

SUDS Newsletter 1 – Reflecting on 2019

President's foreword

Dear Friends,

As I explained in my last Newsletter, SUDS is growing. We now have 52 Countries who have Registered athletes in the SUDS Sports. I'm especially pleased that we are extending our involvement into the South American region. So successful has the expansion been that earlier this year in Mexico was the first Regional Championships with Athletics, Swimming and Table Tennis for the Americas Region. I hope another Country will take this on for 2021. Europe will be having the 1st European TRISOME Games/ International Open Championships for 7 sports, organized by ANDDI in 2021 in Mealhada City. At these Games we hope to have the first Handball event.

Now of course we are all preparing for the 2nd Trisome Games in Antalya, Turkey. I know there have been some concerns about the safety of the Games but we have received very reassuring information from the organizers TOSSFED and the response from the teams who are going means we will have a very successful Games.

My sincere thanks to Tsenya who have put this first SUDS Newsletter together. Their contribution to the promotion of SUDS is immense, the website and our Social Media involvement brings new people forward with an interest in SUDS on a regular basis – thank you Tsenya.

I hope to see you all in Antalya.

Best wishes

Geoff Smedley
SUDS President

Finland celebrates talent at Athletics event

IAADS was formed to acknowledge that athletics, which people with Down syndrome globally enjoy for recreation, is also a sport in which they can be competitive. Ten years have passed since the first World Championship Athletics event in Mexico in 2010. With an equal amount of successful international events over the years, July 2019 saw the 5th IAADS Open European Athletics Championships take place in Finland.

Hosted in the lovely Tampere, this 3-day event had participants from 11 countries. Two World Records were shattered – Women's T21 4 x 100m Relay and Male Mosaic Shotput. The European Record for Female T21 800m was also improved.

After the final race was run, the team competition was won by Portugal, followed by Italy, Turkey and the hosts Finland.

For any queries contact Mary Russiello: mary.russiello@fastwebnet.it

Packed stands in Brazil for Futsal World Championships

Futsal is a version of five-a-side football which is played indoors, making it a popular all year round sport. Trisome Games 2016 in Florence hosted countries from all over the world in 9 different sports, many of which came to compete in this first major Futsal event.

FIFDS, the Football International Federation for players with Down Syndrome, held the 2nd World Futsal Championships earlier this year in Brazil. 7 Countries participated, which brought much excitement to the city of Ribeirão Preto. The top spot went to the hosts, who sealed a 7 – 5 victory against Argentina in the nail-biting final game which had the spectators on their feet.

“Brazil hosted a magnificent championship”, said Mr Alberto Costa, head of FIFDS. “The athletes were dazzled by so many spectators and the jubilant atmosphere – they had samba schools playing on the pavilion, supporting the countries during the games”.

Mr Costa also remarked that the event was promoted well by the City Council at sports groups and clubs, even on local television. “The reason for the high supporter numbers are two-fold”, he said. “Firstly, in Brazil there is a high acceptance of persons with disabilities, in particular with Down syndrome. Many families with children with Down syndrome came to support. On the other hand, there is a great tradition of soccer and futsal in Brazil.”

The final results of the tournament were as follows:

1. Brazil
2. Argentina
3. Italy
4. Mexico
5. Portugal
6. Peru
7. Chile

Contact Alberto Costa should you need more information:
albertocosta.ac@iol.pt

Table Tennis growing at rapid pace

Table Tennis is not only a recreational pastime or just ping-pong you play in your basement for fun.

It is a sport enjoyed by millions of players worldwide and much more of an athletic challenge than you might think. Play is fast and demands quick reactions. Table Tennis, in truth, requires serious skill and athleticism to master, and in turn offers many physical and mental benefits.

ITTADS - International Table Tennis Association for Down Syndrome, started to develop in the year 2014, and since then, had already organized 1 International Open, 2 European Championships and 3 World Championships.

The Federation has a great group of players from all over the world who meet up at events, give their all against their competitors in the matches, but walk away as friends.

The 1st World Championships in Bloemfontein, South Africa 2015, was attended by 4 countries. By the 3rd in Madeira 2018, we had a phenomenal 13 countries represented.

The 2019 European Open in Tampere, Finland was attended by 7 of these member countries and was once again a huge success and well organised. Portugal finished at the top of the medal table, with Great Britain and Czech Republic on their heels.

Should you want to join this fast-growing sport, contact Nuno Machado:
Nunofacsmachado@mail.com

Swimming fun in the Sardinian sun!

