



# TEAM USA—2013 World Dwarf Games

## Official Newsletter of the Dwarf Athletic Association of America

June  
2013

Welcome to the June edition of DAAA's TEAM USA newsletter. We are less than 45 days from the opening of the Games! We have definitely felt the excitement building amongst our TEAM USA athletes!

Read on for important information on promoting your participation in the World Games and mentally preparing yourself for competition. You'll also find helpful information regarding Athlete Village, the TEAM USA team meeting, TEAM USA's uniform status, reminders about required TEAM USA uniform components, medical forms and our need for volunteers. We conclude this month's newsletter with a thank you to our TEAM USA sponsors, our monthly Athlete Profile and news from the world of dwarf sports.

### Athlete Press Release for TEAM USA

All athletes that are participating on TEAM USA are encouraged to promote their participation in the World Dwarf Games through their local media (newspaper, TV, radio). To assist with this, TEAM USA has developed the following press release that athletes may customize for their own use. The press release is set-up in a fill-in-the-blank format so that each athlete may easily modify it for his/her use. If every athlete uses the press release in their local area, TEAM USA and the World Dwarf Games can achieve tremendous exposure. This will serve to increase the exposure of dwarf athletics and assist us with making connections with dwarf athletes who may not be aware of the opportunities provided through DAAA.

Click here for the TEAM USA athlete press release in Microsoft Word Format: <http://www.2013WorldDwarfGames.org/PDF/TeamUSAPress1.doc>

Click here for the TEAM USA athlete press release in .PDF format: <http://www.2013WorldDwarfGames.org/PDF/TeamUSAPress2.pdf>

Please contact Mike Cekanor, TEAM USA Chef de Mission at [daaa.mike.cekanor@gmail.com](mailto:daaa.mike.cekanor@gmail.com) should you have any questions regarding the use of the release or if you need further assistance with a local media contact.

### Mentally Preparing for Competition

As the date of the World Games is drawing closer, you are probably getting excited and maybe a little nervous as you prepare for competition. Part of your preparation should include getting ready mentally as well as physically, and this article will outline a few tips to help with that mental preparation.

**First, set goals and make a plan.** Setting goals can help keep you motivated and focused on the right things when you compete. Setting a goal to win or do your best is great, but it's also important to set goals that are specific and address exactly what you're going to be doing during the Games. Set performance goals that you want to attain during competition. For example, running the 200 meter dash in 43 seconds or scoring 10 points in basketball are performance goals. Also, set process goals that focus on how you will achieve those performances. You might set a goal to execute your serve correctly in volleyball or use proper form while swimming. These process goals give you a plan on how you're going to perform your best so you can achieve your performance goals.

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To learn more about the World Dwarf Games visit our website:

[2013worlddwarfgames.org](http://2013worlddwarfgames.org)

To learn more about the DAAA visit our website:

[daaa.org](http://daaa.org)

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## Mentally Preparing for Competition (Continued from page 1)

**Focus on what you can control.** When you're getting ready to compete, you should also focus on what you can control, and not on what is beyond your control. When you focus on calls by referees, the weather, or how your opponents act, those are all examples of things you can't control. Instead, think about what you can do during your competition. Giving your best effort, focusing on your technique, staying relaxed and calm, and avoiding distractions are all things you can control, and focusing on them will help you perform better.

**Be confident.** If you think positively, you will act positively. Use "I can" statements instead of "I can't". Think about what you want to do instead of what you don't want to do. For example, if you're a soccer player, it's common to think "don't miss this shot" when you're trying to score a goal. Instead, focus on thoughts like "I can put this ball in the back in the net". Thinking about the positives will give you a confidence boost.

**Lastly, have fun!** It's important to stay focused while you're competing, but don't forget to have fun and enjoy the moment! Few people have the opportunity to compete in the sports they love and meet people from all over the world. Take it all in, and have a great time!

For more information, you can check out these resources:

Weinberg, R.S., & Gould, D. (2011). Foundations of sport and exercise psychology (5th ed.). Champaign, IL: Human Kinetics.

Vealey, R. S. (2005). Coaching for the inner edge. Morgantown, WV: Fitness Information Technology.

