



Photo credit: Steffie Wunderl

Wheelchair

Basketball

Tournament

2023

Thursday 25th May

Join us for an unforgettable and inclusive sports tournament playing wheelchair basketball!

Whizz-kidz
move a life forward



Contents

01

What is wheelchair basketball?

02

Event details

03

Entering your team and fundraising

04

What is wheelchair basketball?

05

The venue

06

About the London Titans

07

About Whizz-Kidz

What is wheelchair basketball?

Wheelchair basketball is one of the most played inclusive sports in the world. It's skilful, physically demanding and a great way to make friends, be part of a team and enjoy some healthy competition.

Anyone can play wheelchair basketball. You don't need to be a wheelchair user to take part, making it a great accessible sport for everyone to enjoy together. It's easy to pick up the basics. You'll be taught all the skills you need to get started before putting everything into practice with head-to-head tournaments.

How to play

The game is played by two teams of five on a standard size basketball court. Players move the ball around the court by passing or dribbling.

A dribble is when a player bounces the ball and pushes the chair simultaneously or places the ball on their lap and takes up to two pushes of the chair, bounces the ball, and then puts the ball back on their lap.

Players must throw or bounce the ball after every two pushes of the wheels on their chairs to avoid being penalised for 'travelling'.



Event details

Date:

Thursday 25th May 2023

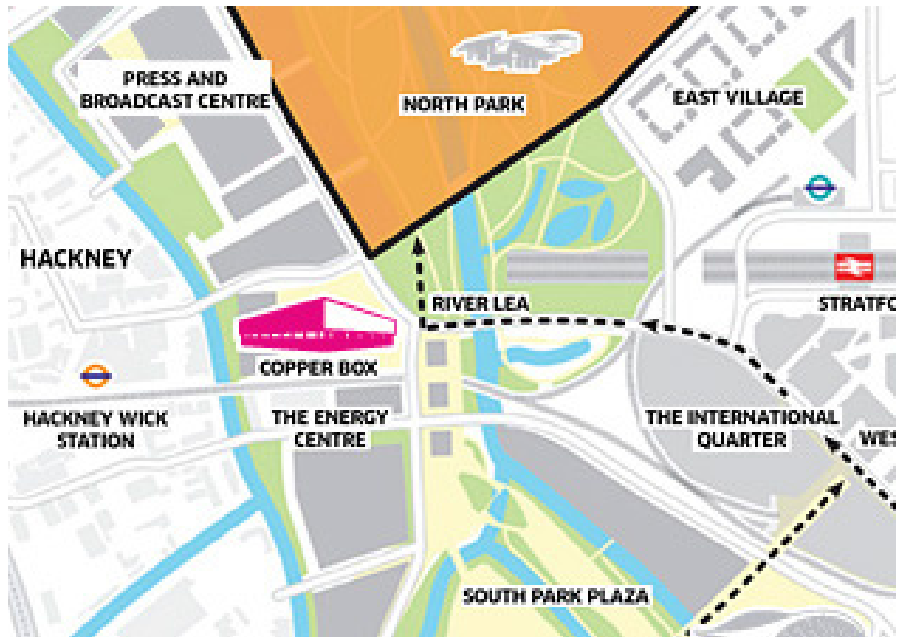
Time:

4pm to 8pm

Arrival from 3:30pm

Address:

Copper Box Arena
Queen Elizabeth Olympic Park
London
E20 3HB



How to get there:

- There is a bus stop within 150m (164yds) of the venue.
- The nearest National Rail stations are Hackney Wick, Stratford International and Stratford.
- The nearest underground station is Stratford International Station and Stratford.

Kit list:

- Towel
- Water bottle
- Cereal bars
- Sports gloves (these are a must!)
You can find fairly inexpensive gloves on [Amazon](https://www.amazon.co.uk).
- No loose clothing
- Sweatbands (not essential)

Running order:

- 15 minute introduction and speeches
- One hour training session
- 30 minute break
- Two hour tournament
- 15 minute medal giving

Some refreshments will be provided.

Register your team

Entering your team and fundraising

Team size:

5 players

Entry Fee:

£100 per team or £20 per person

Fundraising Target:

£1,500 per team or £300 per person

Registering your team is easy. Follow the three steps below!



1. Come up with a team name and nominate a Team Captain. The Team Captain will be responsible for registering the team, setting up the team's JustGiving page, and distributing any follow-up information to their teammates.

2. Register your team [via this link](#). After registering, you will be redirected to pay the £100 entry fee.

3. Create your team's JustGiving fundraising page. Once the entry fee has been paid, you will be sent a link to create your JustGiving, but you can [click here](#) to get a head start.

6 ways to shoot and score with your fundraising!

- Share your team's fundraising page and ask people to sponsor you.
- Do you have more than one team from your organisation? Hold a sweepstake to see who will come out on top.
- Put your JustGiving link in your email signatures and raise awareness at the same time.
- Ask for your fundraising page to be put in your internal newsletter or on the intranet, with some quotes from the team and why you have signed up.
- Could you speak at team meetings about the challenge and why you're fundraising? We can help you with this, so please get in touch.
- Commit to doing it in fancy dress for extra donations!

