



TEAM USA—2013 World Dwarf Games

Official Newsletter of the Dwarf Athletic Association of America

January
2013

Happy New Year! The year of the World Dwarf Games has finally arrived! With less than 200 days remaining before the opening of the World Games, I hope that this newsletter finds you earnestly continuing your preparations for the Games. The opening of registration for the Games is imminent; please take a moment to update yourself on preparations for the Games and get ready to join DAAA's TEAM USA in 2013 as we ring in a historic year for dwarf sports in the United States.

TEAM USA Uniform Information

Why did Michael Jordan want to play Olympic Basketball? Because regardless of his athletic achievements, nothing compares to representing the United States of America on the international field of competition! Hosted in the United States for the first time in two decades, every dwarf athlete in America that chooses to participate, will be a member of TEAM USA and battle for international recognition at the 2013 World Dwarf Games.

How will we recognize our TEAM USA athletes? What will they wear?

TEAM USA athletes that participate in the 2013 World Dwarf Games will wear various TEAM USA uniform components, depending on the events that they participate in during the Games. As the World Games are a uniquely special event, we want our TEAM USA athletes to look and compete as the champions that they are. In this regard, we are requiring each participating athlete to purchase the TEAM USA uniform components that correspond to the World Games events that they will participate in. All TEAM USA athletes will compete exclusively in TEAM USA uniforms.

We are currently in the process of finalizing the uniform design and costs per component for the TEAM USA uniforms. A separate TEAM USA e-mail will be sent out in late January/early February with details on the required uniform components and costs per piece. Order deadlines for the TEAM USA uniforms will likely occur in late March. We do not want financial hardship of the uniform cost to discourage an athlete from participating on TEAM USA. Once the uniform costs are published, we will encourage any athletes who may have a concern about financial hardship to make contact with us. We have a uniform fundraising team in place, and, based on the success of our fundraising efforts, we hope to be able to help those athletes that may have a financial hardship with the uniform costs. Further, it is the goal of the fundraising team to attempt to offset the costs of each athlete's uniform. This will of course, be dependent on the success of our uniform fundraising campaign.

Please look for an e-mail from DAAA TEAM USA in the next few weeks with all of the ordering information for TEAM USA uniforms. In the meantime, should you have any questions, please do not hesitate to contact Mike Cekanor at daaa.mike.cekanor@gmail.com.

WDG Registration Opening is Imminent

The 2013 World Dwarf Games Steering Committee is putting the final touches on the registration forms for the 2013 World Games. Registration materials should be posted on the 2013 World Dwarf Games website prior to January 31st. The WDG Steering Committee will e-mail a WDG E-blast when the registration materials have been posted on the World Dwarf Games website (www.2013worlddwarfgames.org). To make sure you receive your notification of the opening of registration, please sign-up for WDG E-blasts here: [E-Blast Sign-up: 2013 World Dwarf Games](#)



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2013worlddwarfgames.org

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daaa.org

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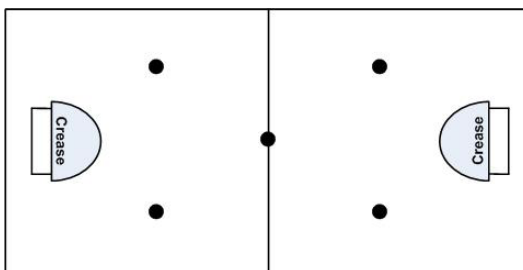
For your
Smart
Phone



Event Focus – Floor Hockey

Afraid you won't get enough hockey this year due to the strike-shortened NHL season? Join us at the World Games for hockey little people style! Start putting YOUR team together for Floor Hockey at this summer's World Dwarf Games (WDG). Little people from around the world will get the chance to show off their hockey skills on an international level. This is a dream come true for die hard hockey fans like myself. A successful showing at the World Games can only mean more hockey to come in the future for our National DAAA events, so support is crucial. I urge you all to join in what is set to be an awesome tournament. Sticks up!

Due to the high demand of competitors in the Open division, floor hockey was expanded for the World Games to include multiple age brackets. Floor hockey will be available for athletes in the Futures, Junior A, Junior B and Open divisions. For the Open, Junior A and Junior B athletes, the game will encompass three 10-minute periods on a court that measures 35 ft by 70 ft. The Futures division's periods will be shortened to 6-minutes, and there will no goalkeeper for this age bracket. The Futures court will also be smaller in size measuring 25 ft by 50 ft. Juniors and Open teams will play five on five plus a goalie on the court at all times.



Junior A/B and Open Court – 35 feet wide x 70 feet long
Futures Court – 25 feet wide x 50 feet long

There are some rules which are different than the standard American ice hockey rules that I'd like to bring your attention to. A significant rule variation involves player positions, where each team must have at least two players in the defensive zone and at least two players in the offensive zone, leaving one player as a 'roamer' who can go into both zones. Read through and familiarize yourself with the rules of the game located on the World Dwarf Games website for a full explanation of rules, penalties, and game play by clicking on the following link Sports - 2013 World Dwarf Games.

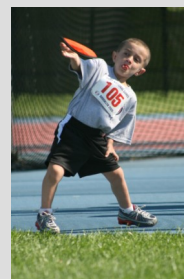
We've created a Facebook event page for information and networking opportunities for this event. While logged into Facebook, search for "Floor Hockey 2013 World Dwarf Games" and the event will appear in the results; you'll notice the WDG logo.



As soon as you know you want to play you'll want to join the event and start putting your squad together. Rosters will consist of between 10 and 14 players (4-7 players for Futures division), and deadlines for team roster submittal will be determined shortly by the WDG committee. We'll want you to name a team captain and an assistant captain that will assume the duties that any other captain would in hockey to be a liaison between the referees, WDG staff, and your team. Team rosters should be submitted with your World Dwarf Games registration forms, which will become available on the WDG website in mid-late January. Registration forms for WDG will be due by April 15th, so start putting your team together now.

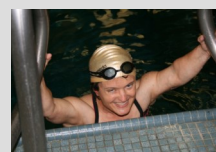
We are looking forward to some great competition in floor hockey at the World Dwarf Games in August!

Submitted by Clinton Brown, Sports Technical Officer, Floor Hockey



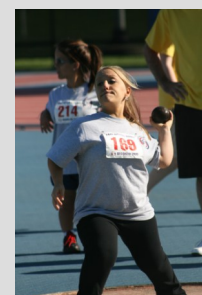
"An athlete cannot run with money in his pockets. He must run with hope in his heart and dreams in his head."

~ Emil
Zatopek ~



"It's not the size of the dog in the fight, but the size of the fight in the dog!"

~ Archie
Griffin ~



Fundraising Focus – TEAM USA Uniforms

TEAM USA has been in the process of raising funds in an attempt to help offset some of the costs associated with athlete uniforms. A group of ten to twelve dedicated individuals and families of DAAA athletes has been working within their peer groups and communities in an attempt to raise funds for TEAM USA uniforms. The group has been seeking donations from both individuals and corporate sponsors to help with the clothing of our athletes. We have developed the following Sponsor Program for both corporate and individual donors who may be interested in helping us:

<http://www.WorldDwarfGames.org/PDF/TeamUSAUniform2.pdf>

<http://www.WorldDwarfGames.org/PDF/TeamUSAUniform1.pdf>

Our fundraising team has prepared “ask” letters and flyers to make it easy for our fundraisers to reach-out to friends and family to seek donations for TEAM USA Uniforms. Our fundraisers simply input the name and address of the person/organization they are approaching for funding and sign their names to the letters. If you would like to serve on our fundraising team, help with any of our fundraising initiatives or if you have a contact name that could be a source of sponsorship or donation, please contact Mike Cekanor at daaa.mike.cekanor@gmail.com.

If you would like to make a contribution to our TEAM USA Fundraising Campaign, please click here and then enter “TEAM USA” in the “Designation” box: [Network for Good :: Make Donation to DAAA](#)

Event Focus – Swimming

Which Events Will Be Offered?

Swimming will be offered for athletes of all abilities and ages at the World Dwarf Games. Here is a list of the events:

- **Futures** - 12½/25m flotation and 12½/25m freestyle.
- **Juniors** - 25m flotation, 25m freestyle, 25m backstroke, 25m breaststroke, 25m butterfly, 100m individual medley, and 4 x 25m freestyle relay.
- **Open** - 25/50/100/200m freestyle, 50/100m backstroke, 50/100m breaststroke, 50/100m butterfly, 100/200m individual medley, and 4 x 50m freestyle relay.
- **Masters** - 25m freestyle, 25m backstroke, 25m breaststroke, and 25m butterfly.

Separate individual events will be offered for males and females, but relays will be mixed sex with any combination of males and females. Classifications will be used in all individual Juniors, Open, and Masters events. Juniors and Masters swimmers may compete in the Open division if they wish to enter the longer distances in each stroke. The swimming facility is accessible to wheelchair/scooter users.

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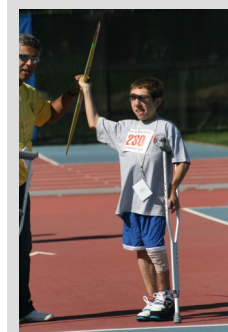
“Sports creates a bond between contemporaries that lasts a lifetime. It also gives your life structure, discipline and a genuine, sincere, pure fulfillment that few other areas of endeavor provide.”

~Bill Cousy ~



"Nobody roots for Goliath."

~ Wilt Chamberlain ~



Event Focus – Swimming (continued from page 3)

Am I Fast Enough To Succeed?

Swimming records for each age division are posted on the World Dwarf Games website (<http://www.2013WorldDwarfGames.org>) under the "Sports/Rules" menu. But don't be intimidated by those times; past experience has shown that there can be a big difference in time between first and third place. Junior division swimmers will have more opportunities to win medals at the World Games than at DAAA National Games because swimmers will be divided into three classifications within each event.

How Can You Prepare?

Improve your chances of medaling by joining a swim team to access expert coaching and practice facilities. USA Swimming has hundreds of teams nationwide. Click here: [USASwimming - Find a Local Club](http://www.usaswimming.org) (www.usaswimming.org) to find a team where you live. Adults can check [US Masters Swim - Places To Swim](http://www.usms.org) (www.usms.org) to find a masters swim team. Other possibilities include school, YMCA, and summer recreation teams. The attached document called "U.S. Paralympics Swimming Frequently Asked Questions" provides more information for those who wish to pursue Paralympic swimming.
<http://www.2013WorldDwarfGames.org/PDF/SwimFAQ.pdf>

Where Can I Learn More About Stroke Technique?

The obvious and best answer is to ask a coach or swim instructor for help. Swim instruction is also available on the internet.

- ParalympicSport TV YouTube Channel - <http://www.youtube.com/user/ParalympicSportTV> - Search for top dwarf swimmers at the 2012 London and 2008 Beijing Paralympic Games, including Erin Popovich, Eleanor Simmonds, Casey Johnson, Miranda Uhl, and Matt Whorwood. Watch their races!
- SwimSmooth freestyle video - <http://www.swimsmooth.com/>
- On.AOL.com videos: freestyle - http://on.aol.com/video/how-to-swim--basic-freestyle-155898156?icid=video_related_7, backstroke - http://on.aol.com/video/how-to-swim--basic-backstroke-155898212?icid=video_related_5, breaststroke - http://on.aol.com/video/how-to-swim--basic-breaststroke-155898176?icid=video_related_4, and butterfly - <http://on.aol.com/video/how-to-swim--basic-butterfly-155898253>
- Triathlon competitor flip turn video - http://triathlon.competitor.com/2012/08/training/video-how-to-do-a-flip-turn_17781
- YouTube racing dive video - <http://www.youtube.com/watch?v=OCsQyU4Zops>

Submitted by Gail Dummer, World Games Steering Committee



"Success is not final, failure is not fatal: it is the courage to continue that counts."

