2. Right: From Left: Kate Horan Catherine Pot & Karl Hobman warm-up for Track



3. Below: Youth Sports Club action



4. Below: Nathan Millar snowboarding with Coach Bob Williams



5. Below: Rosie Macleod with Coach-Robbie & Wheelchair Tennis athletes



6. Below: Martin Mooij in front at the handcycling race



7. Bottom Left: Codie Vincent sails at Evans Bay



8. Bottom Right: Coach Greg Reid watches on as Karl Hobman takes aim.



Youth Sports Programme & "Have-a-go" events & coaching programmes for Wellington region Thank you Halberg Trust for your support!

So far we've run 12 "have-a-go" events, 7 monthly Youths Sports sessions & 5 follow-on coaching programmes.

Recently we organised a successful Swim "have-a-go" where (9) disabled participated and currently we have a follow-on coaching programme for (7) with enough numbers to run another one in 2011.

30 turned-up to the Riding for the Disabled (8) recently for a shared lunch & thank-you to families & volunteers.

From the Athletics "have-a-go" (6) we now have (4) training with a new Coach and this group has also started up a Boxing (5) & powerlifting (4) training group.

The Youth Sports Club has had up to (15) juniors attending from March (2) to a regular (8-12) per session, per month.

We had a great turn-out to two Adaptive Snowsports (10) "have-a-look" with (4) disabled being coached on the mountain.

Table Tennis & Wheelchair Tennis had good turn-outs to their "have-a-go" events with (5) Wheelchair Tennis & (3) Table Tennis attending regular coaching. Some of the athletes went on to compete at a Regional & National level.

Handcycling (11), Sailability (5) and two "have-a-go" Shooting (8) were exciting events with good numbers turning up as well.

We have 2 more "have-a-go" events to run in December. Our membership has grown rapidly and we expect to see further rapid growth in 2011. Parafed Wellington is on the map and making a huge contribution to the physically disabled Community in the greater Wellington region.