

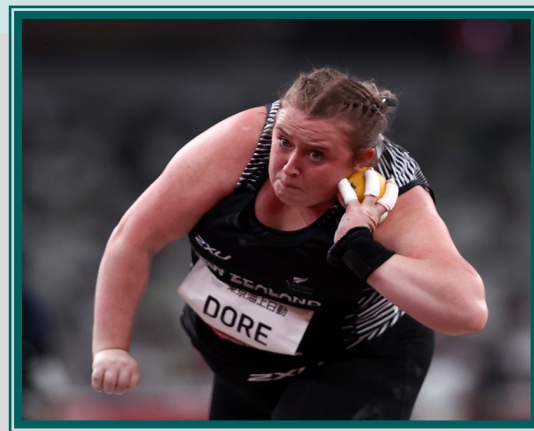
## Champions from differing worlds

### Tokyo 2020 – two roads to get there

In our last Rehabilim News we headlined the wonderful achievement of our Ni Nengah Widiasih winning a silver medal at Tokyo 2020 Paralympics. In this edition we take two differing paths to Tokyo.

To provide the narrative we invited New Zealand Paralympian Caitlin Dore to give an insight as to how she not only made it to Tokyo but also the 2016 Rio Paralympics, while Nengah similarly competed at Rio as well.

Of course, they never met as Nengah is a powerlifter, Caitlin in the javelin at Rio but had to switch to the shot put for Tokyo. Both athletes have had to cope with a disability. Nengah suffered from the effects of polio while Caitlin has cerebral palsy.



**Caitlin's story** Caitlin, now 25, was eleven years old when she was first introduced to athletics. “As a young kid with a disability, playing sports at school always came with a slight disadvantage, and even though I was the type of kid to give everything a go it was always that little bit hard to succeed. But when my teacher found out there were para events at the interschool athletics day, she encouraged me to give it a go, and I won. So naturally just like any kid, I kept going with it because I enjoyed being good at something.”

“I did all the events as a kid. I was a jumper, thrower and a sprinter, but as I grew, I naturally gravitated towards throws, as they were my best events, I’m built like a thrower,” she laughed.

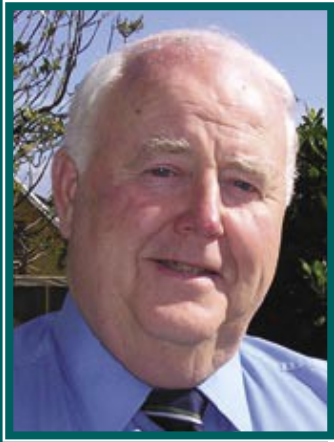
While still at high school she caught the attention of Para athletics coach Raylene Bates who focused her on the javelin as it was the best chance for Caitlin to try for the 2015 World Champs and 2016 Paralympics.

“I had always loved sport as a kid, and I grew up watching the Paralympics thinking it was just the most amazing thing seeing people just like me compete on the world stage. So, I definitely had dreams, but never knew that picking up that shotput at age 11 at the interschools games, would ever lead me to where I am now.”

After competing at Rio in 2016, Caitlin was forced to change to the shot put as the javelin for her category was dropped from the Paralympics programme.

“For me personally being good at the javelin and shot put gave me the confidence that I have today. Athletics has given me so many things that have shaped me into the person that I am. Its shown me that I am determined, resilient, hardworking, patient, confident and adaptable.

# From The Chair



For most people this year has been a year of disruption.

Covid has spread through some countries more than others leaving a trail of misery and in many cases death.

Even in this far-flung isolated land that's called New Zealand, we have not escaped the ravishes that this disease has caused, but because of our isolation we have not been affected as much as some countries. One life lost to covid is one too many.

Many businesses have been devastated by Covid, as we have been in lockdown in some cases for months. One and two person businesses have been brutally hurt with no income but expenses like rent etc still payable.

There are always two sides to a story and this one is such a story. Its Christmas time, a time we hope is of good cheer, despite the hardships many have endured in some cases. Time to lay down your worries for a short time and

consider the joys of Christmas.

Not all people who read this will celebrate Christmas, but nevertheless I extend the very best wishes to those who do and those who don't, and hope that this holiday time will be one of peace and goodwill, whatever your beliefs are.

The Rehabilim Trust has had a good year, we have 8 scholarships under way in and around Yogyakarta, and none of them have been affected so far at least by the virus.

We have said farewell to some of our earlier graduates as they set off in a new direction in their life, armed with knowledge gained over the past 3 years (thanks to the Colin McLennan Scholarship).

For the Trustees, it has been heartening to know that some of the graduates are starting up in their own business and on behalf of the board I wish them well and ask them to keep in touch with us. You will be an inspiration to others who come along after you.

May I close by wishing all of you a very Merry Christmas and a happy and very successful New Year in 2022.

*Bill Russell*  
Chairman

## Rehabilim Powerpoint presentation

The executive committee decided at its last meeting that it would make a powerpoint presentation to inform members and groups of the work and achievements of the Rehabilim Trust.

It has been put together largely by two of the Trust members, Dr Nick Lambrechtsen and Gunawan Widjojo.

Its available to groups who would like to use it for information about the work we have done and what we hope to achieve.

It has 21 slides and a commentary will be provided to go with it.

It is too large to email as it is 19 Mb in size, so will be sent to interested people on a memory stick.

Please contact the Trust if you are interested in a copy.

## Caitlin's story continued

I think those attributes have really helped me grow up as a young disabled person in this society. Athletics has really shown me that I can achieve anything I want to with a little bit of hard work and determination. Its proven that I am able enough to do anything I set my mind to. I just have to try and adapt until I achieve it."

Caitlin had to cope with the switch from the javelin to the shot put and start again from scratch between Rio and Tokyo. "To say that I switched events between cycles and still placed 7<sup>th</sup> in the world in Tokyo was mind blowing it was so special and its only just the beginning."

Like all top athletes, the hard work is done in training. "I am now training along side some of the best shot putters in New Zealand which has been an amazing experience and a massive transition.

I am learning every day. I am currently training 6 days a week and have between 3-4 technical throwing sessions a week; 3 gym sessions a week plus all the added extras of being an athlete like recovery etc. It's been full on as I now work 30 hours a week as well, on top of 2-3 hours of daily training, but I love being busy."

And, the highlight? "Tokyo 2020 was the most special to me. Making the team for Tokyo really showed me that I can do anything I put my mind to."

Where to now, what does the future hold? "Tokyo was like my debut as a shot putter. I have so much more to give and I want to continue to go further in this event. So Paris 2024 is my next big goal, but I'm still very young so my dreams for the future are endless."





## Nengah's Story continued

**How did you rate your Tokyo performance and what does the future hold?** - "Well, I feel very, very happy and proud because I did better than in Rio. As to the future, well there'll be many competitions to help me to qualify for Paralympics Paris 2024."

At the time of writing, Nengah was in Tbilisi, Georgia at another powerlifting competition.

**Do you have career aspirations outside of powerlifting?** Besides being an athlete, I also work in the Indonesian Sport Ministry as a civil servant. In the future, my dream is to have my own fitness centre, where people with disabilities can train for free. They just need to keep their spirits up, dream big, and work hard. I want all disabled people to have a chance to better themselves and to have a bright future.

**What message would you like to share with other disabled athletes who will be reading this interview?** Never give up! Whatever happens in your life, when you experience hardship, don't complain - just try it and accomplish your goals!! Never be afraid to try, never afraid to fail. If you fail, try again and again.

Don't be afraid to dream. Dream as high as you can, because after all, dreams are free — you just have to work hard to get there. Don't let your weaknesses defeat you, instead turn that weakness into motivation to

## Scholar Story - Frisna Pambudi

Frisna was very proud and happy to finally finish his Bachelor degree in Economic Science at Muhammadiyah University, Yogyakarta after the struggles he faced. He suffers from Cerebral Palsy which has affected his mobility but he managed to obtain a modified motorcycle to help get him around.

His parents helped support him in his last year of study but it all paid off.

"I am so grateful to not only my parents but also the Rehabilim Trust for their support. I am preparing to enter the National Civil Servant exam to get me a job with the Government."



### Rehabilim Donation Form

I wish to support young physically disabled Indonesians.

Enclosed is my cheque, made out to "The Rehabilim Trust", for \$ \_\_\_\_\_

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