

GOLF

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!

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!
- Adaptive golf carts (available on a first come, first serve basis).
- Believe It Boards



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!



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

COMMON ADAPTATIONS

- Gripping aids can be utilized to keep your hand in a fist to grasp the club for individuals with reduced hand function.
- Adaptive golf carts 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.

