

## WHY PLAY WHEELCHAIR TENNIS?

Tennis is fun! Wouldn't it be great if you could go out and hit the tennis ball around with your family and friends? Guess what, you can! Wheelchair tennis is one of the fastest growing and most popular sports for people with physical disabilities. Wheelchair tennis is fast paced, exciting and affordable. It is a sport for life and can be enjoyed together with family and friends of all ages. People playing in wheelchairs may let the ball bounce twice while people playing standing up let it bounce once. What a great way to play together!

## HOW TO GET STARTED?

There are many ways to get involved, and keep playing on a regular basis. Contact Tennis Canada or your Provincial Wheelchair Sport Association for more information.

## WANT A SPORT FOR LIFE?

Wheelchair tennis is for life. It's up to you. You can play recreationally with your family and friends, or you can aim high and become competitive and play tournaments at all levels. Did you know that wheelchair tennis is a Paralympic sport and Canada has many of the world's best players? There's a pathway for everyone. Tennis Canada has developed a Long Term Athlete Development model which has playing opportunities at all levels.

**WHAT ARE YOU WAITING FOR? COME OUT AND PLAY!**



## CONTACTS

FOR MORE INFORMATION ON HOW TO GET INVOLVED, PLEASE VISIT [www.lovemeansnothing.ca/wheelchair](http://www.lovemeansnothing.ca/wheelchair)

OR EMAIL US AT [wheelchairtennisinfo@tenniscanada.com](mailto:wheelchairtennisinfo@tenniscanada.com)