

# TENNIS



## WHAT TO EXPECT:

### Try out a fast-paced racket sport!

Wheelchair tennis is an exciting sport that combines skill, strategy, and athleticism. Whether you're new to the sport or have played before, this is the perfect place to learn everything you need to know. Come meet friendly peers of all abilities, learn a new skill, and become part of supportive community!



Not all players use wheelchairs for everyday mobility!

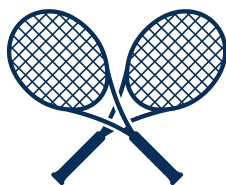
## JOIN THE GAME:

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

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

## EQUIPMENT

- Sportable will provide all equipment necessary including:
  - Tennis rackets & tennis balls
  - A tennis chair that fits you securely - waist and foot straps can be used for a more snug fit if needed



## COMMON ADAPTATIONS\*

- Active Hands gripping aids can be utilized to keep your hand in a fist to grasp the racket for individuals with reduced hand function
- Straps can be utilized along your chest for added support to maintain your position in your chair
- To hold the racket, 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 racket

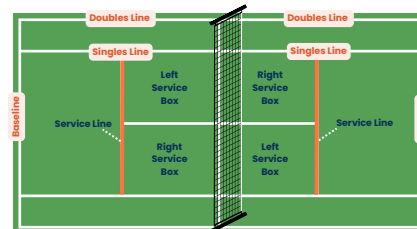


## HOW TO PLAY

- Wheelchair tennis is played on a standard tennis court and the wheelchair is considered part of the player's body!
  - It can also be played as para-standing!
- The ball may bounce **twice** before returning the ball
  - The second bounce can be outside of the court boundaries
- In order to win a game, the player must win at least 4 points

- A player must win 6 games to win a set, and 2/3 sets to win a match!
- Scoring:
  - 0 points= Love
  - 1 point = 15
  - 2 points= 30
  - 3 points= 40
  - Tied score= All
  - 40-40 = Deuce
- The server must be stationary before serving, and then can push their chair once before hitting the ball

### TENNIS COURT



\*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:

