



NORTHERN CALIFORNIA REGIONAL SPORT



“Thank You For Your Service” Sports Experience Day Thursday, April 26, 2018



You are invited!

The Northern California Regional Paralympic Sport Club program invites injured, ill or wounded veterans or injured active duty members of the Armed Forces, to join us on Thursday, April 26, 2018, from 10:00am to 2:30pm at River Cats Independence Field at the Bonnie and Samuel Pannell Community Center located in South Sacramento for a **FREE** day of sport, camaraderie, laughter and a delish lunch donated by the Hyatt Regency Sacramento. This event is hosted by the City of Sacramento, Paralympic Sport Sacramento club. Paralympic Sport Clubs from Sacramento, Menlo Park, Reno, Silicon Valley, Bay Area, Mammoth Lakes, along with Jeff Fabry and Archery Heroes and the Ability Frist program from Chico, are joining forces to offer a free day of handcycling, tandem cycling for those that are blind or have low vision, recumbent cycling, swimming, wheelchair softball, wheelchair basketball, shot put, discus and javelin, powerlifting, scuba, strength and conditioning training, archery, and rock climbing with Mark Wellman. Pre-registration is required, **REGISTRATIONS ARE DUE BY WEDNESDAY, APRIL 18th, 2018. BRING A BATHING SUIT, TOWEL AND SUNSCREEN FOR SCUBA DIVING AND SWIMMING ACTIVITIES. THE POOL WILL BE HEATED.**

- When:** Thursday, April 26, 2018
- 9:45 am – Please arrive by this time
 - 10:00 am - Opening Ceremonies
 - 10:15 am – 12:00 pm – Sports activities
 - 12 – 1:00 pm - Lunch
 - 1:15 – 2:30 – Sports activities

Where: Samuel C. Pannell Community Center & River Cats Independence Field
2450 Meadowview Road, Sacramento, CA 95832

Sport wheelchairs will be provided for wheelchair sport games. handcycles, tandem and recumbent cycles will be provided for cycling. **Note: All participants will use a manual wheelchair to play wheelchair softball and wheelchair basketball.** Please contact Michelle Tabarango at mtabarango@cityofsacramento.org or call 916-808-1205 to receive a registration form. To return completed form via Fax, please include a cover sheet to: Attn. Michelle Tabarango @ 916-840-7657.

