

JUNIOR ATHLETICS & SWIMMING DEVELOPMENT PROGRAMME

IN PREPARATION FOR

THE HALBERG JUNIOR DISABILITY GAMES

FAQs

Q: I can't get to all the sessions because of transport issues, is there anything I can do?

A: Once you've registered we will invite you to a Facebook group that will allow participants and parents to get in touch with one another to arrange lift shares to make it as easy as possible for everyone to be involved.

Q: Are the sessions wheelchair accessible?

A: Yes! We've specifically chosen venues that are wheelchair accessible so everyone can take part.

Q: I can't swim - will you teach me?

A: Unfortunately this isn't a learn to swim programme and we ask that everyone be able to swim 25m without stopping. If this is an issue we can point you in the direction of the Halberg Activity Fund that will help get you up to speed.

Q: I'm already training regularly, will this be too easy for me?

A: Definitely not! Our coaches will make sure you're training at a level suitable to you so you're always being pushed to achieve your potential.

Q: I'm not sure if I will be able to do this because of my impairment, what do I do?

A: Get in touch! We will give you honest advice as to whether we think this programme is for you. If not, but you'd still like to go to the JDG then we also have options in Boccia and Powerchair Football.

Q: What can parents do whilst the training sessions are occurring?

A: If there is interest we would like to hold several parent/coach education sessions during the training sessions. If interested please let us know when you register. When parent/coach education sessions aren't occurring you are welcome to watch the junior training.

Q: Do I have to attend every session?

A: Whilst we would like you to, we understand that this isn't always possible. We do ask that you attend a minimum of 4 sessions if you are wishing to go to the Junior Disability Games. It's the same price no matter how many sessions you go to so you may as well make the most of it!

Q: Can I just go to the JDG?

A: We want to develop a great team spirit within our 'Team Auckland' and it is for this reason that we expect you to come to a minimum of 4 sessions prior to the JDG. If this is going to be a problem then please get in touch to discuss options.

Q: Can I enter other events at the JDG?

A: Sure thing! Whilst we want you to focus on athletics and swimming, if the schedule fits, then we are happy for you to enter other events - we'll discuss the available options closer to the event.

Q: How much does it cost?

A: The programme costs \$107. This includes the 11 training sessions with expert coaches, entry into the Junior Disability Games (usually \$90 alone) and tickets to a Wheelblacks game. We have heavily subsidised the programme fee to make it as accessible as possible.

Q: I can't afford to pay for the programme but really want to be involved, can you help?

A: Absolutely, if you have financial issues then please get in touch and we will see what we can do. Contact lizzie@parafedauckland.co.nz

To find out more information and to sign up, go to
www.parafedauckland.co.nz/jdgp