~ Winston Churchill ~



"You miss 100 percent of the shots you don't take."

~Wayne Gretzky ~



The DAAA Swimming Tradition

The Tradition.

Since DAAA was established in 1985, fourteen of our swimmers have represented the USA in Paralympic Games and twelve have competed on Team USA at IPC World Swimming Championships - an amazing record of success! These swimmers started at DAAA regional or national competitions. They were exposed to the role models who convinced them that Paralympic success is possible for dwarf athletes. They trained diligently for the qualifying meets that eventually led them to international competitions. Now they are our proud history!

Paralympic Games:

- 1988 Seoul, Korea - Pam Danberg, Scott Danberg, Karel Reckendorf
- 1992 Barcelona, Spain - Camille Black (Ashton), Colleen Dailey, Jody Houston (Shaffer)
- 1996 Atlanta, USA - Dennis Calonico, Colleen Dailey, Jill Nelson, Camille Waddell (Ashton)
- 2000 Sydney, Australia - Erin Popovich, Brandi Van Anne
- 2004 Athens, Greece - Casey Johnson, Angel Langner, Erin Popovich, Brandi Van Anne
- 2008 Beijing, China - Casey Johnson, Erin Popovich, Miranda Uhl
- 2012 London, England - no DAAA swimmers

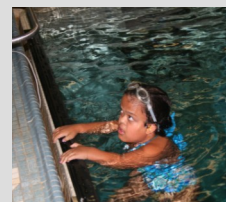
IPC World Championships:

- 1994 Valletta, Malta - Adam Brown, Dennis Calonico, Colleen Dailey, Sarah Ely (O'Brien), Amy Morris, Andrea Morris, Jill Nelson, Rudy Puccella, Steven Wilde
- 1998 Christchurch, New Zealand - Erin Popovich
- 2002 Mar del Plata, Argentina - Erin Popovich
- 2010 Eindhoven, Netherlands - Casey Johnson, Erin Popovich, Miranda Uhl

Who Will Be Next?

Several DAAA swimmers are on the cusp of greatness. Haley Beranbaum, Reilly Boyt, Casey Johnson, Joy Stebbins, and Miranda Uhl competed at the Parapan American Games in Guadalajara Mexico. Michael Hughes represented the USA at the Para Swimming World Challenge in Montreal Canada. Others in the mix include Dianna Carda, Sophia Herzog, Michelle Kazuba, Lucas McCrory, Collin O'Connell, and a number of promising junior swimmers.

Submitted by Gail Dummer, World Games Steering Committee



“Gold medals aren't really made of gold. They're made of sweat, determination, and a hard-to-find alloy called guts.”

~ Dan Gable ~



“Wisdom is always an overmatch for strength.”

~ Phil Jackson ~



Kurling Clinic and Discus, Javelin and Shot Put Clinic – April 6, 2013

In conjunction with the LPA District 5 Spring Regional, clinics on both Kurling and Field Events (shot put, javelin and discus) will be held at Michigan State University's Demmer Center on April 6, 2013. The clinics will be held from 1:00 – 4:00 pm and are intended for athletes from 7 – 15 years old.

Kurling is a new sport that will be offered at the 2013 World Dwarf Games in the Futures (6 & under) and Juniors (7-15) age groups. Athletes push (or kurl) vinyl "stones" toward a target with their hands or with a push stick. Players try to get their stones as close to the target center as possible, while simultaneously displacing their opponents stones.

DAAA is making a big push to help 10-12 and 13-15 year old athletes succeed in the discus, javelin and shot put events. Why? Because the International Paralympic Committee has a unique dwarf classification (F40) for the throwing events, making these events the most likely ways that dwarf athletes will qualify for international competitions. The clinic will help prepare young athletes for the World Dwarf Games. Instruction and practice with the discus, shot put and javelin will be offered for both the 10-12 and 13-15 age groups.

A big thank you to the Rotary Club of Lansing for a grant that enabled the purchase of the kurling equipment. A big thank you as well to the USA Track & Field Foundation for a grant that enabled the purchase of the throwing equipment for Junior athletes.

Thank you in advance to the Demmer Center for the use of their outstanding facilities.

We hope to see many of our Future and Junior athletes on April 6th in East Lansing, Michigan for these outstanding instructional clinics.

For a printable flyer on the Kurling and Field Events Clinic, click here:
<http://www.2013WorldDwarfGames.org/PDF/KurlingFieldClinic.pdf>

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:

- ☒ Sign-up for WDG E-blasts ([WDG E-blast Sign-up Form](#))
- ☒ Keep your eyes open for WDG E-blast announcing that Games Registration is open
- ☒ Keep an eye out for DAAA TEAM USA e-mail announcing requirements/costs/deadlines for placing your TEAM USA uniform on order
- ☒ Communicate with possible teammates about forming team(s) for WDG events
- ☒ Check out the WDG lodging options and decide where you want to stay
[Athlete Village \(Meals and Lodging\) - 2013 World Dwarf Games](#)
- ☒ Begin to investigate your transportation options and costs
- ☒ Consider a donation to TEAM USA for uniforms ([Network for Good :: DAAA](#))(enter "TEAM USA" or "Uniforms" in the "designation" box)
- ☒ Continue your training for your events



"I've worked too hard and too long to let anything stand in the way of my goals. I will not let my teammates down, and I will not let myself down."

~ Mia Hamm ~



I can't play being mad. I go out there and have fun. It's a game, and that's how I am going to treat it."

~ Ken Griffey Jr. ~



Got News?

Do you have news on a DAAA athlete that you want to share? Do you have news that would benefit our athletes as they prepare for the World Games? If you have news that you would like to share in an upcoming edition of the TEAM USA newsletter, please contact Mike Cekanor at daaa.mike.cekanor@gmail.com.

TEAM USA Athlete Profile



- **Name:** Lucy Williams
- **Age:** 22
- **Home:** San Mateo, CA
- **Job:** Account Manager at Equilar, Inc.
- **How long have you participated in DAAA Games?** My first Games were the 1996 National Games in Indianapolis, IN
- **How did you get involved in DAAA?** I started getting involved in DAAA when my friends started competing.
- **Favorite DAAA sport:** Swimming
- **What sports do you play at home?** I am on a recreational softball team. I also swim and recreationally train at home.

• **Favorite DAAA memory:** My favorite memory is representing the USA at the World Dwarf Games in Rambouillet, France in 2005.

• **What is your sporting ambition?** My ambitions are twofold - to beat a world record and to encourage other women to participate in sports.

• **Why are you looking forward to the 2013 World Dwarf Games?** I am very excited for the 2013 World Dwarf Games as I am looking forward to representing TEAM USA, while hosting international athletes. I am looking forward to giving the Games my best shot!



Thanks for spending a few minutes to catch-up on the activities of TEAM USA as we continue preparations for the World Games. Stay tuned for more information on TEAM USA uniforms and the opening of registration for the Games. Have a great month!

Sincerely,

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



It's not the disability that defines you; it's how you deal with the challenges the disability presents you with. We have an obligation to the abilities we DO have, not the disability."

~ Jim Abbot ~



"Champions keep playing until they get it right."

~ Billie Jean King ~