Submitted by Alison Ede, TEAM USA Field Coach. Coach Ede completed her M.S. in Kinesiology/Sports Psychology at the University of North Texas and is currently enrolled in the Doctoral program in Kinesiology/Sports Psychology at Michigan State University. Coach Ede has coached track & field at the high school level and has served as a consultant working on the development of mental skills and leadership with high school athletes. We are pleased to have Coach Ede on the TEAM USA coaching staff!

## World Games & Athlete Village Check-in Information

The Athlete Village Office (Case Hall) will serve as the hub for check-in and information about the Games. The office will be located in the North Lobby of Case Hall (Athlete Village).

The check-in process for World Games contains three parts:

- Check-in for World Games – required for all registered attendees (athletes & non-athletes)
- Classification Check-in - required for all athletes
- Athlete Village Check-in – required for those staying at Athlete Village

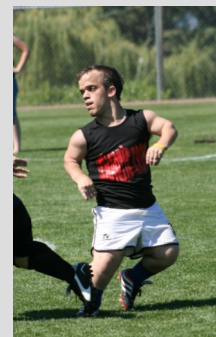
Note that the registration deadline for the Games was April 30, 2013. For those athletes that have not previously registered for the Games, no on-site registration for the Games will be accepted.

(Continued on page 3)



"I am building a fire, and everyday I train, I add more fuel. At just the right moment, I light the match."

~ Mia Hamm ~



"You can't win unless you learn how to lose."

~ Kareem Abdul-Jabbar ~



## World Games & Athlete Village Check-in (continued from page 2)

### Check-in times are as follows:

Friday, August 2 <sup>nd</sup>	9:00 am – 12:00 pm, 1:00 pm -5:00pm , 7:00pm -10:00pm
Saturday, August 3 <sup>rd</sup>	7:00 am-12:00 pm , 1:00 pm- 5:00 pm
Sunday, August 4 <sup>th</sup>	7:00 am – 12:00 pm, 4:30 pm – 6:30 pm
Monday, August 5 <sup>th</sup>	8:00 am – 10:00 am
Tuesday, August 6 <sup>th</sup>	8:00-10:00 am, 4:30-6:30 pm
Wednesday, August 7 <sup>th</sup>	8:00-10:00 am, 4:30-6:30 pm
Thursday, August 8 <sup>th</sup>	4:30-6:30 pm
Friday, August 9 <sup>th</sup>	4:30-6:30 pm
Saturday, August 10 <sup>th</sup>	8:00 am -11:30 am
Sunday, August, 11 <sup>th</sup>	6:00 am – 12:00 pm

Note: Check-in times are subject to change

Following is some additional information regarding what to expect at each of these check-in points:

### Check-in for World Games

Check-in for athletes and non-athletes will occur in the North Lobby of Case Hall (Athlete Village). Games credentials will be issued at check-in (credentials must be worn at all times during sports events, riding the shuttle bus and attending the receptions, banquet and dance).

*Note: Non-athletes must be registered and credentialed to visit Athlete Village, ride the shuttle bus and attend the Friday and Saturday evening events and receptions (8/2 & 8/3) and attend the closing banquet and dance (Saturday 8/10). Non-athlete fees are \$75.00 per person. Click here for forms: [Non-Athlete Registration Forms](#). Non-athlete registration will close on June 21 at 12:00 am EST.*

At the WDG check-in, **everyone** registered for the Games will be expected to sign a Liability Waiver and the IDAF Code of Conduct. Parents – please be sure your athlete is with you during check-in as they will be required to sign the Code of Conduct.

All USA athletes must have submitted a complete medical evaluation form. It is suggested that medical forms be submitted to the DAAA office by mail in advance of the Games. See article that follows later in this newsletter for more details on the medical evaluation form.

Complete details on Check-in for the World Games can be found here: [Check-In for World Dwarf Games - 2013 World Dwarf Games](#)

### Classification Check-in

All athletes must report for classification in the Athlete Village office of Case Hall on Friday August 2 or on your date of arrival if that is later in the week. New measurements will be conducted to verify the data that athletes submitted with their registrations. For more info on Classification check-in, please visit [Check-In for Classification - 2013 World Dwarf Games](#)

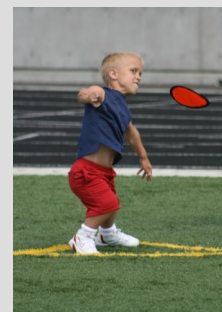
### Athlete Village Check-in

Check in will occur in the North Lobby of Case Hall. You will check-in with Michigan State University housing staff to receive your room key, after-hours access card and room assignments. Note: room keys are actual keys; if lost there is a \$75 charge for replacement. There will be a \$75 charge to replace lost access cards. (Continued on Page 4)



“Nobody's a natural. You work hard to get good and then work to get better. It's hard to stay on top.”

