

BCWBS School & Community Participation Wheelchair Basketball Program

Looking for More Information on Wheelchair Basketball?

Who can Play? People with physical disabilities and without can play wheelchair basketball together. This includes **individuals with reduced mobility in ankle, knee, or hip due to injury, surgery, or from birth even if they can walk.** For a quality sport experience, good upper body mobility and use of a manual chair is required.



Benefits of wheelchair basketball!

Being active is a great way to stay fit and create meaningful peer relationships. Playing wheelchair basketball can:

- Improve physical fitness and wellness
- Increased confidence and self-esteem
- Improve socialization skills by making new friends
- Experiencing competition against peers of similar abilities
- Developing a sense of responsibility, teamwork, and respect for others
- Helping newly injured individuals transition back
- into the community



There are many 'drop in' or city team leagues that are always looking for people to join. Please contact us if you would like more information for the cities near you!



If your school/community is interested in more opportunities or if you have a student or participant who would like to learn more about our please contact us (**604-333-3530** or **info@bcwbs.ca**) and we will gladly follow up and provide more information on our programs.

Go to **Bcwbs.ca** to learn about our regional clubs, high performance programs or how you and your school and community can take part.

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