

PARAFED NORTHLAND UPDATE

- INCLUSIVE SPORT & RECREATION FOR ALL NORTHLANDERS -

March 2022

MEMBER CELEBRATION – KYREN



Many of you will know Parafed Northland member Kyren Andrews. Kyren has found a love for Para cycling and has been training hard with Coach Kerry Reyburn and tandem pilot Kurt Coetzee. Kyren now has his own bike that was fundraised for through Givealittle. Thank you to all those who donated.

In February Kyren headed down Hampton Downs and Cambridge for Para cycling competitions. It was a busy few days. Kyren did so well and placed 3rd at Hampton Downs. Unfortunately, they had technical issues during the camp in Cambridge.

The next challenge that Kyren has his sights set on is Cycling New Zealand Age Group Road National Championship in Hokitika at the end of April. Awesome work Kyren! Keep it up and good luck for Nationals.



COVID UPDATE



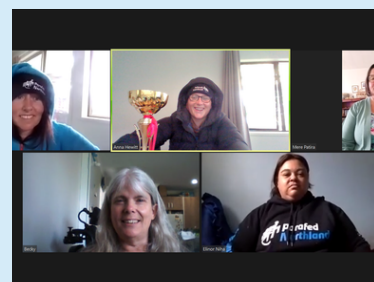
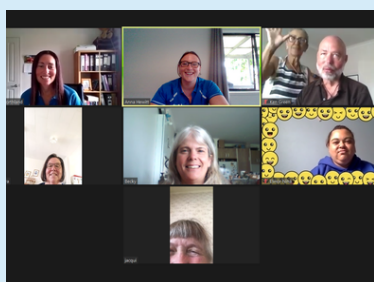
Parafed Northland would like to thank everyone for their ongoing support during this time. We understand that this is a challenging time for some and want to let you know that we are here to support you. The health & safety of our participants is very important to us. During our in-person sessions, we have put procedures in place to keep our members as safe as we can.

We also acknowledge that it may be difficult for some people to access RATs (Rapid Antigen Tests). RATs can be ordered online or over the phone. RATs can be requested on behalf of someone else. You will need access to a mobile phone to validate your order. Go <https://requestrats.covid19.health.nz> or call 0800 222 478, choose option 3 (8am–8pm, 7 days a week). RATs need to be picked from a collection site near you – someone else can collect on your behalf. If you need someone to collect your RATs please get in touch.

During the next few weeks, we will be running online sessions for those who want to connect online. There will be two Zoom sessions a week. These will be advertised on our Facebook page and 2022 members will automatically get sent the Zoom link to their emails. Each week we will have a Catch-Up session which will include a social catch up and some sort of fun activity and we will also host a Zoom Fitness Session using equipment that you can find around your own home. If this sounds like something you would like to join in send Anna an email or text (contact details below).

Next weeks sessions are:

- Catch-Up session on Tuesday 15th March, 11:30 am
- Zoom Fitness on Thursday 17th March, 11:30am



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WHAT'S COMING UP...

2022 PARAFED NORTHLAND MEMBERSHIP

It is not too late to get your 2022 Parafed Northland Membership. We still have some beanies left!

Membership Benefits include:

- Free or subsidized Parafed Northland events & programmes
- Free entry into Beach to Basin, Weetbix Triathlon and discounted entry to Kerikeri Half Marathon
- Advice, support and assistance with fundraising
- Assistance to develop in a chosen sport
- Equipment loan and hire
- Regular updates on programmes and events so you don't miss out!
- Classification advice
- Eligibility for Parafed Northland Scholarships

Jump on our website to secure yours now!

www.parafednorthland.com



Swimming

The Swimming Development squad continues to improve throughout their swimming sessions this Term as well as have lots of fun. This programme is booked for the whole year!

- When: Term 1 runs until 9th April
- Time: 11am - 12pm
- Where: Whangarei Aquatic Centre, Ewing Road, Whangarei

The minimum requirement for swimmers is to be able to swim half a length unassisted. Due to lane space, places are limited.

Sports Development

Our Sports Development programme continues to run at McKay Stadium every Tuesday afternoon during Term 1. We are running fun Boccia games as well as some Archery.

- When: Tuesday 15th Mar - 12th April
- Time: 4:30pm - 5:30pm
- Where: McKay Stadium, 97 Western Hills Drive, Kensington

This programme is also all booked in for Term 2!

Play Trailer & School Sessions

Our Play Trailer is full of some awesome inclusive play gear and ready to go! We have lots of schools booked in for the end of Term 1 and in Term 2. If you want us at your school get in contact as spaces are filling up fast!

In Term 2 we are working with Northland Secondary School Sports to help run Inclusive opportunities in Turbo Touch, Badminton and Table Tennis. Keep an eye out at your school for these opportunities.

Wheelchair Basketball

The Northland WCBB Team is back into the full swing of training. The first competition is the Memorial Tournament due to be held on the 26th March.

The team are always welcoming new players. If you don't have a chair you can borrow one of ours. If this sounds like something you are interested please get in touch.

- Weekly trainings on Tuesdays 5:45pm - 7:45pm
- Where: McKay Stadium, 97 Western Hills Drive, Kensington, Whangarei

Kaikohe Sessions

Our Inclusive Sports Sessions in Kaikohe are up and running with our new team member Jaden Kauwhata running the sessions. These sessions are booked for the remainder of the year and fun for the whole whānau.

- When: Term 1 - Thursday's until the 14th April
- Time: 4:30pm - 5:30pm
- Where: Northland College Gym, 62 Mangakahia Road, Kaikohe

Contact us if this is something that you would like to be involved with or if you would like to know more.

Halberg Games

The annual games due to be held in Auckland from the 23rd -25th April has been cancelled due to the current Covid restrictions. Halberg is working through options for a revised Games in October. We will let you know more when we do. It is going to be some awesome fun when we can get together for sure!

Want to register?

Make sure you secure your spot by registering through either Anna, Shaz or by heading to our website and completing the registration form online.

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

Anna Hewitt: 027 728 6219

Sharon Carroll: 027 265 3227

CONTACT US:

Anna Hewitt: anna@parafednorthland.co.nz

Sharon Carroll: sharon@parafednorthland.co.nz