

GOLF



WHAT TO EXPECT:

Ready to tee up?

Golf is a classic game of skill, strategy, and precision! Join us on the range to learn the basics, practice your swing, and meet welcoming peers of all abilities. Whether you're picking up a club for the first time or getting back into the game, we're ready to support you!



JOIN THE GAME:

Our athletes participate in golf with a wide range of diagnoses including, but not limited to:

- Amputation
- Post CVA (Stroke)
- Spinal Cord Injury
- Cerebral Palsy
- Spina Bifida
- Multiple Sclerosis
- Spinal Muscular Atrophy
- Traumatic Brain Injury



EQUIPMENT

- Sportable in partnership with First Tee of Greater Richmond and Indoor Golf RVA will provide all equipment necessary including:

- Golf clubs & golf balls - feel free to bring your personal set of clubs if desired!
- ParaGolfers at a first come, first serve basis that are equipped with a lower leg brace, waist belt, and chest plate for a secure fit



COMMON ADAPTATIONS*

- Gripping aids can be utilized to keep your hand in a fist to grasp the club for individuals with reduced hand function
- ParaGolfers can be utilized to lift you from a seated position into a supported standing position to swing the club
 - Golf bag holders can be attached to keep clubs in an easy to reach location
- To hold the club, self-adherent, latex free wrapping can be used around your hand/arm for individuals with decreased grip strength



HOW IT WORKS

- Join us for outdoor sessions on the driving range with First Tee of Greater Richmond or try out the simulator with Indoor Golf RVA!
- Athletes can choose to hit while standing, in their wheelchair, or utilize the para-golfer
- Sportable staff and volunteers will work with you to offer strategies, techniques, and support to modify your swing!



*This is not an exhaustive list - Sportable can adapt and modify equipment to meet your individual needs and find what works for you!

OUR PARTNERS:

