

The newsletter of the Suffolk Disability Sport Academy

Magnificent Seven!

6th and 7th Disability Sport Showcase Days to be held in 2009!



Suffolk Disability Sport Academy

The Suffolk Disability Sport Academy is holding its sixth and seventh Disability Sport Showcase Days in 2009.

These will be held in Woodbridge and Stowmarket, meaning that we will have then held these events in every district in the county since the project was launched.

The first Showcase Day of 2009 is being held at Farlingaye High School in Woodbridge on Saturday 09 May. The list of sports people can take part in has been confirmed as archery, athletics, boccia, cycling, football, goalball, judo, powerlifting, tag rugby, sitting volleyball, swimming and wheelchair tennis.

As always the day is free to take part in and is open to anyone with a physical, sensory or learning disability.

The next event will then be held on 26 September at Mid Suffolk Leisure Centre in Stowmarket. More details about that event will be available nearer the time.

For more information on either of these events or to request a registration form please call Optua Leisure on 01473 836770 or email sdsa@optua.org.uk. The registration forms are also online at www.beyourbest.org.uk

We are keen to hear from anyone keen to volunteer at these events which are fun to take part in and very rewarding.

We are also extremely grateful to the organisations who have contributed funding towards both our Showcase Days for 2009. If you would like to be involved in helping to fund or sponsor either event please contact us.



Regional summit looks forward to 2012

Representatives from Optua were invited to the Nations and Regions East Annual Summit which focused on the potential opportunities and benefits the Olympic and Paralympic Games in 2012 present for our region.

The event included presentations from Jonathan Edwards CBE, former Olympic athlete and Ambassador for London 2012, and MP Barbara Follett, Regional Minister for the East of England. There was also an inspirational speech from Ade Adepitan MBE, winner of a bronze medal in Wheelchair Basketball at the 2004 Paralympics in Athens, (pictured right).

Optua's Disability Sport Academy was also featured as one of several case studies in a regional DVD documentary featured at the event.



Reminder about Bursaries

Don't forget that anyone who is interested in coaching a disability sport may be able to get help with paying for it through our Disability Sport Coaching Bursary scheme which was launched last year.

The scheme is being run by Optua in partnership with Suffolk County Council and Suffolk Sport.

The bursary scheme can provide funding for people to either become qualified as coaches or to improve their qualifications. This will in turn create better opportunities for disabled people in Suffolk to take part in sport.

Liz Christian is the coach for the Team Ipswich disability swimming sessions in Ipswich. She has recently benefited from the bursary scheme which paid for her to take the Level 2 Coaching Qualification in Swimming in December:

"I'm very grateful that the bursary scheme has allowed me to access this course. It really has made a big difference in three months, not only to me, but to swimmers, volunteers and qualified teachers/coaches at the club.

"The coaching course has shown me how to take the swimmers up to another level. It has enabled me to plan sessions for swimmers at the top end of the club which will help them reach their personal goals and achieve a level of expertise that will give them the choice of training with mainstream squads.

"Since I completed the theory part of my course the swimmers have competed at 2 major competitions and achieved great results. The course has also enabled me to offer greater support to the volunteers who work with me and helped to encourage them to think about a coaching qualification.

"The qualification has given me the confidence to review the set-up at our club and to put in place a new structure which I hope will support and develop all sections from the non-swimmers through to those taking part in competitions."

For more information about the bursary scheme call 01473 836770 or there's more information at www.beyourbest.org.uk

Suffolk Spartans Powerlifting Club

In January three members of the Spartans competed in the IPC Powerlifting Championships in Cardiff where Nathaniel Wilding lifted 95kg and Chris Rix managed a personal best of 115kg both showing an improvement of 10kg since this time last year.

Zoe Newson showed great progress by increasing her personal best lift of 47.5kg in January 2008 to 70kg just a year later. This increase of over 30% shows why Zoe is seen as a potential medal hope for 2012.

Suffolk Spartans were approached by EFDS (English Federation of Disability Sports) to feature as a case study to demonstrate good practice within disabled clubs across the country. It is a wonderful testament to how far the club has come that we are being held up as a shining example to others despite only running for less than two years.

For more details go to www.suffolkspartans.co.uk or call 07984 452872.

East Anglian Sailing Trust

The East Anglian Sailing Trust (EAST) are hosting the 2009 UK National Blind Sailing Championships at Suffolk Yacht Harbour on the weekend of 19, 20 and 21 June.

For more information about this and other EAST events in 2009 visit their website at www.e-a-s-t.org.uk or call EAST's new telephone number 033 088 3278.



Other regular disability sport sessions

There are many other regular disability sport sessions going on around Suffolk:

- Mult-I-Sport - monthly sport sessions for people with a visual impairment in Bury St Edmunds
- West Suffolk Tigers - Bury St Edmunds based athletics club
- Orwell Panthers - Ipswich athletics club
- Sitting Volleyball and multi-sports sessions - every month in Great Cornard
- Stowmarket Golf Centre are running regular disability golf sessions every Tuesday
- Ipswich Charioteers wheelchair football team - meeting regularly at St Albans High School
- Boccia - regular sessions are run every Monday at Gainsborough Sports Centre.

For more details please contact Optua Leisure on 01473 836770, email leisure@optua.org.uk or go to our website www.beyourbest.org.uk

Disability football coaching in Lowestoft

Coaching sessions for adults with learning disabilities take place every Thursday at Pakefield and Kirkley Football Club. The cost is £1.00 and you must wear trainers. Call Christine on 01502 711070 to book your space. Transport is available from the Lowestoft Apt Group, Salvation Army Hall, Beach Road, Lowestoft. This leaves at 10am and returns 11.45am.

Be your Best Snippets

Archery Courses in 2009

We've held some very popular archery courses in Ipswich and Bury St Edmunds already this year and are planning one in Lowestoft. If you are interested please call Gemma on 01473 836770.

Wheelchair Basketball

We're hoping to start running sessions in Ipswich again this year and are looking for anyone interested in playing or volunteering. We have some new wheelchairs designed for this sport so are particularly keen to get this running soon.

Cycling sessions

We are holding regular accessible cycling sessions in Ipswich and at Alton Water near Tattingstone. For more details call 01473 836770 or go to our website.

Evaluation reports online

Evaluation reports of all of our previous five Disability Sport Showcase Days are now online at www.beyourbest.org.uk via the page about our Showcase Days.

Any help is welcome

If anyone would like to contribute to the work of the Disability Sport Academy we are always looking for sponsors or funding to enable us to expand our work. If you want to get involved in other ways we are also always keen to hear from anyone who'd like to volunteer at one of our Showcase Days or at other disability sport sessions. Just call 01473 836770 or email sdsa@optua.org.uk if you can help us.

Teamipswich disability swimming

Swimming sessions for disabled people of all ages and abilities take place in Ipswich on Wednesday evenings and Friday, Saturday and Sunday. The venues and times depend on which sessions you attend.

The sessions range from learning to swim through to coaching those who want to take part in higher competitions. For more information go to www.teamipswich4.moonfruit.com or call Liz Christian on 01473 890767.

www.beyourbest.org.uk

The Steering Group of the Suffolk Disability Sport Academy:

