



Sarah Hunter is ranked No. 4 in the world in the quad division of wheelchair tennis.

covering the tennis court with adequate speed in a traditional game of tennis. Examples of disabilities that meet the criteria include paralysis, amputation, and limb shortening that interferes with functioning. A quadriplegic player is one who meets the criteria for permanent physical disability in at least three extremities.

IT'S YOUR TURN!

Check out these online resources and books to learn more about wheelchair tennis and how you can get started.

Tennis Canada (www.tenniscanada.ca) offers a list of wheelchair sports associations that can help you find facilities to play wheelchair tennis. The site also has details about the sport's rules, provincial programs and coaching.

Canadian Paralympic Committee (www.paralympics.ca) provides information about the sport, as well as news about tennis at the 2008 Paralympic Games in Beijing.

International Tennis Federation (www.itftennis.com/wheelchair/) provides information about the history of the game, official rules, getting started and competition.

Wheelchair Tennis: Myth to Reality (Kendall Hunt) is a book by Ballard Moore and Randy Snow, one of the sport's top players. It provides step-by-step directions and offers a first-person perspective on the game. Ask for it at your local library.

Wheelchair Tennis: Doubles Manual is a guide written by Louis Lamontagne-Muller and supported by Tennis Canada. It includes details about basic doubles styles, communicating, training and more. \$23. Order it at www.itftennis.com/wheelchair/coaching/otherresources.asp.

If you want to take your game to the next level by finding a coach or getting into competitions, Tamborero suggests that you inquire at provincial wheelchair sports associations and rehabilitation centres. "There are many opportunities for serious players, such as training camps, tournaments and travel."

If you're ready to get into the swing of things, check out "It's Your Turn!" (above) to learn how to get started.

Mary Syrett is a freelance writer who lives in Cary, North Carolina. Jaclyn Law is the managing editor of Abilities. For more fitness articles, please visit www.abilities.ca.



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