



TEAM USA—2013 World Dwarf Games

Official Newsletter of the Dwarf Athletic Association of America

May
2013

Welcome to the May edition of DAAA's TEAM USA newsletter. Now that registration for the World Games has closed, we enthusiastically welcome all of our registered USA athletes to TEAM USA! Less than 100 days remain for the opening of the World Dwarf Games. Our 200 TEAM USA athletes will join an additional 200 athletes from around the world for what will be an exciting nine days of competition, camaraderie and celebration of dwarf athletics.

This month's newsletter features important information on the May 15th Team Roster deadline, important TEAM USA volunteer opportunities, how you can "volunteer" even if you are not attending the Games, critical medical evaluation information, how to participate in a Paralympic sport club and news from the world of dwarf sports.

May 15th Team Roster Deadline

We realize that TEAM USA will consist of many new, first-time DAAA athletes as well as many returning DAAA athletes. In this regard, some of our returning athletes have established relationships from past DAAA Games during which they competed on existing teams. We also realize that many of our new athletes have not yet had the opportunity to form relationships and thus, form teams. DAAA will make provisions for all athletes who have registered for the team sporting events to compete on a team.

For those athletes that have formed their own teams, the team captain must submit the completed **team roster form to DAAA by May 15th**. *Completed roster forms should be e-mailed to DAAA at daaa@flash.net by midnight EST on May 15th*. Team roster forms can be found here: <http://www.2013worlddwarfgames.org/PDF/REGteamroster.pdf>. All athletes on each individual team that competes for TEAM USA must be a citizen or resident of the United States. Roster forms should be submitted only by the team captains. 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.

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). Final team rosters for each sport will be announced by TEAM USA's Chef de Mission prior to the opening of the World Games.

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

May 15th Event Change Deadline

All TEAM USA athletes that have registered for the World Dwarf Games can make additions/deletions to their registered events through midnight EST on May 15th. The World Games represents a wonderful opportunity to try some new sports and make some new friends in the process. Want to add or delete an event(s) from your schedule? Send an e-mail to Linda at daaa@flash.net before May 15th with details on the event(s) that you want to add or subtract. Don't forget to consider the addition of the recreational activities available on Tuesday August 6th (bass fishing, football clinic, tennis clinic) to your schedule.



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Reminder - TEAM USA Medical Evaluation Forms Are Required

The Dwarf Athletic Association of America, who is the host of the 2013 World Dwarf Games, is also the sponsor for TEAM USA during the 2013 World Dwarf Games. DAAA will be enforcing their policy concerning Medical Evaluations for all athletes who will be participating on TEAM USA for the 2013 World Dwarf Games.

DAAA requires all TEAM USA athletes who will be participating in any sport to have a current medical evaluation on file. The only exception will be for athletes who will compete only in Boccia. Athletes that have Boccia as their only event will not need a medical evaluation.

Cervical spine x-rays in flexion/extension are required for all types of dwarfism except Achondroplasia. An EKG is required for competitors over the age of 40. All required x-rays and EKG's results should be brought to East Lansing.

The medical evaluation is valid for two years. This means if you had a new medical evaluation completed to compete in 2012 for the National Games in Dallas it will be valid for the 2013 World Dwarf Games. If your medical evaluation was completed in 2011 for the National Games in Los Angeles, you will need to have a new medical evaluation for the 2013 World Dwarf Games. If you are unsure if your medical evaluation is still valid or if you have any questions regarding the medical evaluation forms, e-mail Linda Peterson at daaa@flash.net.

At previous National Games, Dr. MacKenzie and Colleen Ditro have shown their commitment to DAAA and our athletes by helping complete medical evaluations on-site for those who needed them. Unfortunately athletes will not have the ability to have a medical evaluation completed on-site in East Lansing this year. It is the responsibility of all the athletes to have their medical evaluation completed in advance by their personal physicians. If you are unsure if your medical evaluation is current you may contact the DAAA office via email at daaa@flash.net for information.