~ Paul Coffey ~



“All sports for all people.”

~ Pierre de Coubertin ~



## World Games & Athlete Village Check-in Information

(continued from page 3)

### ***What is included with my Athlete Village room? How are rooms/floors arranged? What are the amenities that I can expect at Case Hall?***

Rooms contain two twin beds, a dresser and desk. The shared bath has one shower. Bed linens and two towels will be provided. Soiled linens may be exchanged for clean linens at the Case Hall desk. If you are driving to the games, you may want to pack a fan (rooms are not air conditioned)

Room assignments will be made by the Athlete's Village Director prior to arrival. As much as possible, floors will be established as All Male, All Female, Co-Ed by Suites (male and female suites on the same floor), Family Floors and Team floors.

Case Hall amenities include coin operated laundry room. Computer Lab, available for on line use only, during specific time. There will be no access to printing. Wi-Fi is available in the common areas of Case Hall, including the lobby and Sparty Lounge.

Spartan Store for beverage and snack purchases along with other items.

Sparty Lounge – Our own room for TV, video games, card and board games. A place to gather and to sit back and relax.

Classrooms are available for Team Meetings and WDG Meetings. Sign up at WDG Registration.

For security purposes, Case Hall doors are locked at 11pm every night. No one may enter unless they have their Athlete's Village credentials and Identification. Quiet time is 11 pm every night .

### ***How does the Athlete Village Meal Plan work? What are the cafeteria hours?***

For those that have purchased the 9 day plan, meals start with dinner on Friday, August 2<sup>nd</sup> and end with breakfast on Sunday, August 11<sup>th</sup>.

Breakfast Hours:	Daily 6:30 am -9:30 am
Lunch: Hours:	Daily 11:30 am- 1:30 pm
Dinner Hours :	Daily 4:30 pm – 6:30 pm*

\*There will be NO dinner food service at Athlete Village on Saturday, August 11<sup>th</sup> since that is Banquet night.

No box lunches will be available. It was determined out of concern for potential food spoilage in the summer heat, that box lunches would not be offered.

Individuals who have purchased Meal Plans but not staying in Athlete's Village, will receive a wrist band which must be worn as an identification that you have purchased the meal plan. If you are staying at Case, then you will receive a Meal plan card that will be swiped for each meal. The swipe is particular for each meal. (i.e. if you miss breakfast, you can't have two lunches). If your meal card or wrist band is lost, there will be financial replacement cost.

If you have not purchased a meal plan, you may purchase individual meals at Case Hall. For more information on Athlete Village, visit [Check-In for Athlete Village - 2013 World Dwarf Games](#)  
(Continued on page 5)



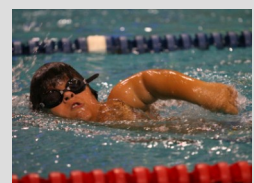
“Don't look back.  
Something might be gaining on you.”

~ Satchel  
Paige ~



“Adversity causes some men to break; others to break records.”

~ William  
Arthur Ward ~



## World Games & Athlete Village Check-in Information

(continued from page 4)

### ***What transportation does WDG provide for those at Athlete Village or the official WDG hotels?***

There will be shuttles between official WDG hotels, Case Hall/ Athlete Village and Kellogg Center. Shuttles will begin early enough to get breakfast at Athlete Village. Once at Athlete Village, most venues are within walking distance. Transportation will be provided to Mason for Swimming and Demmer Center for Archery and Shooting.

Bus pick up and drop off will be on the South Side of Case Hall. Shuttle times are TBD at this time.

### ***I will be driving my vehicle to the World Games, where can I park and is there a fee?***

Attendees may park in Lot 83 across from the railroad tracks on Service Road. There will be no charge for parking in this lot and no permit is required for attendees that park in Lot 83.

