

Bridge II Sports Boccia Buzz

March 2020

Welcome to this edition of the Boccia Buzz! I am lucky to be a part of this sport for people with disabilities. It challenges my mind and body...and I am lucky to share it with you! Karen—editor

The 5 Different Throwing Styles

There are different styles of throwing Boccia balls out on to the court. Here are a few of the most popular that players use based on their abilities or strategy.



OVERHAND— A powerful throw for players that can hold the ball firmly above their heads



UNDERHAND- Players can throw the ball out underhand if they are unable to throw overhead or choose to throw underhand to have more control



RAMP - A ramp player can move his or her ramp to make the balls go where they need to be played on the court. The person assisting cannot give input and must just move the ramp so the player is in full control.



ROLL— The player leans over to roll the ball as close to the floor as possible. A powerful roll can get the ball out on the court where you want it to go to try and get it close to the jack.



SLAM - The ball can be slammed down on the court to bust open a cluster of the other players' balls and move your ball into position.



FLAMETHROWERS BOCCIA
BRIDGE II SPORTS

Cerebral Palsy Month



Did you know that March is National Cerebral Palsy (CP) Awareness Month? Several players on the Flamethrowers have CP. CP is a disability that effects your speech and also effects your fine motor skills. Some people that have CP use a wheelchair because it can affect their walking. Others may use crutches, walkers, or canes. Some people with CP use a speech board to help them talk and they may need to have someone to assist them in their day-to-day activities. CP does not affect brain function— in fact we have players on our team in college!

Boccia was a sport designed for people with CP because it challenges them to play the game at their abilities.

Green is not just for St. Patrick's Day— it is the color of Cerebral Palsy awareness.



Why do you feel lucky?

"I am lucky to play the game of Boccia. I love to come to practice on Sundays. I feel so lucky to have such good teammates to play with."

-Elianna, BIIS Flamethrower player



UPCOMING EVENTS:

DUE TO COVID-19

**ALL BRIDGE II SPORTS BOCCIA PRACTICES
ARE POSTPONED**

Visit www.bridge2sports.org for updates