

## Wheelchair Extravaganza 2016



With the 2016 Paralympic Games in Rio de Janeiro fast approaching, it is anticipated that Scotland will have a large number of athletes competing as part of the Great Britain team. Para Sport has a much higher profile than ever before thanks to the London 2012 Paralympic Games and Glasgow 2014 Commonwealth Games. This event will build on this legacy to ensure that people are aware of the opportunities across the country.

The Wheelchair Sports Extravaganza has been introduced in 2016 in partnership with Wheelchair Sports Clubs, Stirling University and other national sporting governing bodies in Scotland.

The event is designed to allow people to experience a wide range of Wheelchair Sports delivered by some of the best clubs and coaches available in Scotland. We have selected activities where we have strong club links so participants can continue to enjoy and develop within the sports for many years to come.

The Wheelchair Sports Extravaganza is about providing a range of opportunities for people who use a wheelchair for sport to try new and exciting sports and learn more about the pathways that are available throughout the country. Furthermore, the event will highlight the opportunities for people with disabilities to achieve at the highest level and hopefully inspire them to become our stars of the future.

A selection of sports wheelchairs will be available for use at the event.

This event is free and is being supported by Awards for All.

If you use a wheelchair for sport or know someone that would like to get involved in sport and would like to attend please register by telephoning Scottish Disability Sport on 0131 317 1130 or alternatively email [kate.shaw@scottishdisabilitysport.com](mailto:kate.shaw@scottishdisabilitysport.com).

## **Details of the Event**

Venue: Gannochy Centre, Stirling University, FK9 4LA

Date: Sunday 12<sup>th</sup> June 2016

Time: 09.30 - 15.00

Cost: Free

If you would like further information or would like to book a place telephone 0131 317 1130. Alternatively email [kate.shaw@scottishdisabilitysport.com](mailto:kate.shaw@scottishdisabilitysport.com).

Please note that booking is essential.

Please let us know which sports you would like to experience, and if you would like to continue the sport after the event. Whether your goal is the Paralympics or you are looking to access the health and social benefits of sport, Scottish Disability Sport Regional Managers will support you to find the sport of your choice in your area.

## Application Pack

We are delighted you are joining us in the Wheelchair Sports Extravaganza Day at Stirling University. We hope you have an enjoyable day with us. The purpose of this day is to introduce people with a physical disability to a range of sports and offer a pathway in any sports they feel they would like to pursue.

Scottish Disability Sport Regional Managers and the Governing Body partners will support participants to find out more information on what opportunities are available in their area to progress in their chosen sport.

We are working in partnership with other Scottish Governing Bodies of Sport to offer this day. Qualified experienced governing body coaches will be delivering the sessions.

In the application form you will be asked to rank your preference of activity with number one being your first choice and number six being your last choice. When you arrive on the day you will be given a timetable of your activity to follow. Once we receive your registration we will forward an overview of the day.

There is accessible changing facilities and toilets at the venue.

There are catering facilities on site selling hot and cold food but please bring water and snacks as required.

If you would like more information regarding sports before or after the event please telephone Scottish Disability Sport on 0131 317 1130 or email

[kate.shaw@scottishdisabilitysport.com](mailto:kate.shaw@scottishdisabilitysport.com).

## **Some useful information about the sports centre**

### **Transport**

There will be limited car parking available with the Swimming Pool car park being assigned to SDS for the day.

Sports Centre Address (please use the postcode for navigation purposes).

School of Sport  
Gannochy Sports Centre  
University of Stirling  
Stirling  
UK  
FK9 4LA

**T:** +44 (0) 1786 466900

**E:** [sports.development@stir.ac.uk](mailto:sports.development@stir.ac.uk)

### **Sports Information**

#### **Archery**

Archery is one of the few sports that can be enjoyed by almost everyone, whether they be able-bodied, or have a disability. It is arguably one of the few sports where beginners can compete next to an Olympic or Paralympic archer! Archery provides something for everyone - social recreation or fierce competition - Archery offers it all!

Archery is a Paralympic and International sport, and Scottish archers have several competitive opportunities locally, regionally and nationally. If, however, you are looking for a recreation or hobby local archery clubs will also provide that facility.

#### **Athletics**

Athletics is a sport that provides an exciting range of opportunities for disabled people. It provides a mixture of events and sport classes for everyone to enjoy, developing and learning new skills.

Athletics has been part of the Paralympics since the inaugural games in 1960 and since then has grown enormously and is now the biggest Paralympic sport. In Scotland there is a Disability Athletics Development Officer who supports the National Wheelchair and a talent identification programme and engages with branch and local authority partners to create opportunities for all levels of athlete to get involved.

## **Badminton**

A growing sport in Britain, disability badminton is popular because of its level of inclusion. Many types of disabilities can play either for fun or competitively and disabled players can play alongside those who are able bodied

Badminton is a dynamic game where players not only challenge an opponent(s) but also their own abilities as they develop their skills. The development of eye-hand co-ordination and movement skills as well as improving strength and speed make Badminton an excellent all round sport for Health and Fitness and also fun and enjoyment.

