

# KWANZ's Young Achiever - Caelan

WRITTEN BY Sheena (Mother)

Caelan, aged 17 years, has gone from strength to strength in his swimming training since joining, first Parafed Waikato and then the local swimming club, Hamilton Aquatics. In just two years, he has increased his physical strength and stamina in incredible ways, to the point of him wanting to compete in the Epic Swim at Lake Taupo this summer.

He entered the 5km swim, and whilst he didn't take a medal place, was simply stoked that he could attempt such a feat!



Caelan's passion for swimming has also brought him the opportunity to train as a swimming instructor and he is now also a qualified pool lifeguard! Caelan's childhood years with JIA were incredibly tough, but step by step, he has been shaped through his

experience, to build resilience, perseverance and tenacity to now have confidence to give anything a go! Be encouraged at whatever stage you are at in your journey, that nothing is wasted and there is always a way to reach your goals!



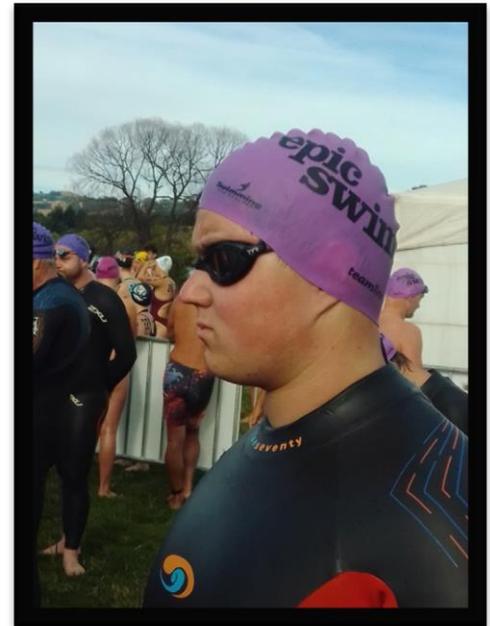
At the recent April 2021 Halberg Games award ceremony, Caelan was awarded the 'David Levene Foundation Cup' for Halberg Games most Promising Athlete.



The Harris family supporting Caelan, at his Taupo Lake swim in 2021.

### Disclaimer

The opinions expressed in this article are the author's own and do not necessarily reflect the view of Kids With Arthritis NZ Charitable Trust.



*Parafed is a nation-wide sporting organisation designed to provide opportunities for those with physical disabilities to be able to access a variety of sporting pursuits.*

*Whilst many of our KWANZ kids achieve great things in various sports, that isn't always the case for all, as it was for Caelan when he was younger.*

*If your child struggles to participate in sporting activities due to JIA or similar condition, get in touch with your local representative and see if your child or young person could take part with a Parafed group in your community. (N.B. Although a national organisation, they may not be represented in every neighbourhood.)*

<https://halbergactive.co.nz/inclusive-sports/parafeds/>

Please remember every journey is unique to that person. Sharing a personal story is an act of kindness; it lets others know they are not alone.

Please check with your child's Specialist or GP if this article has generated medical questions for you.