

Successful 1st Annual Benefit Concert

We are pleased to announce that our latest event was a tremendous success. On January 12th a benefit concert was held in downtown Vancouver at the Hilton Hotel. "Out of Sight," the Rock Combo from the Washington State School for the Blind opened the show. National recording artists, Curtis Salgado and Alan Hager, then followed with an outstanding Blues show that delighted the crowd.

Over \$1,500 was raised to help support the mission of the Northwest Association for Blind Athletes. The funds raised at this event will provide the opportunity to continue the advancement of the organization as a 501 © 3 organization and provide scholarships for blind and visually impaired athletes to attend upcoming sports competitions.

THANK YOU TO EVERYONE FOR MAKING THIS EVENT A SUCESS!

Event Sponsors



Vaughn Brown

Bill & Pat Henry

The NWABA Bulletin

Powerlifters Succeed at WABDL World Championships!

The Northwest Association for Blind Athletes (NWABA) is pleased to announce that four members of our Regional Powerlifting Team have returned from the World Association of Benchers and Deadlifters World Championships in Las Vegas, Nevada.

The Team consisted of Head Coach Billy Henry (Vancouver, Washington), Rachel Talley (Lynwood, Washington), Andrew McDonald (Everett, Washington) and Nicholas Wilks (Puyallup, Washington). The NWABA Nightmare Powerlifting team took home numerous records and trophies, including a World Record Deadlift of 203.7lbs by Rachel Talley, and a Washington state record breaking 210lbs bench press by Billy Henry.



"Our team practiced for several months to prepare for this competition, and it proved to be successful on the platform" said Head Powerlifting Coach Billy Henry

The Powerlifting Team would like to thank everyone for supporting us to this competition; your support truly enriches lives.

Calling all Volunteers!

NWABA relies on Volunteers to help keep our organization operational. Currently we are seeking volunteers for the following activities and positions:

- **Volunteer** to serve on the Board of Directors
- **Help** with Transportation of Athletes to and from practice and competitions.
- **Volunteer** at Fundraising Events
- **Volunteer** your services to help offset our operating costs.

Contents

- Powerlifters Return from Worlds
- Calling all Volunteers
- Message from the President
- Athlete Profile - Andrew McDonald
- What is Goalball?
- Conference for Blind Youth
- NWABA Membership Levels
- Successful 1st Annual Benefit Concert

Executive Board of Directors

President
 Nicholas Wilks

Vice-President
 Vacant

Secretary
 Kris Bockmier

Board Member
 Joann Gatley

Programs Director
 Billy Henry

Northwest Association for Blind Athletes
 PO Box 65265
 Vancouver, WA 98665-0009
 Ph: 1-800-800-9837 FX: 1-800-800-9837



Message from the Board President

Dear Friends,

Over the last few months, our athletes have continued to excel in their sports of choice. In October, we hosted a Conference on Sports and Recreation that demonstrated various sports and their adaptations to High School students in Washington State. In November, four of our Powerlifters attended the WABDL World Championships and did fantastic. We have athletes across the Northwest developing their skills and building confidence!

To continue to achieve our mission, and help our athletes achieve their dreams we need your assistance. We are gaining more athletes every month, and can not help all of them because of our financial position. Please consider making a donation to help us provide opportunities in sports. To achieve all of our goals this year, we need to raise \$25,000. Any support that you could provide would be much appreciated. Donations can be sent in the enclosed envelope.

Sincerely,

Nicholas Wilks, Board President

Athlete Profile - Andrew McDonald

Andrew McDonald, 16 lives in Everett, Washington. Andrew currently competes in the both Powerlifting and Goalball. Andrew has attended the United States Association of Blind Athletes Youth National Goalball Championships in Florida in 2006 and 2007.

In November he participated in the World Association of Benchers and Deadlifters World Powerlifting Championships where he took home second and third place trophies. Andrew would like to eventually compete with the USA Blind Powerlifting Team and hopefully compete in the Paralympics some day!

What is Goalball?

In Goalball, two teams of three players each face each other across a court that is nine meters wide and 18 meters long. The object of the game is to roll a basketball size ball with bells inside over the opponent's goal line. Your opponents listen for the oncoming ball and attempt to block it with their bodies. Once they are able to stop the ball and take control of it, they become the offensive team.

Goalball is a Paralympic sport played by athletes who are blind and visually impaired. Developed after WWII as a way to keep blinded veterans physically active, it has become the premiere team game for blind athletes. Played competitively by men and women, it is a very fast paced, physically challenging, strategic and exciting game.

NWABA Membership Levels

Below is a list of the membership levels NWABA offers. Being a member enables you to participate on a NWABA Competitive Team, Volunteer at events and meet other blind and visually impaired athletes who compete in the same sports as you do!

- Athlete 1 Year - \$15.00
- Athlete Lifetime - \$75.00
- Volunteer 1 Year - \$5.00
- Volunteer Lifetime - \$75.00
- Organization 1 Year - \$75.00
- Organization Lifetime - \$200.00

Students Shine at Conference on Sports and Recreation



NWABA is proud to announce that 21 Blind and Visually impaired students from across Washington State participated in the 6th Annual Conference for Blind Youth sponsored by WA Council of the Blind, Washington Department of Services for the Blind and NWABA.

Students participated in many sports and rec activities during the weekend conference. On Friday, they participated in judo, board games, and social dancing & bowling. Saturday they participated in Goalball and rowing. Participants learned the history and rules for the sport of Goalball, then went through drills and eventually were divided into teams for a tournament. Goalball is a Paralympic sport played by athletes who are blind and visually impaired. Developed after WWII as a way to keep blinded veterans physically active, it has become the premiere team game for blind athletes. Played competitively by men and women, it is a very fast paced, physically challenging, strategic and exciting game.

"I am happy to say that this conference was a success, Students were able to learn how to play sports, and what adaptations are needed" said Billy Henry, Regional Programs Director.

"Enriching the lives of the blind through athletics"

**"Sports do not build character, They reveal it."
— Haywood Hale Broun**