

TRYme

You Might Like Me



SLEDGE HOCKEY

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



He Shoots. He Scores.

No other words raise Canadian hockey fans to their feet like “He, or She, Scores!” Sledge Hockey is always a fan-favorite winter parasport too!

It's a fast-paced game played by athletes of all abilities, with and without disabilities. Sledge hockey players use lightweight aluminum “sleds”, with two skate blades attached to the underside. Players hold a stick in each hand. Each stick has a spiked end and a curved blade on the other end. That's two sticks for pushing the sled across the ice, stickhandling, passing and shooting.

To find a program or league near you, contact the Ontario Sledge Hockey Association at (705) 790-0258 or visit **www.ontariosledge.com**.

