

TRYme

You Might Like Me



SITTING VOLLEYBALL

www.parasportontario.ca

TRY us too!



Let's find the sport, or sports, that's spot-on for you!

Physical activity is essential for people with disabilities. **ParaSport Ontario** is serious about getting you in the game because parasports make fitness fun!

There's a sport for everyBODY! And there are plenty of parasports to TRY! Let's get you started. Join **ParaSport Ontario** for loads of helpful member benefits! It's all **FREE**... annual magazine, monthly e-newsletters, Let's Get Started Tip & FAQ Sheets, Peer & Expert advice in our online Community Forum, introductions to leaders and clubs near you, special offers on adaptive products... and more!

A weighty **Welcome Kit** from us will get you on your way right away.

Join today at www.parasportontario.ca.

Call (416) 426-7187 or email info@parasportontario.ca.



Take a Seat!

Sitting volleyball was invented so athletes with a disability could play this great game too. But sitting volleyball is a game everyone can play – no disability required. Athletes with and without disabilities can play together.

No special equipment needed – players just take a seat on the floor. Most Paralympic players are amputees, but sitting volleyball can be played by athletes with any type of disability.

The game is played the same way as traditional volleyball with only a few rule changes. The court is a little smaller and the net lower, which makes for a fun and fast game. To get in the game, contact the Ontario Volleyball Association at 1-800-372-1568, or email mwiersma@ontariovolleyball.org, or visit www.ontariovolleyball.org.

