

**To become a player or to  
volunteer contact us!**



www.cilcp.org



717-731-1900



office@cilcp.org



3211 N. Front St., Ste  
100, Harrisburg, PA  
17110

#### **PRACTICE FACILITY**

Wheelchair Rugby is played indoors on a regulation-sized basketball court with a modified volleyball. The Phenom Team practices weekly at:



75 Champ Blvd, Manheim, PA 17545

**CILCP's mission is to eliminate and prevent barriers that people with disabilities experience by providing ongoing advocacy and offering innovative programs and services.**

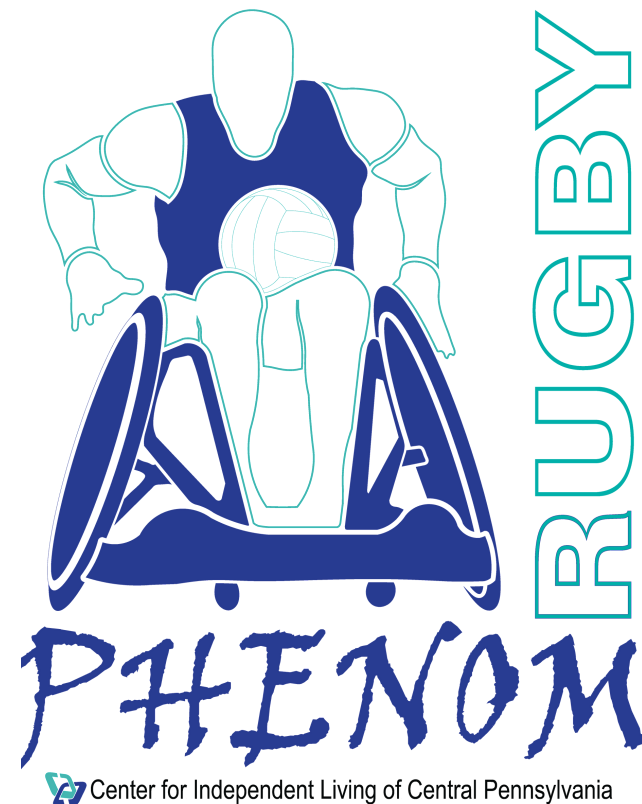
# **Center for Independent Living of Central PA**

**Disability Services and  
Resource Experts since 1989**



**This brochure is available in alternate accessible formats.**

The Center for Independent Living of Central PA (CILCP) is committed to providing services, making referrals, and taking employment actions without regard to age, ancestry, color, disability, national origin, race, religious creed, sex, veteran status, or any other characteristic protected by applicable federal, state, or local laws or ordinances.



Center for Independent Living of Central Pennsylvania

*"Rugby..... It's  
a lifestyle!"*

*Keith Shirk,  
Phenom Player*

# P H E N O M

## THE GAME

Wheelchair Rugby is a mixed team sport for all genders. Originally created by athletes with disabilities, it combines elements of rugby, basketball, and handball. Contact between wheelchairs is permitted, encouraged, and is an integral part of the sport!



## ATHLETES

To be eligible to play Wheelchair Rugby, individuals must have a disability that affects all four limbs. Most players have spinal cord injuries with full or partial paralysis of the legs and partial paralysis of the arms. People with other disabilities have played including people with cerebral palsy, muscular dystrophy, polio, amputations and other neurological conditions.



"Rugby is a community, a network, and a support group..."

John Naylor,  
Phenom Player

## VOLUNTEERS

To ensure the success of the Phenom Wheelchair Rugby team it is **ABSOLUTELY NECESSARY** to obtain a strong community of volunteers. There is a need for everyone:

- maintenance and repair of equipment
- pack and unpack equipment
- assisting athletes
- setting up court
- participating in gameplay! (paraplegics welcome!)
- coach, manager, media, coordinator

Our **SUCCESS** is predicated on four main goals that must be reached simultaneously.

1. Recruiting new athletes
2. Adequate practice facility
3. A community of volunteers
4. Sufficient financial backing

**IF YOU OR SOMEONE YOU KNOW IS INTERESTED, PLEASE CONTACT US!!**