



San Diego

HAMMER

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! This team competes and travels for competitions.

WHO: Participants (ages 13-18) with a physical disability (ie: spina bifida, cerebral palsy, amputee, spinal cord injury, or other orthopedic impairment). Individual 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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To sign up: call or email Jazmin Garcia: jazmin@sdasf.org (619) 336-9571