## **Basketball**

Wheelchair basketball was one of the foundation sports on the Paralympic program in Rome in 1960. Today, it continues to be one of the most popular sports at the Paralympic Games.

Wheelchair basketball is a fun and exciting sport which can be played by all people of any age, gender or ability. The inclusive nature of the sport enables players of mixed abilities to play on the same team. In Scotland there are clubs which provide opportunities for players to train and play recreationally right through to more competitive opportunities

## **Wheelchair Rugby**

Wheelchair rugby was born in the 1970s in Canada. It quickly gained popularity and interest when the USA team exhibited the sport at Stoke Mandeville in Aylesbury

The sport appeared at the World Wheelchair Games in 1990 as an exhibition event and made its full Paralympic debut in Atlanta in 1996

The game is similar to able bodied rugby, fast, furious and tactical. A team of 4 players pass and move the volleyball around the court and have 40 seconds to cross the goal line with the ball. There are 4 quarters of 8 minutes in a match. Males and females both compete on the same team

## **Rugby League**

Wheelchair Rugby League is unique in that it offers both disabled and non-disabled players of both sexes the opportunity to compete both with and against each other on a level playing field.

The sport is unique amongst wheelchair sports in that it is not a derivative but rather is faithful to the rules of the game with tries, conversions and all the other familiar aspects of the game which makes it instantly recognisable.

## **Table Tennis**

Table Tennis Scotland, previously the Scottish Table Tennis Association (STTA), was established in 1935. Our mission is: "to foster and promote table tennis to attract more players, achieve higher standards and improve the profile of the sport." Table tennis was included in the first Paralympic Games in Rome in 1960 and is now practiced by athletes in more than 100 different countries. Athletes from all physical impairment groups, aside from the visually impaired, are allowed to compete in standing or sitting classes. Intellectually impaired athletes can also compete.

## **Tennis**

Tennis is a completely inclusive sport with everyone being able to participate in tennis in its full format or when adapted. Social play isn't restricted to a particular type of tennis, disabled people can play against their non-disabled friends or family and take part in inclusive sessions and/or impairment specific sessions. Tennis doesn't just offer people the chance to develop their fitness and coordination, but also to build social skills, confidence, self-esteem and independence. Scotland currently has one player excelling at Wheelchair Tennis with Gordon Reid ranked Number 1 in the world at doubles and number 5 at singles – recently winning the Australian Open Grand Slam singles title.

# Wheelchair Sports Extravaganza

Venue: Gannochy Centre, Stirling University, FK9 4LA

Date: Sunday 12<sup>th</sup> June 2016

## Registration Form

In order for us to meet your needs, please provide us with as much information as you can in the registration form below.

Children and young people are welcome, there will be a more generic wheelchair skills workshop for those participants who are new to wheelchair sport. All participants must dress appropriately for activity with suitable, loose clothing and shoes.

Name.....

Address.....

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DOB..... Age on day of event.....

Contact Email.....

Contact Telephone..... Mobile.....

Emergency Contact..... Mobile.....

Relationship to participant.....

## Details of disability

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Do you have your own sports chair? If yes, please state if you will bring it with you.

Yes ☐ No ☐ .....

## Additional support needs

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## Interest in sport/previous experience/ current activities undertaken

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If you are school age, do you attend a mainstream school?

Yes/No

If you are school age, please tell us the name and location of your school

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Please rank the sports in order of preference. The first sport will be your first choice with the last being your least preferred choice. Please note, subject to demand, we will endeavour to accommodate your requests for sports. However, please be aware the timetable for the day will be designed around the numbers attending.

### Sports:

*Please rank 6 sports 1-6 in order of preference.  
Participants will participate in 4 sports through the  
course of the event*

|                  |       |              |       |
|------------------|-------|--------------|-------|
| Archery          | _____ | Athletics    | _____ |
| Badminton        | _____ | Basketball   | _____ |
| Wheelchair Rugby | _____ | Rugby League | _____ |
| Table Tennis     | _____ | Tennis       | _____ |

**Places will be allocated on a first come, first served basis. Your timetable will be provided on the day. Please return your completed form to:**

**Scottish Disability Sport, Caledonia House, South Gyle, Edinburgh EH12 9DQ /**

**[kate.shaw@scottishdisabilitysport.com](mailto:kate.shaw@scottishdisabilitysport.com)**



## Wheelchair Sports Extravaganza

### Declaration of Medical Conditions

I, \_\_\_\_\_  
wish to participate in the sports at the wheelchair sports extravaganza day on 12 June 2016. I understand that I am required to state any known medical conditions that may compromise my safety in the activities. I understand that I also must state the current management for my condition/s.

Please provide information on any medical conditions and/or disability you have:  
Are you subject to any sudden illnesses, for example fits that require urgent treatment? If so, what tablets, injections or treatment do you require?

Allergies and any treatment

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Medication

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Signature.....

Signature of parent/guardian if under age 18.....

Please return your completed form to:

Scottish Disability Sport, Caledonia House, South Gyle, Edinburgh EH12 9DQ /  
[kate.shaw@scottishdisabilitysport.com](mailto:kate.shaw@scottishdisabilitysport.com)