



**Practices**



**Friends**

**Fun**



**Teamwork**

**Competition**



**Our Mission:**

**“ To enhance the quality of life for persons with physical disabilities through sports and recreation.”**



**Tournaments**

For more information on programs, fees, volunteer or sponsorship opportunities, please visit our website at

**[www.cruisers-sports.com](http://www.cruisers-sports.com)**

Registered Charity Number  
#89955 5122 RR0001



Cruisers Sports for the Physically Disabled is a non-profit, volunteer organization formed in 1986. The Cruisers provide both recreational and competitive sports such as Sledge Hockey, Wheelchair Basketball, and Track and Field Events, as well as Boccia, and a Multi-Sport group. Cruisers Sports is dedicated to enhancing the quality of life for children and adults with physical disabilities by providing sports, recreational activities, and life enhancing skills.



Cruisers Sports provides the specialized equipment, opportunities, and training needed, whether the athlete just wants to have fun, or aspires to compete in the Paralympics. Both children and adults will develop skill and confidence while learning how to master a new sport under the guidance of qualified coaches. Cruisers Sports promote the development of teamwork, confidence, and independence, as well as the social interaction of being part of a club.



**Field** events include throwing Shot Put, Discus, Javelin or Club. Athletes can throw from either a standing position or from a specially devised throw chair. Practices are held

outdoors and there are meets across the province during the season. Athletes compete against the same gender and level of ability.

### Sledge Hockey is

for both male and female players with a physical disability. Players use a lightweight sledge and propel themselves across the ice using shortened versions of a hockey stick with picks on the end. Rules are similar to stand up hockey and teams play competitively against other districts.



**Track** events can include either running or using a race chair, depending on the athlete's level of ability. Practices are held outdoors in the spring and there are meets throughout the season. Athletes only compete against those of the same gender and ability.



**Multi-Sports** is a fun and exciting way to be introduced to a variety of adapted schoolyard games. Big Beach Ball Soccer, Mini-basketball, Red Rover and



Tag are just some of the games played at this strictly recreational program. Children will get a chance to develop and practice wheelchair skills, and communication skills, as well as develop hand-eye co-ordination while participating in a fun, safe and affordable environment. Children are welcome to bring walkers, or other adaptive equipment, for some of the games.



**Boccia** is a game of skill and strategy. Boccia is offered either competitively or recreationally. To play Boccia competitively the athlete **must** have an upper body impairment. Ramps can be used to roll the boccia ball instead of throwing it.

### Wheelchair Basketball

is open to anyone with a physical disability age ten and over. Players can choose to play for fun in the weekly House League or can play competitively against other teams in southern Ontario. Athletes all play basketball in a wheelchair, but they do not have to be community wheelchair users.

