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

Center for Independent Living of Central PA
Disability Services and Resource Experts since 1989

PRACTICE FACILITY
561x149
75 Champ Blvd, Manheim, PA 17545

This brochure is available in alternate accessible formats.

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

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.

"Rugby..... It's a lifestyle!"
Keith Shirk, Phenom Player

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

75 Champ Blvd, Manheim, PA 17545
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.

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!!

“Rugby is a community, a network, and a support group...”

John Naylor,
Phenom Player