

## Wheelchairkids inaugurate and conquer the new Sports Hall at the 1<sup>st</sup> International Kidz Camp Mar y Sol 2011



Spa & Sport Hotel Mar y Sol, Tenerife 23/07/2011 – 30/07/2011

**Together, Klaus D. Herzog, lead trainer of the DRS (German Wheelchair Sports Association) and Sophie Minelli, sports therapist at the Spa & Sport Hotel Mar y Sol, have just organised a superb holiday week, packed with variety and excitement.**

It was certainly a new and thrilling experience for us at the Mar y Sol to see so many children and young people here. The 1<sup>st</sup> International Kidz Camp breathed new life into the hotel. The brand-new Sports Hall, just finished in the nick of time, now opens the door to infinitely more activity possibilities, leaving no room for boredom! There was so much on, the range of activities was enormous: games, sport and physical exercise for the whole family, swimming lessons and advice regarding mobility issues for children with specific needs, tips on how to care for one's wheelchair, general help with the routine jobs of the day, advice about protecting one's back, suggestions as to how to introduce new free-time activities - and an excursion to the impressive Loro Park to conclude the programme. This visit to what is such a large Zoo Park was magnificent, with the dolphin, orca and sealion- shows providing the highlights.

All the participants really had a lot of fun. At an interview with our young guests we ascertained that Christine's favourite was "how to drive a wheelchair properly". Tim loved games like the "horse-riding races", Lisa continues to practise her "wheelies" and Yannik relished the warm pool (approx. 32°C) as he doesn't freeze in it! "That's the best pool I've ever been in!" he said. Rafael delighted in the group games and his dad even sat in a wheelchair to play "Fisherman, fisherman, how deep is the water?" That also fascinated Sven, Marko and Tom-Luca, who wanted to know what it felt like sitting

in a wheelchair. They immediately learnt "wheelies" and raced around the Sports Hall together with the rest of the troops!

Boyan, Mark, Josua and Maria didn't fancy the group activities, but utilised the Sports Hall's opening-times to keep fit by playing electric-wheelchair hockey and table tennis.

It was also a treat for the parents to have a little time to themselves for a change. Of course they peeped into the Sports Hall from time to time, but in most cases they weren't even spotted by the group, who in turn were totally absorbed in Klaus and Sophie.

Sport and games activities are still on offer 5 days a week, even though the Kidz Camps are now over. Our sports therapist, Sophie Minelli, still welcomes disabled and able-bodied guests, the old and the young. She speaks 6 languages (Spanish, Luxemburgish, French, German, Italian and English) and has many years' experience in all things relating to mobility and disability.

It was such a successful week that the next Kidz Camp in Tenerife is already being planned. How about having fun and soaking up the sunshine far from the European winter at Christmas 2011/2012?

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