



## SUPERIOR ALLIANCE FOR INDEPENDENT LIVING

129 W. BARAGA AVE., SUITE H  
MARQUETTE, MI 49855-4744

April 22, 2010

To whom it may concern,

The Superior Alliance for Independent Living (SAIL) would like you to participate in a unique opportunity this summer. For 5 monthly sessions, June through October 2010, we are providing a clinic opportunity for you to learn and practice indoor Boccia ball.

Boccia was originally presented as a sport for athletes with cerebral palsy, but is *open to all athletes with significant disabilities*. Boccia has been part of the Paralympics since 1984 but is played by many disability sport organizations including BlazeSports America. Please see enclosure for basic information or visit the US Paralympic website:

<http://usparalympics.org/pages/555>.

SAIL is providing this opportunity through their Single Point for Activities and Recreation (SPAR) program. SPAR creates inclusive social and recreational activities for persons with disabilities in our U.P. community. If you live in any of the 15 counties in the Upper Peninsula, we want you to be aware of SPAR.

The boccia clinics are specifically designed for persons with physical disabilities and we hope to expand the sport into many of the communities in the U.P.

We are welcoming 12 individuals for the 2010 clinic. If you are interested, please RSVP by June 1<sup>st</sup>. A commitment to all 5 sessions is appreciated. Contact Sarah Peura ([sarahp@upsail.com](mailto:sarahp@upsail.com)) or 906-228-5744 or Toll Free 1-800-379-7245 for more information or to sign up.

Sincerely,

*Sarah ☺*

Sarah Peura, MS, CTRS  
AT and Adaptive Recreation Specialist

1-800-379-7245 Voice/TTY: 906-228-5744 Fax: 906-228-5573 [www.upsail.com](http://www.upsail.com)

Superior Alliance for Independent Living promotes the inclusion of people with disabilities into our communities on a full and equal basis through empowerment, education, participation and choice.

## **Tentative Schedule of Boccia Clinics**

Thursday, June 24<sup>th</sup> :

- Introduction to game rules and equipment
- Evaluate needs of equipment based on abilities
- Practice throwing, use of ramps

Thursday, July 22<sup>nd</sup>:

- Fit athletes into classification levels
- Practice skills

Thursday, August 26<sup>th</sup>:

- Learn more about strategy
- Practice skills

Thursday, September 23<sup>rd</sup>:

- Show off skills
- Connected to Action Day

Thursday, October 21<sup>st</sup>:

- Individual competition/Pairs competition
- Discuss set up of boccia ball practices in local area
- Brainstorm on how to fit it into your recreational lifestyle
- Attend Independence in MQT afterwards!