

BOCCIA ACCROSS NSW PARALYMPIC SPORT FOR CP ATHLETES

NEWSLETTER

August 2013

The World's Best will head to Sydney Olympic Park in October!

Sydney Olympic Park will play host to some of the world's best Boccia players in October when the 2013 Asia and Oceania Boccia Championships come to town.

Boccia Australia is pleased to host the 2013 Asia and Oceania Boccia Championships, the largest event of its type to be held in Australia since the Sydney 2000 Paralympics, with competition taking place from the 21st – 25th October.

This key event forms a mandatory part of the qualifying pathway for the 2016 Paralympic Games in Rio de Janeiro, and will attract the best players from nations including Korea, China, Singapore, Japan and New Zealand.

Ten countries have already registered for this event with nearly 200 athletes and officials expected to descend upon Sydney Olympic Park for the event.

For more details about the event, visit: www.facebook.com/2013AsiaOceaniaBocciaChampionship.

Join Us At The Event From The Comfort of Your Home

For the first time, the Asia and Oceania Boccia Championships will be telecast into homes throughout Australia and the world through the event web casting.

You don't need to attend the event to see some amazing sport and skills in action. All you need is the internet and to log onto the dedicated website to see live play from the event (23rd, 24th, 25th Oct). Learn from the best through Master Classes and find out all you need to know about the athletes with the Athlete Bios. This multi camera webcast along with expert commentary will capture all the highlights and key action from the event. To keep up to date with details about the web casting, visit: www.facebook.com/2013AsiaOceaniaBocciaChampionship.

Did You Know?

Did you know that the Opening Ceremony of the 2013 Asia and Oceania Boccia Championships will be exactly 13 years since the Opening Ceremony of the 2000 Paralympic Games was held at Sydney Olympic Park.



BNSW Update

Thank you to all those who came to the AGM, great to see enthusiastic faces there. Special thanks must go to Peter King and Sue Olsen the outgoing President and Vice President and Ange McReynolds, outgoing Athlete's Representative. They have done a great job over the last few years and it's because of their leadership and the support of people around them that boccia has grown so much.

Ken Halliday is continuing in the role of Treasurer and Stacey Sedmak as Secretary, with Scott Elsworth as the new Athlete's Representative. Fundraising, Promotion, Events and Volunteers are also positions held within the committee and Zell Goldman, Shelia Thomas and Sharon Sheedy have taken on those roles.

Unfortunately no-one nominated for the position of president so it has fallen on me as the new vice president to act in this role until someone feels they are able to take on the job. Meetings are held every month at Allambie Heights, and that's quite a drive for many of us, fortunately meetings can be held via teleconference or even Skype.

If you would like to take on a position in the committee but are nervous about it, it is possible for members to 'shadow' current committee members to learn about the roles that interest them. So if you feel you would like to be involved please contact us and we will work out the best way for you to be at a meeting. BNSW is entering an exciting and challenging phase, with its increasing independence from Cerebral Palsy Alliance and with the help of the members working together we can only grow stronger and better.

By Acting President, Lucy Bates

Ange's Training Diary



Hi Everyone, I hope that everyone is healthy and staying warm over winter and training hard.

Over winter I have been training almost every day in preparation for the 2013 Asia Oceania Championships at Homebush in October, it goes for 5 days. It will be my first international tournament since 2008. I'm looking forward to it.

I'm practicing my first ball on the jack and then drawing up shots; that means you have to put a ball closest to the jack and not interfering with any balls.

I'm training with Daniel Michel every Tuesday afternoon where we're concentrating mainly on pairs work; we're working on different jack lengths and practicing our communication. We're training on this for the next 3 weeks.

I'm still doing gym 3 times a week and I'm doing kicking on a ball, boxing and sit ups. I'm trying to hold the sit up for 5 minutes.

I'm eating a lot of vegetables for my lunch and for my dinner because I saw the dietician from the Australian Paralympic Committee and they suggested to me to eat them to give me energy.

Until my next article, I hope everyone is happy with training.

Follow Angie's progress at the 2013 Asia Oceania Boccia Championships by visiting www.facebook.com/2013AsiaOceaniaBocciaChampionship.

Players to Watch at the 2013 Asia and Oceania Boccia Championships

Watch some of Australia's best and up and coming athletes in action at the Championships.

Daniel Michel

Fairly new to the sport and only having competed for Australia for the first time this year, Daniel is one of the game's rising stars. His entry into the Boccia world has seen him gain great results quickly and he will be one to watch at the Championships!

Born with spinal muscular atrophy, Daniel found it difficult to play most sports until he found boccia as a 15-year-old. Since then, he has competed at a number of state titles, experiencing victory in the 2013 Victorian State Titles, and hopes to one day compete at a Paralympic Games, with Rio 2016 firmly in his sights.

Fiona Lyons

Fiona Lyons was a force to be reckoned with at the recent 2013 National Championships, as she focused on throwing her best to impress selectors ahead of the Asia and Oceania Boccia Championships – the first step on the road to qualifying for Rio 2016. Although she was narrowly defeated by fellow athlete Dean Nottle, Fiona showed she is a world class player and one to watch.

When Fiona was first introduced to Boccia, she thought it was for the elderly and for years, did not want a bar of it despite people constantly suggesting she take up the sport. When she was 15, she finally relented and gave the sport a go. She hasn't looked back since.