With an 18-year history as host of successful global events, 2019 was no exception for the Down Syndrome International Swimming Organisation (DSISO).

The 5th Open European Swimming and Synchro Championships took place on the Italian island of Sardinia. Nearly 100 swimmers from 17 countries entered up and showcased their talent. This was yet another memorable competition from hosts Fisdir and their president Mr Marco Borzacchini.

With the level of skill and talent on display, we anticipate the Swimming event in Antalya 2020 to be even more spectacular than the previous Trisome Games.

On the management front, Dr Geoff Smedley stepped down from his role. Being involved in DSISO since 2000, of which 10 years as CEO and the last 5 as president, Dr Smedley has left a legacy in the organisation through his dedicated service.

Dr Arly Heide has been invited to take on the provisional role of president until the new president is selected at the Sports Assembly in Antalya next year. Dr Heide expressed his gratitude for the confidence displayed in his ability to guide DSISO in the interim.

Contact info@DSISO.org and join in the fun today.

Handball, Tennis and Skiing at a glance

An exciting addition was made to the SUDS family with the introduction of Handball. HANDOWN, the International Handball Federation for Down Syndrome, is still in its baby shoes and will hopefully grow to be as popular as the rest.

According to Mr Antonio Costa Pereira, Technical Director for ANDDI Portugal, there are plans to run a pilot at the Tri-Games event at Mealhada in 2021, with current interest from Portugal and Denmark.

Contact Antonio if you are interested to join - antonio.pereira@anddi.pt

Tennis is played by millions of recreational players and is also a popular worldwide spectator sport. In Florence, Italy in 2016, 2 countries competed and we count on seeing much more representation in the future.

If you are at the Trisome Games in Antalya 2020 and have an interest in Tennis, we invite you to join us as a spectator at the courts. Come and have a look at the benefits the sport offers - maybe this could be your next big challenge!

Alpine and Nordic Skiing are exciting winter sports that challenge an athlete's coordination and ability by either racing down a mountain or cross country.

With no events in the recent past, SkiDS are currently in discussions with Poland and hope to announce a Nordic and Alpine Skiing event soon, hopefully for the winter of 2020.

Italy triumphant in Basketball Championships

Yet another well-organised event this past weekend as the 2nd Basketball IBA21 and 3rd JUDOWN Open European Championships played out in Guimarães, Portugal.

Basketball teams from Italy and Portugal were joined by players from Turkey, and once again the participants did not disappoint. Unfortunately, Kuwait had to withdraw due to injuries.

The final between Portugal and Italy on Sunday was a crowd pleaser and brought much joy to the players as well. In the end, Italy were the victorious team, with a score of 36 - 22.

The IBA21 federation is going from strength to strength and we hope to have many more countries sign up for this action-packed sport in future.

Mr Duarte Sousa can be contacted with any Basketball related enquiries - duartensousa@hotmail.com

Judokas flourish in Guimarães

The Judo competition had representation from Croatia, Poland, Romania, Sweden, Turkey and the hosts, Portugal. In a display of throws, falls and pins the Judokas demonstrated the physical prowess and mental discipline required in practicing Judo. At the end of the day there were smiles all around as numerous medals were presented.

On Saturday 30 November, a JUDOWN working group was established with members from the 6 member countries present. The group will be headed by Mr Mario Oliveira (marioemidio67@gmail.com). They aim to refine the established JUDOWN rules for the benefit and safety of our judokas.

Mr Jose Costa Pereira, president of ANDDI Portugal, said that the event was a huge success and he was proud of his team at ANDDI Portugal for the professional way in which they conduct themselves and the difference they make in athletes' lives.

British hospitality at Gymnastics Open

To master the sport of Gymnastics requires balance, strength, flexibility, agility, coordination, and endurance.

During June 2019, the Down Syndrome International Gymnastics Organisation hosted the British Down Syndrome Open Gymnastics in Leicester, England. Clubs from all over Britain could enter, and the event was open to international participation. South Africa and Finland made use of the chance to refine their routines for Antalya 2020.

In the past, DSIGO has already provided the opportunity for countries to attend 3 World Championships as well as the Trisome Games. Disciplines include Artistic for male and female participants, and Rhythmic for females. For the first time ever a Trampoline competition was also on the program.

The 2020 Trisome Games will no doubt deliver Gymnastics of a high standard, accompanied by loads of sparkle, showmanship and smiles!

Contact Trevor Low at trevor.low@iflip.org with any questions.