



**San Diego**

# HAMMER

*Adult and Injured Service-Members*

## Wheelchair Basketball

**WHAT:** Participants will learn ball handling skills, enhance wheelchair maneuvering skills, learn the basic rules of wheelchair basketball including offensive and defensive strategies, improve physical fitness, and have fun! This team competes and travels for competitions.

**WHO:** Adults (ages 18 and up with a physical disability (ie: spina bifida, cerebral palsy, amputee, spinal cord injury, or other orthopedic impairment). Participant does not need to use a wheelchair on a daily basis to be eligible. Athlete should be able to propel a wheelchair independently and follow instructions.

**WHEN:** Practice held on Wednesdays (6:00-8:00 pm) & Saturdays (1:30-3:30 pm)

**START:** Saturday, September 17, 2011 – (Practice year round)

**WHERE:** Municipal Gym in Balboa Park  
2111 Pan American Plaza, San Diego, CA 92101

**COST:** \$50 per Month  
\* scholarships available

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