Jean-Paul La Fontaine

Born into a family with a long history of sport and natural talent, Jean-Paul was always destined to head down the sporting path.

As a youngster Jean-Paul threw himself into sport, playing everything from cricket and AFL to basketball and golf.

As his muscular dystrophy worsened however, he had to give up the sports he loved until he found Boccia. Competing for the first time in 2012, Jean-Paul is now hoping he can compete for Australia on the world stage, with Rio 2016 ultimately in his sights.



Pictured above: Daniel Michel (BC3) Fiona Lyons (BC2) Jean-Paul La Fontaine (BC4)

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Meet The Sponsors

We are pleased to introduce our Presenting Sponsor, Force10 and Supporting Sponsor, Club Ozmates. We would also like to acknowledge the support of our Corporate Sponsor, Burmar.



CLUB
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Choose A Second Team To Barrack For!

Why not choose a second team to barrack for throughout the Championships. To help you choose, here are some of the reigning Paralympic Champions:

Pattaya Tadtong (Thailand) – Gold medallist in BC1 Singles

Yan Zhiqiang (China) – Gold medallist in BC2 Singles

Jeong So Yeong (Korea) – Silver medallist in BC2 Singles

Choi Ye Jin (Korea) – Gold medallist in BC3 Singles

Jeong Ho Won (Korea) – Silver medallist in BC3 Singles

Zheng Yuansen (China) – Silver medallist in BC4 Singles

Thailand – Gold medallists in BC1 / BC2 Teams

China – Silver medallists in BC1 / BC2 Teams

Fast Facts About the 2013 Asia and Oceania Boccia Championships

Want to go behind the scenes at the event? Here are some fast facts about what makes this event tick:

8 courts will be used

10 countries will be represented

85 athletes will compete

88 officials will attend

1000 Boccia balls will be used

250 matches will be played

4,800 bottles of water will be served

2,400 snacks will be served

10 cameras will film the event

Hunter Cup Wrap

It was wonderful to see so many players from around NSW and the ACT come to Newcastle Basketball Stadium on Friday 12th July to contest the annual Hunter Boccia Cup. We had teams from the Illawarra, Canberra and Sydney, augmented by individual players from Armidale and the Central Coast.

Before competition started, local Hunter legend and world champion wheelchair marathon athlete, Kurt Fearnley, welcomed everyone with some very encouraging words, and ended with a hope that some of us in that room would be joining him at the 2016 Paralympics in Rio. Once play got under way, the competition was strong between all seven teams. Lunch was grabbed on the fly as the heats were completed, with Hunter 1, Illawarra, Northern Beaches Waves 1 and Hunter 3 going through to the finals. In the end it was Northern Beaches Waves 1 that took the cup, with Illawarra coming second and Hunter 1 third.

The 2013 Hunter Boccia Cup was played in a spirit of strong competition, with great sportsmanship being displayed by all players and coaches. For those of us in the Hunter, it was a great pleasure to host such a well-contested event, even if the cup did go to our traditional rivals from the Northern Beaches. Be warned, we intend to take it back next year!

Bv Phil Bates Hunter Boccia

Upcoming Events

August:

2013 School Knockout Competition continues. Approximately 80 schools across are involved across NSW.

September:

4th: DET School Knockout Grand Final, State Sports Centre, Sydney Olympic Park. See the best 16 schools compete for NSW school supremacy.

25th : **SW Kids Camp** – please contact Scott Elsworth on selsworth@cerebralpalsy.org.au or 99758456 register.

26th: **Northern Beaches Kids Camp** contact Scott Elsworth on selsworth@cerebralpalsy.org.au or 99758456 to register.

27th – 29th: 2013 BNSW Junior Titles – See the best Juniors from all over the state compete for Junior honours. Spectators are welcome. Play starts from 8:30am daily at the Sydney Academy of Sport, Narrabeen.

November:

NSW Squad Selection Trials

9th: BC3 – Venue: Allambie Campus (Times – TBA).

23rd BC1/2/4 and Opens – Venue: Allambie Campus (Times – TBA).

Newcastle Boccia Training

Monthly on Wednesdays:

14/8, 11/9, 9/10, 13/11, 11/12

Venue: Charlestown Community Centre

Charlestown Square, Frederick St (opposite Charlestown Oval)

Time: 12.15pm – 3pm

12.30pm start

Northern Beaches Waves Training

Monthly on Thursdays:

15/8, 25/9

Venue: Cerebral Palsy Alliance - Allambie Campus

187 Allambie Rd – Allambie Heights

Time: 4:30 – 6pm

*Athletes must arrange their own sports assistant and transport when attending.

Woy Woy Training

Every Thursday – (School term)

Venue: Peninsula Community Centre

93 McMasters Rd – Woy Woy

Time: 10:30am – 1:30pm

Berkeley Vale Training

Venue: The Berkeley Centre, Heather Avenue (off Berkeley Rd), Glenning Valley

Time: 5:00pm - 7.30pm Fridays (fortnightly). Starting soon.

Like us on Face book www.facebook.com/nswboccia

Find out about recent results and match reports, and view information about our upcoming tournaments.

For more info see the BNSW website:

www.bocciansw.org.au