In advance of the Games, a copy of the medical evaluations should be mailed to DAAA at 708 Gravenstein Hwy. N. #118, Sebastopol, CA 95472. Please be sure to keep a copy for your records and bring it with you to East Lansing.

If you do not have a current medical evaluation on file with DAAA, you may not be able to compete in the 2013 World Dwarf Games.

DAAA wants to ensure all athletes on TEAM USA have a safe and enjoyable experience at the 2013 World Dwarf Games.

Submitted by Linda Peterson, DAAA Administrative Staff

TEAM USA Volunteers Needed

TEAM USA needs your help with ensuring that the World Games experience is the best possible for each of our 200 TEAM USA athletes. With your help, we can keep our athletes focused on their events and ensure that all of our athletes are kept up-to-date with the information that they need to know during their days of competition.

The following TEAM USA organizational structure has been developed. The work done for each of these positions will predominantly be done on-site at the Games, however, there will (Continued on Page 3)



"The best motivation always comes from within."

~ Michael Johnson ~



"Confidence comes not from always being right but from not fearing to be wrong."

~ Peter T. McIntyre ~



TEAM USA Volunteers (continued from page 2)

likely be pre-Games communication and correspondence in order to organize our activities. I'd like to thank Dr. Gail Dummer for her assistance in developing this volunteer structure for TEAM USA.

We would love to be able to fill every one of these TEAM USA volunteer positions prior to June 1st. Should you desire to volunteer for one of these positions, please e-mail Mike Cekanor, TEAM USA Chef de Mission at daaa.mike.cekanor@gmail.com. Thank you in advance for offering your assistance so that our athletes can experience a first-class week of competition and camaraderie as members of TEAM USA.

ORGANIZATIONAL STRUCTURE FOR TEAM USA

Chef de Mission - Mike Cekanor

Assistant Chef de Mission- Ernie Lee

Team USA Sport Managers (n=16):

- Reports to Chef de Mission and Asst. Chef
- Qualifications:
 - Should be at least 18 years of age
 - Sign/obey WDG code of conduct
 - Organizational skills
 - Knowledge of sport and rules
 - Ability to work positively with coaches, athletes, and parents
 - Integrity
- Responsibilities:
 - Attend WDG meetings for sport (with Mike and/or Ernie)
 - Inform USA team coaches of that sport about issues raised at WDG meetings, rules, start times, etc.
 - Ensure TEAM USA athletes are entered into correct event/heat/classification/division
 - Communicate and ensure TEAM USA athletes are wearing proper uniform for event
 - Attend all games for sport from beginning through end of competition (unless backup arranged with Mike or Ernie)
 - Interact with WDG officials/staff, submit pre-established rosters to WDG personnel, and communicate concerns to Mike or Ernie
 - Coordinate athlete presence at medal ceremony
 - Initiate response to emergencies, serious illness, or serious injury within context of sport
 - Monitor Team USA spectator behavior

Available Positions:

- Archery Manager
- Badminton Manager
- Basketball Manager
- Boccia Manager
- Floor Hockey Manager
- Kurling Manager
- Powerlifting Manager
- Shooting Manager
- Soccer Manager
- Swimming Manager
- Table Tennis Manager
- Track & Field --- Field Manager
- Track & Field --- Track Manager
- Volleyball Manager
- Opening Ceremonies
- Closing Ceremonies



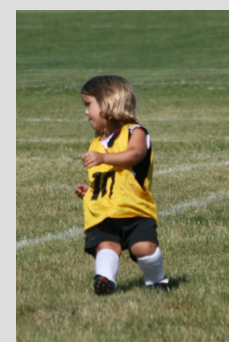
"You owe it to yourself to be the best you can possibly be – in baseball and in life."

~ Pete Rose ~



"Success is where preparation and opportunity meet."

~ Bobby Unser ~



(continued on page 4)

Organizational Structure for TEAM USA (continued from page 3)

Team USA Coaches (n=?, depends upon number of athletes/teams entered in each sport)

- Qualifications:
 - Should be at least 18 years of age
 - Sign/obey WDG code of conduct
 - Expertise and experience in the sport
 - Coaching/interaction skills with athletes
 - Integrity
- Responsibilities:
 - Submit pre-established team roster (team sports and boccia/badminton teams) to TEAM USA Sport Manager
 - Submit scratches/withdrawals (individual sports) to TEAM USA Team Manager
 - Coach the team
 - Coordinate relays in track and swimming and submit to TEAM USA Sport Manager
 - Learn/follow/teach the rules
 - Ensure athletes/team arrive at event (s) on-time and are checked in
 - Ensure that athletes uniform is proper for event
 - Ensure athletes arrive at medal ceremonies on-time

Team USA Parents (n=?, for future and junior divisions only, number depends upon the number of futures/juniors who need guidance, and the number of people willing to volunteer)

- Qualifications:
 - Sign/obey WDG code of conduct
 - Knowledge of the athletes
 - Sports expertise not needed
 - Integrity
- Responsibilities:
 - Help the team coach by ensuring athletes arrive on-time at their assigned locations
 - Provide mom & pop TLC but not medical care
 - Make sure team has access to water and that athletes bring water bottles
 - Make sure team wears assigned uniforms
 - Make sure athletes show up for medal ceremonies

Available Positions/Team Sports:

- Multiple basketball coaches
- Multiple floor hockey coaches
- Multiple soccer coaches
- Multiple volleyball coaches

Available Positions/Individual Sports for futures and juniors only:

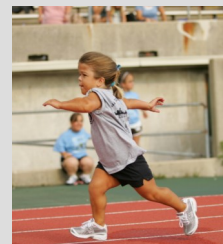
- Archery coach
- Badminton coach
- Boccia coach
- Curling coach
- Shooting coach
- Swimming coaches
- Table tennis coach
- Track coaches
- Field coaches

Available Positions/Team Sports:

- Multiple basketball parents
- Multiple floor hockey parents
- Multiple soccer parents
- Multiple volleyball parents

Available Positions/Individual Sports for futures and juniors only:

- Archery parent/s
- Badminton parent/s
- Boccia parent/s
- Curling parent/s
- Shooting parent/s
- Swimming parents
- Table tennis parent/s
- Track parents
- Field parents



"I've always been a guy who wants to play sports, not watch them."

~ Shaun White ~



"Nothing will work unless you do."

~ John Wooden ~



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.

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

Want to Join a Paralympic Sports Club?

Are you looking for a sports team where you can participate with other athletes who have disabilities and where you can receive expert coaching? U.S. Paralympics offers over 150 Paralympic sport clubs nationwide that serve children and adults in a variety of sports. Go to [US Paralympic Community - Sport Clubs | Current Clubs Listings](#) for a listing of clubs by state.

FYI - former DAAA swimmer Erin Popovich oversees the Paralympic sports clubs in her position as the Director of Classification and Emerging Sports Programs for U.S. Paralympics.

Submitted by Dr. Gail Dummer, World Dwarf Games Steering Committee Staff

Correction

Our apologies to Nancy Stewart, whose name was inadvertently omitted from the listing of Paralympians in "The DAAA Swimming Tradition" article published in the January 2013 issue of the Team USA Newsletter. Nancy competed in the 1988 Seoul Paralympic Games where she medaled in the 50m freestyle and 50m backstroke. Nancy holds the distinction of serving as DAAA's first president!



“Excellence is the gradual result of always striving to do better.”

~ Pat Riley ~



“Concentration is a fine anti-dote to anxiety.”

~ Jack Nicklaus ~



TEAM USA Athlete Profile

- **Name:** Dianna Carda
- **Age:** 56
- **Home:** Omaha, NE
- **Job:** Substitute Teacher, pursuing 2nd Masters Degree in special education, Owns two home-based businesses
- **How long have you participated in DAAA Games?** My first DAAA event was the 2001 World Dwarf Games in Toronto.
- **How did you get involved in DAAA?** I learned about DAAA at my first LPA National Conference in Minnesota in 2000. I swam at the 2001 World Games in Toronto and set a world record in the Masters butterfly event.
- **Favorite DAAA sport:** Swimming
- **What sports do you play at home?** I compete on the US Masters swim team in Omaha. I also train and ride my horse.
- **Favorite DAAA memory:** Being part of the USA team in international competitions. I have enjoyed making friends and being with other athletes from both the USA and from other international countries. I also have fond memories of scoring a basket for TEAM USA against Australia in the basketball competition at the 2009 World Games in Belfast.
- **What is your sporting ambition?** I had the opportunity to qualify for the US Paralympic Trials for the 2012 Games. I have a goal to qualify for the Pan Am Games and am working hard to continue to improve my times. I want to maintain good health and serve as a role model to other Little People, showing them that a long-term commitment to a healthy lifestyle is possible, even at the age of 56! It is never too late to begin your journey to a healthy lifestyle.
- **Why are you looking forward to the 2013 World Games?** Having had the opportunity to compete in three World Dwarf Games (2001-Toronto, 2005-France, 2009-Belfast) I am looking forward to putting on the TEAM USA uniform and competing for my country! I am also looking forward to renewing old friendships and establishing new friendships.



“Know yourself and you will win all battles.”

~ Lao Tzu ~



“It's not the hours you put in, it's what you put in the hours.”

~ Unknown ~



News from the World of Dwarf Sports

Check out these articles on US athletes Juli Windsor and John Young who competed in the recent Boston Marathon. Hamilton-Wenham Chronicle: <http://www.wickedlocal.com/hamilton/sports/x987010118/Marathon-tragedy-mars-historic-feat-for-John-Young#axzz2QaSNjo9y> Boston Globe: [Dwarfs outrun expectations and send a message - Metro - The Boston Globe](#)

Here's an article on US athlete Jahmani Swanson and his NY Towers teammates that appeared in "Only a Game" on WBUR 90.9, Boston's NPR station [Jahmani Swanson: The MJ Of Dwarf Basketball | Only A Game](#)

Check out this article on UK athlete Matthew Topping, who recently participated in the DSAUK (Dwarf Sports Association United Kingdom) fundraiser in which athletes rappelled down a 128 foot tower [Towering feat of Ramsbottom Dwarf World Games hopeful \(From Lancashire Telegraph\)](#)

World Dwarf Games Checklist

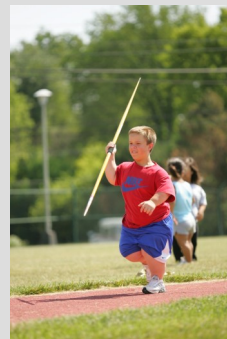
As you continue your preparations for the 2013 World Dwarf Games, make sure to spend time on the following checklist items:

- ☒ Form your teams for team sports events – **Roster Deadline is May 15th**. [Team 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](#).
- ☒ Volunteer to be a TEAM USA Sports Manager, Coach or Parent Assistant. E-mail Mike Cekanor, TEAM USA Chef de Mission at daaa.mike.cekanor@gmail.com if you can offer your assistance.
- ☒ 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

Thanks for spending a few minutes with us as we continue the countdown to the World Games. Thanks to all of our athletes and supporters who have registered for the World Games. We are extremely excited to watch our athletes represent our great country on the field of play. Please let us know if you have any questions as you continue your preparations for the largest sporting event in history exclusively for dwarf athletes!

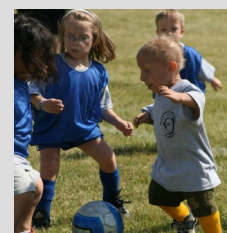
Sincerely,

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



"I figure practice puts your brains in your muscles."

~ Sam Snead ~



"If you train hard, you'll not only be hard, you'll be hard to beat."

~ Herschel Walker ~

