



San Diego

HAMMER

Skills Development

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 9 – 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: Tuesday, September 17 – Late March 2012

Check us out:
www.sdasf.org

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

COST: TBA
* scholarships available



To sign up: call or email Jazmin Garcia: jazmin@sdasf.org (619) 336-9571