



SA WHEELCHAIR BASKETBALL
ASSOCIATION



Wheelchair Basketball Team Building Sessions

Help Build Team Spirit and Comaraderie

Join Us for an Exciting Wheelchair Basketball Team Building Session.

Are you ready to experience the thrill of wheelchair basketball while building stronger bonds with your team? Whether you're a seasoned player or new to the sport, this session is perfect for everyone!

Why Join?

- **Teamwork & Collaboration:** Enhance your teamwork skills in a fun and engaging environment.
- **Inclusive Fun:** Experience the excitement of wheelchair basketball, a sport that promotes inclusivity and diversity.
- **Fitness & Health:** Get active and enjoy a great workout while having a blast.
- **New Skills:** Learn the basics of wheelchair basketball from experienced coaches and players





We want to make a **positive impact** on the world of sports.

Our Goal: To establish a program led by wheelchair basketball players and coaches, designed for clubs and businesses.

Objective: To promote wheelchair basketball, raise awareness about disabilities, and highlight the importance of inclusion. Additionally, the program aims to provide teams with opportunities to enhance their team spirit and have fun.

Where & Who

Where

Sessions will be hosted at the state basketball centre. Teams will be welcome to select days that they would like to have sessions and this will be cross referenced with presenter and court availability.

Who

Any club or business are welcome to book a session.



Presenters

We have a variety of presenters that will run our sessions, they include a Paralympic gold medalist, 3 current Australian Gliders who have a wealth of experience that includes playing at world championships and national league.

All presenters are living with a disability, this will help participants see that there is more to a person than their disability as well as give them an insight into what it is like living with a disability. We also have a variety of disabilities which include amputation, spinal cord injury, cerebral palsy, chronic pain and more. This will help raise awareness for the different types of disabilities.

Wheelchair basketball can be played by anyone, it is important for us to show participants that no matter your ability you can play.



Costing

Cost to teams

- Court Hire: \$50 per hour (minimum of 1 hour)
- Chair Hire: \$150 per chair (\$100 per chair for 15 chairs)
- Presenter: \$70/hr (minimum 2 presenters)



What is included in the session

> Learn how to play wheelchair basketball

- ✓ Teams will be taught wheelchair basketball rules
- ✓ How to push a wheelchair and other chair techniques
- ✓ How to shoot
- ✓ The differences between able body basketball and wheelchair basketball

> Team Skills

- ✓ How to work with your team effectively
- ✓ The importance of communication

> Leadership

- ✓ Increase confidence
- ✓ Leadership skills
- ✓ Community Spirit

What we can offer

Wheelchair Basketball Team Building Session

Teams learn how to play wheelchair basketball, learning basketball skills, life skills, team skills and gain awareness of disabilities

3 v 3

Teams play wheelchair basketball using the 3v3 system, teams of 4 or 5 are created and compete against each other in a fun and comfortable environment for female students

