

## SportsAble Junior

### What?

SportsAble Junior is a new division of SportsAble's Activity Programme that offers under 18s the opportunity to sample disability sport through a combination of structured and open activities.

Sessions are fun, inclusive and family-friendly in every aspect. Juniors will be offered a wide variety of sport during sessions including:

Wheelchair Basketball  
Table Tennis  
Boccia  
New Age Kurling  
Athletics  
Polybat  
Wheelchair Dance  
Ball Games  
Net Games

The first session of every month will be an "open session" whilst other sessions will involve structured coaching and session plans. They will be lead by a combination of SportsAble's expert staff, coaches and volunteers.

This session is a part of the official SportsAble programme with the long-term plan to integrate Junior aspects into all club sections.

### When?

This is a weekly session that will take place 2-4pm unless exceptional circumstances dictate. Reminders will be emailed out to parents that consent and a session schedule will be updated and circulated regularly that include dates and session content. SportsAble will request that participants "book-in" for sessions to enable good planning and resourcing of staff.

### Where?

Sessions will be at SportsAble's centre at Braywick Park in Maidenhead. Most weeks, we will have full usage of our Main Hall, Small Hall, Bar Area and vast outside space to plan and deliver sessions.

### Who?

This section is for U18s and is primarily for disabled children, particularly those with physical and sensory disabilities. SportsAble will offer free taster sessions to all newcomers and welcome the inclusion of family and friends. For long-term involvement, participants must enrol on SportsAble membership.