



## 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, Track & Field, Boccia and a Multi-Sports program. 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.

## What to expect...

- **C**ompetition
- **R**espect
- **U**nity
- **I**nclusion
- **S**portsmanship
- **E**ncouragement
- **R**ecreation
- **S**ports

For more information on programs, fees, volunteer or sponsorship opportunities, please visit our website at [www.cruisers-sports.com](http://www.cruisers-sports.com) or email

[questions@cruisers-sports.com](mailto:questions@cruisers-sports.com)

## CHARITABLE REGISTRATION

#89955 5122 RR0001

HALTON - PEEL

# CRUISERS SPORTS

FOR THE PHYSICALLY DISABLED

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



[www.facebook.com/CruisersSports](http://www.facebook.com/CruisersSports)



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Halton - Peel

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## 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. Youth and adults alike will develop skills and confidence while learning how to master a new sport, under the guidance of qualified coaches. Cruisers Sports promotes the development of teamwork, confidence, independence as well as the social interaction of being part of a club.



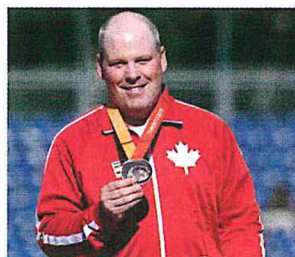
## SLEDGE HOCKEY

is for athletes age eight and over with a physical disability. Players are assigned to a co-ed team based upon age and skill level. The sport incorporates the same rules, discipline and structure as stand-up hockey. Teams practice, play competitive league games and playoffs against other regions and also participate in tournaments.



## 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 during the season. Athletes only compete against the same gender and disability class.



## TRACK

events can include either running or using a race chair. This depends on the athletes' level of ability. Practices are held outdoors in the spring and there are meets throughout the season. Athletes only compete against the same gender and disability class.



## 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.



## MULTI-SPORTS

is a fun and exciting way to be introduced to a variety of adapted schoolyard games. Mini Basketball, Red Rover and Tag are just some of the games played at this strictly recreational program. Children as young as three, along with family members will get a chance to develop and practice wheelchair skills, communication skills as well as develop hand-eye co-ordination. All this while participating in a fun, safe and affordable environment. Children are welcome to bring walkers or other adaptive equipment for some of the games.



## WHEELCHAIR BASKETBALL

offers a House League Program that is open to anyone with a physical disability age eight and over, along with their able bodied friends and family. The Competitive Program involves playing against teams in Southern Ontario. All athletes play using a wheelchair, but they do not have to be community wheelchair users.

