



TEAM USA—2013 World Dwarf Games

Official Newsletter of the Dwarf Athletic Association of America

April
2013

Welcome to the April edition of DAAA's TEAM USA newsletter. Thank you to all of our athletes who ordered your TEAM USA uniforms – Welcome to TEAM USA! We are looking forward to cheering you on as you compete for the United States of America in the 2013 World Dwarf Games!

This month's newsletter features articles on some new Athlete Village and hotel housing options, new information on how athletes can establish fundraising accounts with DAAA to assist them with competition expenses, information on the sports of powerlifting and boccia, important Games registration deadline information and highlights from some of our athletes and families.

World Dwarf Games Registration

For those TEAM USA athletes that have placed their TEAM USA uniform on order, the Games registration deadline is **April 15th**. For an additional \$50 late fee, registration forms will be accepted until April 30th. Unfortunately, **no registrations will be taken after April 30th** (there will be no on-site registrations taken for the World Games). Make sure to get your registration in on-time to ensure your place on TEAM USA!

Please read through the instructions prior to beginning the registration process. There is some information that you will want to have at your finger tips prior to beginning the registration forms (classification measurement data, event information and schedule). The registration page of the website will provide you with the details of information you will need in order to complete your registration form. Remember, to avoid late fees, **registration forms are due by April 15th**. Click here to register: [Register Now! - 2013 World Dwarf Games](#)

TEAM USA uniform orders have closed as of March 27th. As indicated in previous correspondence, all athletes that are competing for TEAM USA and/or participating in the opening/closing ceremonies must have the appropriate TEAM USA uniform components for their events/ceremonies. Unfortunately, TEAM USA athletes without the specified TEAM USA uniform will not be able to participate in the Games. Please contact Mike Cekanor, TEAM USA Chef de Mission at daaa.mike.cekanor@gmail.com if you have any questions regarding this provision.

Note: LPA has offered a \$50.00 discount off of the LPA Conference Early Registration fee for families and individuals registered for both the DAAA World Dwarf Games and LPA Conference. Additional details are provided by LPA in the LPA Conference Registration book.

New 5-Day Athlete Village Housing Option; Additional Hotel Options

As of April 5th, a new 5-day food/lodging option for Athlete Village was announced. In addition, some additional hotel accommodations have been placed on the World Dwarf Games website.

The new 5-day Athlete Village food/lodging options offer two sets of alternative dates for those attendees who may opt for a 5-day stay at the Games:

- Arrive August 2, Depart August 7
- Arrive August 6, Depart August 11

For complete information on the 5-day Athlete Village food/lodging options and the additional hotels that have been added, please click here:

[New Lodging Options as of 5 April 2013 - 2013 World Dwarf Games](#)



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2013worlddwarfgames.org

To learn more about the DAAA visit our website:

daaa.org

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Athlete Accounts: Help Pay Your Way to the Games

We realize that our athletes and their families make several large investments when they commit to a DAAA event – investments of hard work in training and preparing for the event, investments of time in attending the event and investments of financial resources for the expenses related to the event. In this regard, DAAA can offer a way to assist athletes.

Upon request by an athlete, DAAA will establish an “Athlete Account” for an athlete that serves as an escrow account for funds that an athlete secures through their personal fundraising efforts. As a 501 (c)(3) organization, typically funds that are donated to DAAA are tax-deductible by the donor (see IRS provisions for specific details). Once an athlete establishes an Athlete Account, if DAAA receives donated funds that are specified for an athlete’s Athlete Account, the funds would be escrowed by DAAA for use by the specific athlete for expenses related to their competition. Funds held in Athlete Accounts may be disbursed to cover the expenses of the athlete only (no additional family members) for the following expenses:

- Athlete registration fees for DAAA Games
- Athlete registration fees for other amateur association games
- Travel expenses; air fare, bus, train, gas reimbursement
- Lodging; food, required uniforms
- Personal training; coaching (reimbursed following sports events trained for)

Note that the athlete is only reimbursed after the submission of detailed receipts and reimbursement forms related to the event (reimbursement will occur within 30 days upon receipt and approval of required reimbursement documentation). Athlete accounts cannot be used to fund expenses “up front”; the athlete must pay for the expenses related to the event and then submit detailed receipts and the completed DAAA Athlete Reimbursement form in order to be reimbursed for the expenses.

Funds that reside in an athlete account may remain for events in future years, however, if an Athlete Account shows no activity for more than 3 years from the last account transaction, DAAA will attempt to contact the athlete to inquire if the athlete is still competing and plans to use the remaining funds within the year. If DAAA receives no response to the inquiry within 30 days, the funds in the Athlete Account will be transferred to the DAAA General Account to be applied for use at DAAA’s discretion towards future National and/or Regional DAAA Games.

Should you wish to establish an Athlete Account, please complete the Application for Athlete Account <http://www.2013worldwarfgames.org/PDF/AthAcctApp.pdf> and return it to:

Stacie Pouliot – DAAA Treasurer
2038 Laurel Drive
Troy, MI 48085

Once an Athlete Account has been established, donations, made to DAAA, can be sent to:

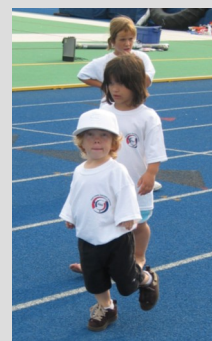
Dwarf Athletic Association of America
708 Gravenstein Hwy. N., #118
Sebastopol, CA 95472

To ensure that donations are credited to the Athlete’s Account, please make sure that a cover letter is included with the athlete’s name specifying that funds are to be credited to the athlete’s account. Should you have any questions regarding the establishment of an Athlete (continued on Page 3)



“Champions aren’t made in the gyms. Champions are made from something they have deep inside them -- a desire, a dream, a vision.”

~Muhammad Ali~



“Strength does not come from physical capacity. It comes from an indomitable will.”

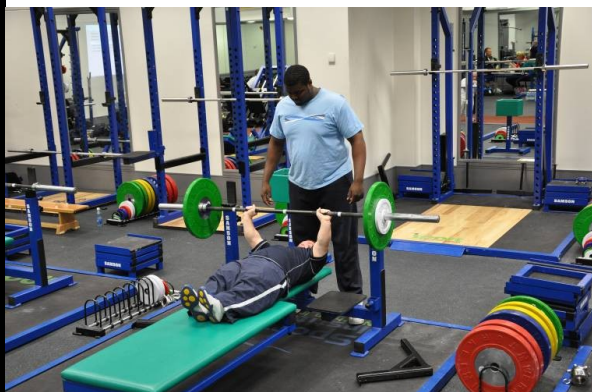
~Mahatma Gandhi~



Athlete Accounts (continued from page 2)

Account or reimbursement from an Athlete Account, please contact Stacie Pouilot, DAAA Treasurer at daaa.stacie.pouilot@gmail.com.

Coupled with an athlete's personal fundraising initiatives, the Athlete Account represents a great way for athletes to accumulate funds for their own use for future DAAA events, including the upcoming World Dwarf Games. Click here for some great personal fundraising ideas, including a ready-made letter that you can use to kick-off your own personal fundraising for the Games [Personal Fundraising - 2013 World Dwarf Games](#)



Sport Focus: Powerlifting

Powerlifting is the sport of bench pressing. Although there are MANY types of lifts in Weightlifting, in Powerlifting the only completion is bench press.

This August, the World Dwarf Games will be hosted in East Lansing, Michigan. Powerlifting will be one of many sports offered. The age categories are: Juniors 14-15, Open –any age and

Masters 35 and above. Men will compete against men in their same body weight class and women will compete against women in their same body weight class. Men and women do not compete against each other.

The competition will be run as such:

Athletes will weigh in to determine what body weight classes they are in, it is recommended not to eat or eat a very light meal prior to the weigh in - the lighter the athlete is, the better chance of a medal should the athlete be in a tie. You can eat after weigh in.

During weigh in a Kit check will be conducted. Athletes may wear singlets with only 20% or less Lycra or shorts/ t-shirt (100% cotton only), no bench shirts will be permitted. T-shirt sleeves must be high enough for elbows to be seen during lift. Athletes may use belts/wrist wraps.

When weigh in is complete, all athletes will know within a ½ hour what weight classes they are in and who is competing where. This is important because a good rule of thumb to follow is: to warm up approximately ½ hour prior to your first attempt. An example: if you are not lifting until the second flight, you shouldn't warm up before the first flight, this is too early, your muscles will get cold and you could get injured.

