

TRYme

You Might Like Me



BOCCIA

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



Smack the Jack

Boccia is a real test of skill. It's a ball-tossing game that demands extreme precision and strategy too. Watching boccia players in action is impressive. It's a sport that can be played by competitors who have more severe disabilities – cerebral palsy and muscular dystrophy for example.

Players do whatever they can to toss the little leather ball. They can throw it, bowl it, kick it or use a chute to propel it onto the court. It's a sport that calls for big-time concentration. And it's a sport in which everyone can participate!

To learn more about boccia, or to find a program near you, contact the Ontario Cerebral Palsy Sports Association toll-free at 1-866-286-2772 or visit **www.ocpsa.com**.

