



San Diego

HAMMER

Junior Varsity

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!

WHO: Participants (ages 13-18) 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 TBA

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

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

COST: TBA
* scholarships available

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