



A newsletter by the Adapted Sports section of the City of San José's Department of Parks, Recreation & Neighborhood Services

Fall 2009

Introducing the San Jose Spokes

Come join San José's new Division 3 basketball team, the San Jose Spokes, coached by Adam Elix and Lee Williamson. All players, both male and female, are welcome to try out by attending regular Monday night practices from 6:30 to 8:30 pm at Camden Community Center. The Spokes will be hosting a tournament, the **Far West Division 3 Slam-A-Jama** on January 30-31, 2010. Save the date and come out to play or watch some fast-paced hoops!



2nd Annual Disability Awareness Day

The City of San José's **DAD** will be held at City Hall on October 8 from 10 am to 2 pm. This **free festival** will offer workshops, live entertainment, vendor booths, adapted sports demonstrations, resources, raffles and much more. Workshop topics will include resources for caregivers, SSI benefits, autism research findings, and more. For more information or to request a vendor booth, please email Lauri.Yarwasky@sanjoseca.gov or call 369-6438.



Our 26th annual **Junior Sports "Boot Camp"** held July 6-11 was a huge success. 33 campers participated in 11 different sports. They also watched the first no-hitter in more than 30 years at the San Francisco Giants game!



Parks, Recreation and Neighborhood Services

Upcoming Clinics

Are you ready to try some exciting new sports? We will be offering a **sled hockey** clinic this winter, a **wheelchair lacrosse** clinic in the spring, and a **basketball** clinic next fall. We are also considering hosting clinics for swimming and archery. Please let us know which sports you are interested in so we can plan our clinics to meet your needs. Send an email to sharon.kelleher@sanjoseca.gov or call 408-369-6438 and tell us which sports you would like to try.



All Access Sports, Therapeutic Services: 3369 Union Ave, San Jose CA 95124
Phone: 408-369-6438, Fax: 408-559-1203

Questions or comments? Send an email to Sharon.Kelleher@sanjoseca.gov



Fall 2009 Adapted Sports



The following adapted sports programs are for youth and adults with physical disabilities, with the exception of Adapted Bowling, which combines individuals with physical and developmental disabilities. If you have questions or want more information, contact us at 408-369-6438 or Dominique.pacolba@sanjoseca.gov.

Adapted Fitness:

Don't put it off any longer! The time has come to jump start your fitness level. This program is located at the fully equipped Camden Community Fitness Center, and ages 18 and up are welcome. Join us **Monday, Wednesday, and Friday from 1-3:30 PM. Course #261.2.1101 (9/14/09—12/18/09)**

Wheelchair Basketball:

Nothin' but net! Come join the San Jose Spokes to shoot some hoops. This program meets in the Camden Community Center gym on **Mondays from 6:30-8:30 PM** for ages 13 and up. Don't miss out! **Course #261.2.1104 (9/14/09—12/14/09)**

Wheelchair Tennis:

Grab your tennis racquet and bounce out to the Wallenberg Park Tennis courts in San Jose to meet up with the South Bay Smash. Come discover your strike zone every **Tuesday 6:30 – 8:30 PM (Course #261.2.1107) and Saturday 9:30 – 11:30 AM (Course #261.2.1108)**. Open to all ages. **(9/8/09—12/19/09)**

Wheels on Fire:

If you are between the ages of 5 – 21, burn some rubber and head out to Wheels on Fire **Saturdays from 1:30 – 4:30 PM** at Camden Community Center. Travel and compete with your team! **Course #261.2.1105 (9/12/09—12/19/09)**

Powersoccer:

Do you use a power chair? Join the San Jose Steamrollers in the electrifying and growing sport of power-soccer! Practice is held **Saturdays from 9AM – 2PM** at the Alviso Youth Center for ages 5 and up. **Course #261.2.1103 (9/12/09—12/12/09)**

Adapted Bowling:

It's a strike! Come join our popular bowling program, located at the newly remodeled 300 Bowling Alley, 5420 Thornwood Lane in San Jose on **Tuesdays from 3:30 – 5:00PM**. Ages 11 and up are welcome. Register today, the lanes are going fast! **Course #261.2.1100 (9/8/09—12/15/09)**

Register on-line at www.sanjoseca.gov/prns

For questions on registration, please call 408-369-6438



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