

PARALYMPIC NEWS

1. Alem Defends His Title As African Champion
2. Anita And Raphael Receive New Equipment
3. Charles' Time Is Fast Approaching
4. Visits From Our Sponsors And The Black Challenge

1. Alem Defends His Title As African Champion



Alem defends his title as African Champion
On 10th and 11th December 2011 the Ghanaian Paracycling team battled it out against South

Africa, Burkina Faso and Albania at the 4th edition of Africa Paracycling Championship held in Ghana's capital, Accra. Both Alem Mumuni and Raphael Botsyo Nkegbe, para-athletes enrolled in the Right to Dream Paralympic Programme, competed for their nation in the C2 cycling and H4 hand-cycling categories respectively, supported by a team of energetic and enthusiastic Right to Dream students and staff. After winning the 12.8km time trial on Saturday morning, Alem went on to defend his title as African Champion in the C2 class racing 51.2km on Sunday. Team Ghana efforts have resulted in Ghana being guaranteed one place at London 2012 for para-cycling but the class is yet to be determined. Fingers crossed for Alem! Alem commented, 'I am so pleased to be African Champion for the third consecutive time and to have made my nation proud. I hope that I will now be able to go on to represent Ghana at the London 2012 Paralympic Games and raise awareness about disability through my sporting achievements'. What's next for Alem? The team are still working on trying to secure him sponsorship for a new bike and to have an opportunity to attend an international training camp.

2. Anita And Raphael Receive New Equipment

Our wheelchair track athletes have had a great early Christmas present this week as Eagle Sportschairs has generously donated two new wheelchair racing frames to the athletes which arrived in Ghana after a long journey from Atlanta, U.S.A. 'The arrival of the new frames for Raphael and Anita is a very exciting phase in our journey to London 2012. Their addition will make a considerable difference to both of the athletes' performances and will enable them to progress to the next level. Raphael was training with a cracked frame and Anita's chair was too big for her so to have this new, specially designed equipment from Eagle Sportschairs is really great', said Coach Alex. Since the All Africa Games in Mozambique and the qualifying events in the UK this September, the athletes have been training hard. During the trip, the team met with various UK coaches who have been able to offer some invaluable training focus points and this, combined with the donation of a new training roller, has made



a significant difference to their training. The roller, similar to a treadmill, has enabled the para-athletes to work on pushing techniques and speed – the results of which are already very apparent. Anita has really improved her 100m time and Raphael has made good progress with his fitness. What's next for Raphael and Anita? Competitions in the UK and Switzerland next year. The team are also working on securing funding for new wheels for both athletes.

3. Charles' Moment Is Fast Approaching



Since Charles has been enrolled in the Right to Dream Paralympic Programme, he has managed to improve his lifting weight from 120kg to 147.5kg. Coach Ryan has been very pleased with his progress so far and his attitude towards working on his diet to maintain his weight whilst gaining strength. Early in the New Year, it is hoped that Charles will be attending two international competitions – the UK Invitational Powerlifting Competition in Cardiff in January and the 4th Fazza Powerlifting Competition in Dubai in February. Coach Ryan commented, 'Charles' rapid improvement over the last 6 months has been a result of a structured training programme, coupled with hard work and dedication. I have no doubt that he will continue to get stronger and be a real force to be reckoned with in 2012'.

4. Visits From Our Sponsors And The Black Challenge

We've had two great days at the Academy with sponsors Hull Blyth and Aviance visiting the Academy, meeting with the para-athletes and competing against our staff on the football pitch. We hope that all those involved enjoyed their time with us as much as we did! The U15 Right to Dream team played a special match against Ghana's National Amputee Football Team, the Black Challenge, in a warm up game prior to the Amputee African Cup. It was a competitive game with a final score of 4-1 to the boys but a much enjoyed event by all. The team are all looking forward to a well earned break over the Christmas period and would like to take this opportunity to thank all of our supporters and sponsors for all of their help this year.



Further Information: www.righttodream.com | susie@righttodream.com
twitter.com/rtdparalymphians | facebook.com/righttodreamparalymphians

Donations: justgiving.com/rtdparalymphics

WITH THANKS TO ALL OF OUR SPONSORS AND SUPPORTERS

