

# TENNIS

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!

## EQUIPMENT

Sportable will provide all equipment necessary including:

- Tennis rackets
- Tennis balls
- A sports wheelchair



## 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.
- 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.
- A player must win 6 games to win a set, and 2/3 sets to win a match!



## 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

## 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.
- To hold the racket, self-adherent, latex free wrapping can be used around your hand/arm for individuals with decreased grip strength.
- Eazy Hold universal cuffs can support your ability to maintain grasp on the racket.

## TENNIS COURT