### ***What information can you share about the opening social event on Friday August 2nd?***

Following the picnic dinner (for those with meals plans at Athlete Village), there will be an outdoor party of fun and games on Friday evening August 2<sup>nd</sup> from 6:00 pm – 9:00 pm. The Outdoor Welcome Party will contain traditional outdoor games and unique and fun activities for all ages. This is a night where there are no teams and no medals will be awarded. Just good ole fashion fun between new friends and old.

Thanks to Marge Carlisle, Director of Athlete Village and the registration team of Linda Peterson, Ann Holkeboer, Stacie Pouliot and Amy Andrews for putting this information together. Should you have specific questions regarding Athlete Village or transportation arrangements, please contact Marge Carlisle at [margeclpa@aol.com](mailto:margeclpa@aol.com).

## Important TEAM USA Meeting – Friday 8/2 at 9:00 PM

All TEAM USA athletes that have arrived on site are required to attend the TEAM USA meeting on Friday evening August 2<sup>nd</sup> at 9:00 pm. The meeting will be held at Wonders Hall Kiva Room. Wonders Hall is just a short walk from Case Hall. The meeting will take about 45 minutes and include an introduction of TEAM USA coaching personnel, WDG and TEAM USA event protocol and a review of Opening Ceremony details. We look forward to seeing all of our TEAM USA athletes who have arrived on-site at the meeting.



### **TEAM USA Uniform Update**

As this newsletter went to press, we were informed by My Stature that, due to an unanticipated manufacturing delay, uniforms will be distributed to athletes upon their arrival at check-in at Michigan State. The attached photo shows one of the competition jerseys during the lay-out and development stage of the uniform (photo shows jersey in “rough” state; finished jersey will be produced by sewing contractor in the Denver area). Questions? Contact [info@mystature.com](mailto:info@mystature.com).

In preparation for your travel to East Lansing, please take a moment to review the TEAM USA uniform components for each event by clicking here: [TEAM USA Uniform Requirements](#)



“God gets you to the plate, but once you're there you're on your own.”

~ Ted Williams ~



“If you don't practice you don't deserve to win.”

~ Andre Agassi ~



## TEAM USA Roster Information

The roster submission deadline of May 15<sup>th</sup> has passed. Currently, independent players who were not listed on submitted team rosters are being placed on teams. Final team rosters should be published by the TEAM USA Chef de Mission by July 1<sup>st</sup>. Roster publication will occur through a separate TEAM USA e-mail to all athletes. Questions? Please contact Mike Cekanor, Chef de Mission – TEAM USA at [daaa.mike.cekanor@gmail.com](mailto:daaa.mike.cekanor@gmail.com).

## Reminder – Medical Evaluation Forms Required

DAAA requires all TEAM USA athletes who will be participating in any sport to have a current medical evaluation on file with the DAAA office. The only exception to this is for athletes that will exclusively be competing in boccia (i.e. boccia is the only event that the athlete is competing in). Athletes should mail a copy of their completed medical evaluation to the DAAA office, ensuring that it arrives prior to July 22<sup>nd</sup>. Please be sure to keep a copy for your records and bring a copy with you to East Lansing. For complete information on the requirement for medical evaluation, click here: [Medical Evaluation Informationl.pdf](#). Click here for the medical evaluation forms: [Medical Evaluation Form](#) Questions? E-mail Linda at [daaa@flash.net](mailto:daaa@flash.net)

## TEAM USA Needs You!

TEAM USA is kindly asking for your assistance at the World Dwarf Games in August. TEAM USA is seeking volunteers to help our athletes during their events – we are in need of Sports Managers, Coaches and general “parenting” help to guide our athletes through their World Games experience. Can you help our athletes get the most of their Games experience by serving as a TEAM USA volunteer? Click here for more details on the TEAM USA Volunteer descriptions: [TEAM USA Volunteer Descriptions](#)

Interested? Please e-mail Ernie Lee at [daaa.ernie.lee@gmail.com](mailto:daaa.ernie.lee@gmail.com) and let him know how you want to help and when you would be available. On behalf of all of our TEAM USA athletes, thank you for your commitment!

## Become a “Virtual Volunteer”

Would you like to volunteer at the Games but can’t make it to East Lansing during the World Games?

Become a Virtual Volunteer!

Actual volunteers get specific work assignments for six-hour shifts. They have to wear specific shirts to be easily recognized. And you can’t expect them to work that long in the mid-August heat without something to drink. Add it up and each “free volunteer” costs about \$20.

So for \$20, sponsor a volunteer at the Games! You take credit for their good work, receive a tax donation (DAAA is a 501(c)3 non-profit organization) and don’t even break a sweat! Virtual volunteers play an important role in making these Games a success. Donate [online](#) right now and enter “Virtual Volunteer” on the designation line.

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“People ask me what I do in winter when there's no baseball. I'll tell you what I do. I stare out the window and wait for spring.”

~ Rogers  
Hornsby ~



“If you fail to prepare, you're prepared to fail.”

~ Mark Spitz ~



## Become a “Virtual Volunteer” (Continued from page 6)

Or send a check payable to the Dwarf Athletic Association of America. Make sure to enter “Virtual Volunteer” on the check’s note line. Mail your check to DAAA at:

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

And at only \$20 a pop, you can sponsor as many volunteers as you want. Sponsor five or more and we’ll make you a Virtual Volunteer Team Leader! Just add your team name on the designation or note line.

On behalf of dwarf athletes around the world, Thank You!

Submitted by Dr. Len Sawisch, World Dwarf Games Steering Committee Staff

## Thank You TEAM USA Sponsors!

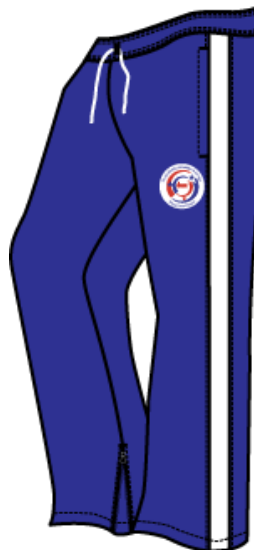


A big thank you to all of the sponsors who recognize what competing in the World Dwarf Games means to our TEAM USA athletes. With their support, our athletes will proudly wear the TEAM USA uniform and represent our great country. Click here to view a list of all of our TEAM USA sponsors: [Thanks to Team USA Sponsors and Donors - 2013 World Dwarf Games](#)

As this newsletter went to press, we received word that Speedo will be a TEAM USA sponsor. Speedo USA is sponsoring Team USA by providing swim caps to all USA swimmers at the World Dwarf Games. The caps are royal blue with the distinctive Team USA uniform lettering, plus the words "2013 World Dwarf Games." They will be distributed to TEAM USA swimmers at the Games. Thank you to Speedo for supporting our USA swimmers!

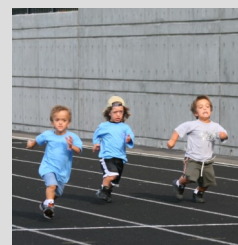
We also want to say thanks to the fundraising team that found our sponsors and donors. The following individuals have graciously given of their time to solicit support for TEAM USA: Bess Vrettakos, Valerie Pepicello, Ernie Lee, Stefanie Simpson, Michael Petruzzelli, Joe Foos, John Graf, Gail Dummer, Jim Eckenrode, Cathy Hughes, Mike Cekanor.

Our TEAM USA fundraising campaign will continue through the conclusion of the World Games. If you would like to make a contribution to TEAM USA, you may do so on-line by visiting our Network for Good page at: [Network for Good :: Make Donation to DAAA](#). Place “TEAM USA your donation, made payable to DAAA, to the DAAA office at 708 Gravenstein Hwy., North, #118, Sebastopol, CA 95472. Please designate “TEAM USA” on the memo line of your check. Thank you in advance for supporting our athletes!” in the “Designation Box”. You may also mail your donation, made payable to DAAA, to the DAAA office at 708 Gravenstein Hwy., North, #118, Sebastopol, CA 95472. Please designate “TEAM USA” on the memo line of your check. Thank you in advance for supporting our athletes!



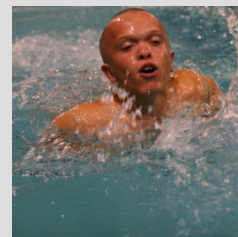
“Many men go fishing all of their lives without knowing that it is not fish they are after.”

~ Henry David Thoreau ~



“I won't predict anything historic. But nothing is impossible.”

~ Michael Phelps ~



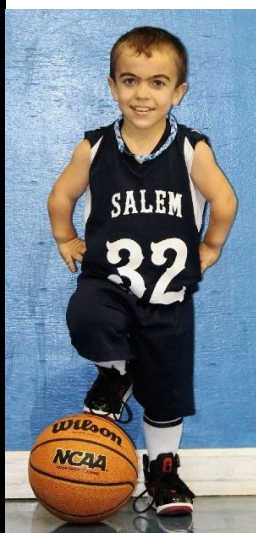
## TEAM USA Athlete Profile

- Name: Daylen Harrison
- Age: 11
- Home: Salem, MO
- Grade Level: 6th
- **What sports do you plan to compete in at the World Dwarf Games?:** Basketball, Volleyball, Track, Soccer, Badminton, Boccia, Shot put
- **Favorite sport:** Basketball



"I don't know anything that builds the will to win better than competitive sports."

~ Richard M. Nixon ~



- **What sports do you play at home?** I play a lot of sports. I play basketball, baseball, soccer and I run.

- **Favorite memory in sports:** When playing soccer in my local soccer league, I scored a goal off of my head. It was an awesome feeling to be able to do this.

- **What is your sporting ambition/goals?:** I would like people to notice that little people can be just as competitive as any athlete of average height.

- **How have you been preparing for the 2013 World Dwarf Games?:** I have been playing soccer on a travel team and I just finished with a week of basketball camp. I have run the mile in 8 minutes and 29 seconds. I also play on a travel baseball team that keeps me in shape.

- **Why are you looking forward to the 2013 World Dwarf Games?:** To be able to represent my country but to also meet and compete with other athletes that are competitive like I am that face the same challenges that I face every day.



"I always turn to the sports pages first, which records people's accomplishments. The front page has nothing but man's failures."

~ Earl Warren ~

## News from the World of Dwarf Sports

Following are articles on dwarf athletes from around the world. Most of these athletes will be competing in the World Games in August.

You'll enjoy the following article on TEAM USA athlete Josh Winsper and his experience on his local high school track team: [Freshman Josh Winsper provides memorable day at Old Rochester track - Marion, MA - Wicked Local Marion](#)

Check-out the following article and TV news story on Canadian high school athlete Vivek Bhagria: [Small in stature, big in determination - Winnipeg Free Press](#)

[Winnipeg teen proves small size is no barrier to winning big | CTV News](#)

(Continued on page 9)



## News from the World of Dwarf Sports (Continued from page 9)

Check out the following articles on UK athletes Tom Smith, Pippa Wauthier, Dean Kelly and Dylan Beaumont.

[Smith is a golden wonder at National Dwarf Games | Cambridge Athletics | Cambridgeshire Athletics News, Events & Latest Cambridgeshire Athletic Fixtures](#)

[Dylan Beaumont back on the medal trail - Liverpool Echo](#)

[North West Evening Mail | Sport | Dean bags four gold medals at national games](#)

Following is a news video from the Deccan Herald that discussed India's first Dwarf National Games: [DH video: National Dwarf Games](#)

## 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:

- ☒ Send your completed Medical Evaluation to the DAAA office (required for TEAM USA athletes every two years)
- ☒ Volunteer to be a TEAM USA Sports Manager, Coach or Parent Assistant. E-mail Ernie Lee, TEAM USA Assistant Chef de Mission at [daaa.ernie.lee@gmail.com](mailto:daaa.ernie.lee@gmail.com) if you can offer your assistance.
- ☒ 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](#).
- ☒ Can't attend the Games, but still want to volunteer? Become a Virtual Volunteer [Virtual Volunteers - 2013 World Dwarf Games](#)
- ☒ Sign-up for WDG E-blasts ([WDG E-blast Sign-up Form](#))
- ☒ Continue training for your events

The excitement continues to build as our athletes continue their preparation for the World Games! Next month's newsletter will contain all of the last minute items you need to prepare for your participation in the largest sporting event ever exclusively for dwarf athletes. Until then, please let me know how I can be of assistance with your Games preparation.

Sincerely,

Mike Cekanor  
Team USA Chef de Mission  
Dwarf Athletic Association of America  
[daaa.mike.cekanor@gmail.com](mailto:daaa.mike.cekanor@gmail.com)



"Sports teaches you character, it teaches you to play by the rules, it teaches you to know what it feels like to win and lose-it teaches you about life."

~ Billie Jean King ~



"Relax? How can anybody relax and play golf? You have to grip the club, don't you?"

~ Ben Hogan ~