Once the competition starts, the bar is loaded progressively. This means in each flight, the bar starts at the lowest attempt and then progressively is loaded to the highest attempt within that flight. A good rule of thumb: if the athlete makes the first attempt go up in weight, if the athlete does not and it was a technical mistake but the athlete can handle the weight go up, if the athlete could not handle the weight stay the same, do not go up. An athlete is only allowed to go down in his/her attempt, within five minutes before the first attempt. The second and third attempt, the athlete is never allowed to go down so choose your numbers with precision.

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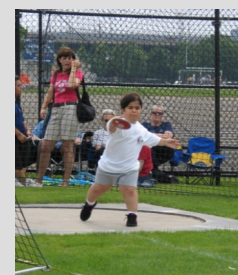
“Don't tell me how rocky the sea is, just bring the ship in.”

~Lou Holtz~



“In baseball and in business, there are three types of people. Those who make it happen, those who watch it happen, and those who wonder what happened.”

~Tommy Lasorda~



Powerlifting (continued from page 3)

During the competition, the athlete's range of motion at the elbow will be looked at. Athletes should try to "lock the bar out" however it is understood that there may be issues with elbow extension. Each athlete upon approaching the bench should show their elbow extension to the referees so that if there is a natural bend, the referees will not judge the athlete as a "no lift".

Once the athlete is on the bench, he/she will take the bar out of the racks (with assistance from a spotter). They will wait to hear the command "START". Upon hearing start, the athlete will lower the bar to the chest, hold it motionless and then push the bar back up in to the start position and wait to hear "RACK" before the spotter will assist in placing the bar back in the racks. Upon completion of the attempt, the three referees will show three lights/flags. Three or two white lights/flags indicate a good attempt; anything else with red indicates a no lift/bad attempt. The athlete, within one minute will go to the table and give in their next attempt.

Safe training is the best training. It is recommended that you follow a periodization plan. An example is a 10 week program: in week 1 try to hit 70 % of the max lift you trying to get to 2 sets of 10 reps each. Then 72% 2 x8reps, 74 2x8 reps, 77 2x5 reps, 80 2x5 reps, 84 2x5 reps, 87 2x5reps, 90 2x3reps, 93 2x2 reps. And by the week prior to competition 96% 1x 2 reps. Notice your reps, go down as the weight gets heavier. This is work/training on intensity.

One may want to visit: [Powerlifting - Homepage | IPC](#) and look for Paralympic Sport TV tab to view some Paralympic Powerlifting.

Some of the most famous USA/DAAA lifters were: Scott Danberg, Connie Eisenbraun Marxman, Jill Kennedy, and Doug Farrell.

I wish you the best of luck in your training and look forward to seeing you compete on August 9th at 5:00pm.

Submitted by Mary C. Hodge, Head Coach, US Paralympic Powerlifting; DAAA Sports Technical Officer

Sport Focus: Boccia

Hey there, my Boccia peeps! Boccia is the most fun of all the sports being offered at this year's World Dwarf Games because every single person can participate. You don't have to be fast or strong; you just have to enjoy competition! We will compete in the Sports Arena of the Intramural Sports West Building. Our competition dates are Sunday, August 4th and Friday, August 9th. The Boccia rules are listed on the WDG website. As a reminder, we will adhere to the International Boccia rules in which an athlete must maintain contact between their buttocks and the seat during the entire throwing motion. This is different from competition in the National Games in which an athlete may choose to sit or stand. Here is a link to the rules: <http://www.2013worlddwarfgames.org/PDF/INFOBoccia.pdf>

I look forward to seeing you all in East Lansing in a couple of months. If you have any questions, please e-mail me at gail.kohn@gcisd.net

Submitted by Gail Kohn, Boccia Sports Technical Officer



"What other people may find in poetry or art museums, I find in the flight of a good drive."

~Arnold Palmer~



"A life of frustration is inevitable for any coach whose main enjoyment is winning."

~Chuck Noll~



Team Formation for Team Sports

All athletes are encouraged to compete in the team sports events at the World Games. TEAM USA will be allowed to enter as many teams in team sports events as desired.

