



TRYme

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GOALBALL

www.parasportontario.ca

TRY us too!



ParaSport Ontario is here to help you find the sport that's just right for you.

We know that sport will make a positive difference in the lives of people with disabilities and we believe that everyone should experience the joy of sport.

Join the ParaSport Ontario family – it's FREE – for plenty of member benefits... like our annual magazine, monthly e-newsletter, access to Peer & Expert Forums, podcasts, special invitations and product discounts, a Welcome Kit, and much more! Sign up today at **www.parasportontario.ca**.

There's a sport for everyBODY! And there are plenty of parasports for ALL to TRY!

TEL: (416) 426-7187 • E: info@parasportontario.ca



Jingle Balls

Goalball is a fast-paced sport played on a gym floor by blind and visually impaired athletes. But goalball can be played by anyone, sighted people included. Players are blindfolded or wear blacked-out goggles to make the game fair.



From opposite ends of the court, each team takes turns hurling the goalball across the court like a bowling ball to get it into the opposition's net.

So how do players keep track of the ball? Jingle balls that's how! The hollow ball has bells in it... sounding a lot like "jingle bells." Players listen for it.

Learn more about goalball at **www.blindsports.on.ca** or call (416) 855-0972. Email info@blindsports.on.ca.

