

The NWABA Bulletin

Athletes Return from USABA's National Sports Festival

We are pleased to announce that a group of blind and visually impaired athletes has returned from the United States Association of Blind Athletes 2008 Mission Vision Sports Festival in Colorado Springs Colorado.

The group consisted of Sarah Bair (Wenatchee, Washington), Rachel Talley (Lynwood, Washington) & Billy Henry (Vancouver, Washington). Throughout the week the athletes were able to experience many new and exciting events. Rachel & Billy entered the camp to train in the sport of Powerlifting, while Sarah entered to play Goalball. Everyone got the opportunity to train and be coached by Paralympic athletes & coaches in Judo, Swimming, Goalball, Powerlifting, Wrestling, & Tandem Cycling.

Once the Sports Festival concluded, and then came the State Games of the West. The group competed in Powerlifting. This was everyone's first USA Powerlifting meet, and they all did fantastic

Results:

Sarah Bair – Squat 99.0lbs
Bench Press 60.5lbs
Deadlift 104.5lbs
Total 264.0lbs

Billy Henry – Squat 214.0lbs
Bench Press 187.2lbs
Deadlift 341.5lbs
Total 742.7lbs

Rachel Talley – Squat 93.5lbs
Bench Press 77.0lbs
Deadlift 170.7lbs
Total 341.3lbs

Thank you to all the Sponsors for their monetary donations, USABA Coaches for their expertise, and all those who support Blind and Visually Impaired sports.

“Enriching the lives of the blind through athletics”

“Our primary goal is to encourage participation in sporting programs”

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Executive Board of Directors

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Message From The Board President

We have survived another two months. Where It has been steady and successful. Our athletes have done well in their respective competitions including the USABA Mission Vision Sports Festival which took place in July. Our athletes were given the opportunity to train in various sports, and then compete with sighted athletes at the State Games of the West. Our next competition was in August, the WABDL Regional Championships turned out to be a success! Our powerlifters broke several records, and took second place as a team.

There is another issue that I must bring forward. Over the last few months, we have not been able to operate at full capacity because of our financial position. I would like to ask for your assistance to help us provide sporting opportunities to the blind and visually impaired. Through your support we can “Enrich the lives of the blind through athletics.” Thank you for your past and future support of our athletes. In the upcoming months, we have many events coming up. In October, we have the 6th Annual Conference for Blind Youth, In November, we have the 2008 WABDL World Championships in Las Vegas, Nevada.

Once again, Thank you for supporting us in our mission to provide athletic opportunities to persons with a visual impairment.

*Yours in Sports,
Nicholas Wilks, President*

Blind Powerlifters return from Regional WABDL Competition



The Northwest Association for Blind Athletes is proud to announce that four athletes from our Regional Powerlifting Team have returned from the 2008 WABDL IronGladiators Record Breakers Bench Press and Deadlift Championships held in Olympia, Washington.

The Team of Billy Henry (Vancouver, Washington), Bethuel Karanja (Tacoma, Washington, Rachel Talley (Lynwood, Washington) & Nicholas Wilks (Puyallup, Washington) all placed very well taking all 1st places individually, and 2nd place in the team division .

‘At this competition there were over 130 competitors, The athletes resisted nerves and were able to succeed on the platform’ said Head Coach Billy Henry “This was our final regional competition of the Year, We hope to attend the 2008 WABDL World Championships this November in Las Vegas, Nevada.”

NWABA Partners to sponsor conference for Blind Youth

On October 23-25, 2008 The Northwest Association for Blind Athletes along with the Washington State Department of Services for the Blind will host the 6th Annual Conference for Blind Youth in conjunction with the Washington Council for the Blind's Conference in Vancouver Washington.

The Conference will focus on Sports and Recreation. Students will have the opportunity to learn about the various adaptations of sports for the blind and visually Impaired. We encourage every blind student in High School to take part in this exciting opportunity!

If you are interested in attending should contact Regional Programs Director Billy Henry at 1-800-880-9837 extension 4. or Billy@nwaba.org

**For More Information Visit Our Web-Site
WWW.NWABA.ORG**

What Powerlifting has done for Me by Rachel Talley

Powerlifting has given me the means to compete on the same playing field as people with normal sight. Powerlifting with the Northwest Association for Blind Athletes (NWABA) has opened many doors for me to compete in different parts of Washington and other places across the United States.

If It wasn't for NWABA, I wouldn't have been able to experience as many of the opportunities I have today. I have been Powerlifting with NWABA since we started in May of 2007. I cant imagine where I would be without Powerlifting. I encourage all of you to take part in these sport! It has certainly made a difference in my life.

“Enriching the lives of the blind though athletics”

Please Cut Here

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Please, accept my donation of: To enrich the lives of the blind through athletics.

\$10 \$25 \$35 \$50 Other: \$ _____

Full Name: _____

Address: _____

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City: _____ State: _____ Zip Code: _____

(Checks/Money Orders payable to NWABA)

Credit Card Information:

Credit Card #: _____

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Please direct my contribution to:

General Operating Expenses

Scholarship Fund

Sport: _____

NW Champions Fund

Athlete: _____

Program Development

Thank you for your support of the Athletes



Upcoming Fundraisers and Sporting Events

- NW Bake Sale to support our Powerlifting Team—Vancouver, WA October 17, 2008
- 2008 Conference for Blind Youth - Vancouver, Washington October 23-25, 2008
- WABDL World Championships - Las Vegas, Nevada November 15-19, 2008
- Benefit Concert— Vancouver, Washington, January 12th, 2009
- Northwest Judo Clinic for the Blind—Spokane, Washington, February, 2009
- WABDL Regionals—Pasco, Washington, March, 2009
- USAPL WA State Championships—Seattle, Washington, March, 2009
- Goalball Introduction Clinic—Vancouver, Washington April, 2009
- NW Bake Sale to support our Powerlifting Team —Vancouver, WA April, 2009
- MSDB Games for the Visually Impaired--Great Falls, Montana, May 1-2, 2009
- "Enriching the lives of the blind" Benefit Dinner -Vancouver, Washington May 7, 2009
- IBSA World Youth Championships—Colorado Springs, Colorado July, 2009



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