



Is Sport the building blocks of character or not? This topic has been debated to death and arguments for and against it is all round. We at the Free State Sport Association for the Physically Disabled and Visually Impaired have a sound understanding and passion to build character through sport.

Our executive has years of experience working with the disabled in sport and other social environments. We have an in-depth understanding of our sport codes and the special classification criteria that is associated with each code. Ernesta Strydom who is our treasure and Executive Sports convener not only has dedicated more than 20 years to the sport for the disabled but is also an International Paralympics Committee Official that is called upon to officiate at the Paralympics games all over the world.

Our Chairman Mr. Jan Wahl is the Manager for the Sport for the disabled division at the Free State Sport science Institute. He is also serving

on the executive committee of the South African Association who is affiliated to SASCOG.

They have nurtured, trained and groomed Paralympics Athletes like Tebogo Mokgalagadi, Kyle Louw and Nicholas Newman as well as nationals athletes like Anton Swanepoel, Juanre Jenkinson, Juanelie Meijer, Thabiso Galeboe, Patrick Mohlolo and Mojalefa Maduna

At the FSSAPD we are all volunteers. We serve the association with dedication and commitment to honor our most valued assets, our Athletes. We cater for the following sporting codes;

- Athletics – Track and Field
- Boccia
- CP Soccer
- Para Cycling
- Goal Ball
- Swimming

Each of these codes is equally important to us but as with everything in life we are also limited with resources. With funding we will be able to support and grow all our sporting codes to the best in the country.



Athletics is our strongest sporting code compared to the rest. During our National Championships in Stellenbosch the team brought home 25 Gold, 8 Silver and 10 Bronze medals. We also claimed 6 SA records and 1 Africa Record.



Under the watchfull eye of Ernesta and other athletic coaches we are able to cater for the following classification codes {T=Track and F=Field};

- T11 to T13 and F11 to F13 for the Visually Impaired
- T31 to T38 and F31 to F38 for CP (Cerebral Palsy) Athletes
- T40 to T46 and F40 to F46 for amputees
- T51 to T54 and F51 to F58 for wheel chair Athletes.



Para Cycling is our second medal factory. We achieved no less than 18 Gold, 2 Silver and 3 Bronze medals in Stellenbosch earlier this year. The Free State is also the proud owners of the SA Records in the Boys and Girls U/14 T2 classes and the Male U/20 C3 track events. Our senior cyclists competed in Durban at the SA Cycling championships and we are proud to brag with Anton Swanepoel our 2<sup>nd</sup> year in a row national Champion in the H3 hand cycle class.



Rudi & Belinda Kuhn have been managing the Para cycling team since 2011. Rudi is also serving on the National body as the convener for the sport code.



We cater for all 3 disciplines in Para Cycling namely Track, Time Trials and Road Races. In these different disciplines we fall into 3 distinct disability groups or classes.

- T1 and T2 for Tricycles
- C1 to C5 and VI for normal Bicycles and tandems
- H1 to H5 for Hand cycles



**CP Soccer or Soccer 7 a-side** is a team sport that is specialized for players that suffer from Cerebral Palsy. The grade is determined on a scale from FT 5 to FT8. Lucky Tsatsane is our convener and was awarded the Sport code conveners trophy in Stellenbosch this year.



**Boccia** (pronounced 'Bot-cha') is a Paralympic sport introduced in 1984. It has no Olympic counterpart. Athletes throw, kick or use a ramp to propel a ball onto the court with the aim of getting closest to a 'jack' ball. It is designed specifically for athletes with a disability affecting loco motor function. It is played indoors on a court similar in size to a badminton court. Disability classes range from BC 1 to 5.

**Swimming** has been part of the Paralympic programme since the first Games in Rome in 1960. During the Games in Sydney 2000, 352 men and 216 women from 62 countries participated and more than 200,000 spectators attended the Swimming events over nine days of competition. The level of the athlete's' performances at the Paralympic Games have constantly improved over the years as a result of more intense and efficient training methods.

We have experienced the effect that sport has on our Athletes, yes sport does build character and it gives hope to the hopeless. There is no more satisfying experience than seeing your child, relative or friend excelling in something when the rest of the world looks at them with pity.

Our Athletes have taught us no matter what life has dealt them they will make the best of it.

Thank you for taking the time to read this brochure and experience a little bit of the positive energy we receive from serving this wonderful association.

The team:

Jan Wahl – Chairman, Lucky Tsatsane - Vice Chair( CP Soccer), Rudi Kuhn -Vice chair juniors(Para-Cycling), Ernesta Strydom – Executive Sport Convener(Athletics), Zelma Kleyn – Secretary (Boccia). [www.fssapd.co.za](http://www.fssapd.co.za)