You do not need to have a team in order to compete in the team sport events. Independent athletes who do not have a team to compete with prior to the roster deadline of May 15th will be placed on a team consisting either entirely of independent athletes or one of TEAM USA's existing teams that have open roster spots or on a mixed country team (as determined by the World Games host committee).

Athletes who desire to can form their own teams prior to the roster submission deadline of May 15th. All athletes on each individual team that competes for TEAM USA must be a citizen or resident of the United States. Athletes are encouraged to reach-out to other athletes in their age division and form teams prior to the **roster submission deadline of May 15th**. Roster forms should be submitted only by the team captains and they must be received in the DAAA office by May 15th. Should a conflict arise amongst rosters (i.e. athlete is named on two rosters), the conflict will be resolved by the Chef de Mission of TEAM USA. Note that the Chef de Mission reserves the right to place independent athletes on existing teams with open roster spots.

Click here for the team roster forms: <http://www.2013worlddwarfgames.org/PDF/REGteamroster.pdf>. Completed team roster forms can be e-mailed to the DAAA office at daaa@flash.net.

Please contact TEAM USA Chef de Mission at daaa.mike.cekanor@gmail.com should you have any questions regarding team formation.

News from the World of Dwarf Sports

Thank you to the Vrettakos and Pepicello families for their fundraising initiatives for TEAM USA!

The Vrettakos family (DAAA athlete Stephanie) hosted a private fundraiser during the evening of March 22nd. Their efforts resulted in a donation of \$3,600 to support TEAM USA. Thank you Vrettakos family!

The Pepicellos (DAAA athlete Anthony) hosted a Celebrity Bartending event on March 28th in their hometown of Erie, PA. Anthony and an assortment of local celebrities tended bar during the event. Their efforts resulted in \$770 being raised for the TEAM USA uniform fund. Thank you Pepicello family!

Check out this article on 19 year-old Australian athlete Asleigh Hutchins as she and her 30 Australian teammates prepare for this summer's World Dwarf Games: [Ashleigh warms up to compete on international sporting stage | Bendigo Advertiser](#)

On April 6th, LPA's District 5 held several sports clinics as part of their Spring Regional. Hosted by the Demmer Center at Michigan State University, approximately 35 DAAA junior athletes received instruction in archery, New Age Kurling and field events from qualified instructors.

(Continued on Page 6)



"The secret of winning football games is working more as a team, less as individuals. I play not my 11 best, but my best 11."

~Knutte Rockne~



"Difficulties in life are intended to make us better, not bitter."

~Dan Reeves~



News from the World of Dwarf Sports (continued from page 5)



Liam Smith, West Michigan Archery Club, shows proper archery stance to our athletes



Coach Eric Chase works with Stacey Overholt on shot put technique



Coach Alison Ede works with a DAAA athlete on gripping the javelin



“Nobody can make you feel inferior without your consent.”

~Eleanor Roosevelt ~



“I never criticize a player until they are first convinced of my unconditional confidence in their abilities.”

~John Robinson~

World Dwarf Games Checklist

As you continue your preparations for the 2013 World Dwarf Games, make sure to spend time on the following checklist items:

- ☑ Register for the World Dwarf Games [Register Now! - 2013 World Dwarf Games – Registration Deadline is April 15th](#) (late registration, additional fee, until April 30th)
- ☑ If you are not staying at Athlete Village, make your hotel reservations [New Lodging Options as of 5 April 2013—2013 World Dwarf Games](#)
- ☑ Form your teams for team sports events – **Roster Deadline is May 15th** [Roster Form](#)
- ☑ Send in your completed Medical Evaluation to the DAAA office (required for TEAM USA athletes every two years)
- ☑ Athletes who are interested should establish their Athlete Account [Athlete Account Application](#)
- ☑ Work on your personal fundraising to pay your way to the Games [Personal Fundraising - 2013 World Dwarf Games](#)
- ☑ Sign-up for WDG E-blasts ([WDG E-blast Sign-up Form](#))
- ☑ Continue training for your events

Thanks for spending a few minutes with us as we continue to prepare for the World Games. Make sure to get your Games registration taken care of prior to April 15th. With less than 120 days before the Games, the excitement continues to build for the largest sport event in history exclusively for dwarf athletes.

Sincerely,

Mike Cekanor, Team USA Chef de Mission
Dwarf Athletic Association of America
daaa.mike.cekanor@gmail.com

