

PARAFED NORTHLAND UPDATE

- INCLUSIVE SPORT & RECREATION FOR ALL NORTHLANDERS -

March 2021

CHILLTECH BEACH TO BASIN

Beach to Basin was postponed to Sunday 14th March due to uncertainty in Covid alert levels. Thank you to the Sport Northland Events Team for putting on an awesome day. Congratulations to Elinor, Mere, Kristal, Jaden and Derek for completing the 6.8km course.



NEW FACE IN PARAFED

We would like to extend a warm welcome to Tia Sakey who will be joining us as part of her study journey. Tia is a Sport and Recreational student at AUT who is completing her last year of student through North Tec. She will be involved in office life, programmes and events. She is looking forward to meeting everyone.



WHEELCHAIR TURBO TOUCH

We are well under way in booking schools for the Secondary School Turbo Touch Tournament held in May. This year we have Wheelchair Turbo Touch for all 4 days of the tournament playing alongside the other Turbo Touch!

We are really looking forward to this opportunity!

BIG WINS!

Huge thanks go to Pub Charity for the contribution towards getting our Halberg Games team to Auckland.

Also thanks to Four Winds Foundation and Alex Mclean Trust for funding towards a new handcycle.

Thank you also to AK Franks, LW Nelson, Oxford Sports Trust, TAB and TLC 4u2 for their funding & sponsorship.

COVID-19 REMINDER

Parafed Northland would like to thank everyone for their ongoing support in helping us keep everyone safe by signing into each event they attend of ours. The support is truly appreciated.

Any Covid updates or cancellations will be found on our website and Facebook.

HALBERG GAMES PRE-TRAINING

Come along and meet your fellow Northland Team, train and have some fun before heading to the Halberg Games.

Open to **ALL** from 5-21 year old - [you don't need to be attending the Halberg Games to attend.](#)

Athletics Training

- Sunday 28th March (3-4 pm)
- Saturday 10th April (9-10 am)
- Wednesday 14th April (4:30-5:30 pm)
- Where: Whangarei Athletics, Park Avenue, Kensington

Swimming Training

- Saturday 10th & 17th April
- Time: 11am-12pm
- Where: Whangarei Aquatic Centre, Ewing Road, Riverside

Registration essential!

Please visit www.parafednorthland.com/programs-and-events to sign up OR contact Anna - 027 7286219

HALBERG GAMES

The Halberg Foundation is hosting its annual Halberg Games on the 23rd, 24th & 25th of April at Kings College, Auckland. These Games are open to 8- 21-year-olds with a physical or visual impairment.

Over the three days, participants have the opportunity to compete and try out a huge range of sports and activities. These include; Swimming, athletics, basketball, Boccia, Golf, Crossfit, and so many more!

Registration for this event is essential so please get in touch with either Shaz or Anna if you are keen.

A huge thank you to Pub Charity and Andrews Family Trust for the funding to allow us to send a Northland team to the games!

There is still time to register. Get in touch with us **before the 31st of March** if you would like to attend!

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WHAT'S BEEN HAPPENING AND WHAT'S COMING UP...

Swimming Development

Our Swimming Development Programme has started back for 2021. We have had a few new members join the team and it has been great to see their improvement. On the 27th of February, the team had the opportunity to head to Dargaville to train alongside some of Swimming NZ's top Para swimmers. They then all sat down and had breakfast with them. An awesome opportunity for our members.

Loop Series

This year we had 3 events in the 2021 Loop Series. Participants would meet on Thursdays to complete the Hatea Loop. We had people walking, pushing and cycling the full 4.6km of the accessible pathway. For some this was training in the lead up to Beach to Basin. Congratulations to Kayela who was drawn out of the hat. This \$50 Rebel Sports voucher is coming your way.

Tiaho Trust Surf Day

In February Tiaho Trust hosted it's 8th Surf Day at Ruakaka Surf Club. It was a fantastic day for all, participants and volunteers. Parafed Northland was lucky enough to have a few members who secured spots in the day and who were craving it up on the waves. Thank you Tiaho Trust for organising this day!

Activ8 Fitness Group

Our fitness group at Activ8 have been working hard at their Monday afternoon sessions with their new trainer Holly. A big thank you to Activ8 Northland for funding this opportunity. It is a great opportunity for our youth members to work on their fitness and have some fun!

Social walk/wheel group

We have been meeting fortnightly with people who want to do a social walk along the accessible cycle ways. We then sit down over a coffee and have a catch-up. We have been enjoying the beautiful weather Whangarei has to offer and have the chance to connect with everyone.

Parafed Waikato's Activ8 Event at Hampton Downs

In February Shaz and Kyren may their way down to Hampton Downs to compete in Parafed Waikato's Activ8 Event. Some of New Zealand's top Para cyclists were involved in the event. This was an awesome experience and one that we hope will inspire more Para cycling opportunities for Kyren.

Wheelchair Basketball

The Northland Wheelchair Basketball is back training for 2021 on Tuesday nights. There has been awesome attendance at the training sessions with some new players as well as more experienced players. Their first competition is in Tauranga on the 27th & 28th March.

Para cycling

This term we have been cycling alongside our Loop Series around the Hatea Loop. Coming up we have four weeks of just cycling with Coach Kerry.

- **When:** Thursday 25th Mar, 1st, 8th, & 15th April
- **Time:** 4:30pm start
- **Where:** Starting from the car park on the Western/Port side of Te Matau a Pohe Bridge.

Limited spaces available, please get in touch with Shaz to see if you can come along.
Shaz: sharon@parafednorthland.co.nz OR 027 265 3227

Sports Development

This term we have had both Boccia and Table Tennis weekly. A big thank you to Table Tennis Northland for letting us borrow a table of theirs to give Table Tennis a go with our members. It has been a hit with those participating. We still have four weeks left of this programme.

If you want to know more information about any events make sure you contact either Anna or Shaz. You can also check out our website and follow us on both Facebook and Instagram.

Website: www.parafednorthland.com/programs-and-events

Facebook: www.facebook.com/ParafedNorth

Instagram: [parafednorthland](https://www.instagram.com/parafednorthland)

Anna Hewitt: 027 728 6219

Sharon Carroll: 027 265 3227



CONTACT US:

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