

PICKLEBALL



WHAT TO EXPECT:

Try out the fastest growing sport in the country!

Pickleball is a fun, beginner friendly sport similar to badminton and ping-pong! We'll teach you everything you need to know in a chair or standing including basic drills and strokes to get playing right away. Come meet welcoming peers of all abilities, learn a new skill, and build a community!



JOIN THE GAME:

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

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

EQUIPMENT

- Sportable will provide:
 - Paddle and pickleballs
 - A sports chair if needed, that fits you securely - waist and foot straps can be used for a more snug fit



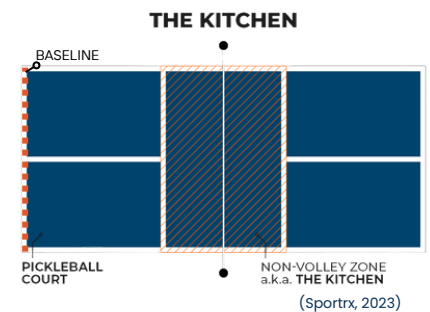
COMMON ADAPTATIONS*

- Pickleball retrievers or special tape can be attached to the paddle to pick up the ball independently
- To hold the paddle, self-adherent, latex free wrapping can be used around your hand/arm for individuals with decreased grip strength
- Easy Hold universal cuffs can support your ability to maintain grasp on the paddle



HOW TO PLAY

- Can be played using a wheelchair or without a wheelchair (para-standing)
- Depending on player mobility, the ball may bounce **once** or **twice** before returning the ball
- First team to **11 points** wins!
- All volleys must be initiated outside of the non-volley zone (the kitchen)
- Players must serve outside of the baseline before moving forward



*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:

