



## MY STORY — Dave McCalman MNZM



Dave has been involved in sport most of his life. He came across basketball early in his life and played several years for a top Wellington club (1979 National Champions) and the Brisbane Bullets in the inaugural year of the Australian National Basketball League.

Dave fulfilled his dream of attending a University in California on a basketball scholarship but sadly, sustained a spinal cord injury diving into a river on a hot summer day.

Since then he has competed and won many wheelchair events ranging from international wheelchair marathons to Paralympic and World

pentathlons. He won two Gold Medals at the 2000 Sydney Paralympics and still holds the World Record for Quadriplegic Pentathlon.

Dave has coached internationally in wheelchair basketball and wheelchair rugby and coached National League basketball for over 25 years. In 2000, he was awarded a MNZM for his services to disability sport. Dave recently completed a Graduate Diploma in Sport Management and is employed by Sport Waikato and the Halberg Trust as Sport Opportunity Adviser.

Now retired from competitive sport Dave continues to be active pushing and swimming as often as time allows. The importance of being physically active is crucial to Dave maintaining his mobility and independence.

Through his work at Sport Waikato he believes that all people in the greater Waikato region should have access to a wide range of active living and sport opportunities for the benefit of their health and wellbeing.

A hydrotherapy pool in Hamilton City will benefit a wide range of groups and individuals within the greater Waikato community. Hydrotherapy has the potential to benefit sports people in rehabilitation from injury, to maximize other sports science techniques, and to aid in recovery from physical activity.

It is also known that hydrotherapy can have holistic benefits when applied in a sports context. It allows recovery and rehabilitation in a non-stressful environment to treat the whole athlete, rather than just the location of the injury or fatigue. The location of a hydrotherapy facility at Waterworld would also potentially make it accessible to people of all ages and levels of sport — becoming a community facility, rather than a benefit available exclusively to elite athletes.

Dave believes the potential benefits of hydrotherapy are immense for all people of the greater Waikato region, both in sport and active living.