Shopping list

£22

This could pay for a young person to take part in a Whizz-Kidz activity session. From wheelchair rugby to robotics, our programmes build confidence and independence. They are a great way for young wheelchair users to meet up and make new friends.

£320

This amount could pay for a Whizz-Kidz Wheelchair Skills Training course so a young wheelchair user can learn how to navigate the world safely and with the confidence to enjoy their new independence. This gives young people the opportunity to go further in life.

£1,600

This could deliver a Mobility Clinic for four local young people and their families, where our Therapists and Engineers will assess their needs, identify and handover the right piece of equipment, giving them greater independence and transforming their lives overnight. Note this does not include the cost of the equipment.

£4,800

Giving this amount could provide a sports wheelchair for a young wheelchair user, just like Jade. This gives them the opportunity to play an inclusive sport like wheelchair basketball, where they can develop new skills, make friends and enjoy playing in a team.



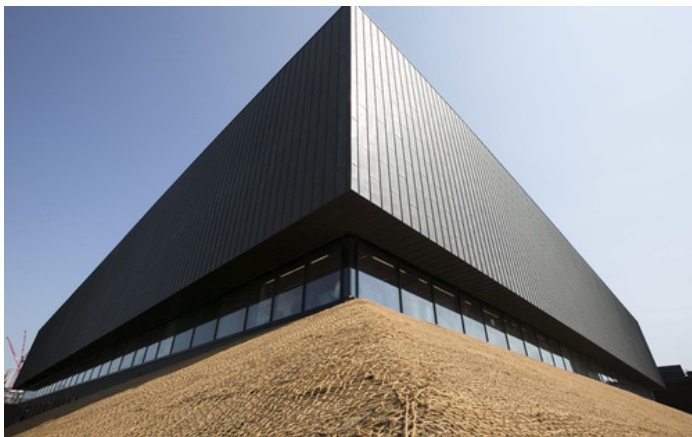
Jade started playing basketball at 13, before becoming a full-time wheelchair user. She has received two sports wheelchairs over the years from Whizz-Kidz, and says:

"I used to be quite shy and not used to be around people, but when I play basketball, I am able to move very fast and feel free. The court is like my home now. Basketball gives me something to look forward to."

The venue

We're delighted to be hosting our Wheelchair Basketball Tournament back at the Copper Box Arena in Queen Elizabeth Olympic Park

A special event needs a unique venue. And they don't get much more exceptional than the Copper Box Arena!



Named for the sustainably sourced copper cladding (which will develop a rich natural colour as it ages), the Copper Box Arena hosted several events during the London 2012 Olympic and Paralympic Games. These included goalball and handball, plus the fencing stage of the modern pentathlon.

Since opening to the public after those historic Games, the Copper Box Arena has had more than one million visitors. It's staged high-profile international and national sporting events, tournaments, shows, exhibitions, concerts and conferences, including BBC Sport Relief and Invictus Games. It is also home to the London Lions basketball team.

Address:

Copper Box Arena
Queen Elizabeth Olympic Park
London E20 3HB

About the London Titans

London Titans Wheelchair Basketball Club is one of the largest and most successful clubs in the country



Whizz-Kidz is delighted to be working with the mighty London Titans once again. London Titans Wheelchair Basketball Club currently fields five teams competing across different leagues. Players range from seven to 50 years old. They currently have three teams in the National League, one Junior League team and one Women's League team.

They have produced over 50 Team GB players. GB stars such as Helen Freeman, Gaz Choudhry and Simon Brown all began their careers with London Titans, working their way up through the divisions from the development teams.

Ade's art adventure



We're very proud to have the support of Ade Adepitan on our ground-breaking step-free art trail, [Morph's Epic Art Adventure in London](#). Ade is a disability advocate, television presenter and Paralympian who plays for the London Titans, and he has worked with us to design one of the 6-foot-tall Morph sculptures that will be gracing London's streets this summer.

About Whizz-Kidz

We're here for young wheelchair users

More than 75,000 young people in the UK need a wheelchair to be mobile. Most have no access to a wheelchair that's right for them, leaving them at risk of social isolation, poor mental health and physical injury. We know that's not fair.

As the UK's leading charity supporting young wheelchair users up to 25 years old, we provide them with the equipment and skills they need to live life as independently as possible. To enjoy all of the opportunities and activities that so many others take for granted - at home, at school, at work and beyond.

Our vision is a society in which every young wheelchair user is mobile, enabled and included.

Mobile

We provide high-quality, personalised equipment for young people who need wheelchairs.

Enabled

By creating services and confidence-building activities, we give young people the skills and tools to be more independent.

Included

We are campaigning and working with young wheelchair users to create societal change and develop a more inclusive world.

We rely 100% on donations from our community and couldn't perform our life-changing work without the generosity of people like you. Donate, volunteer, raise funds, leave a gift in your Will – there are so many ways to get involved. Find out how at www.whizz-kidz.org.uk/supporters.





Whizz-Kidz

2nd floor, 30 Park Street, London
SE1 9EQ

info@whizz-kidz.org.uk

020 7233 6600

www.whizz-kidz.org.uk



/WhizzKidz



@WhizzKidz



@WhizzKidzuk



WhizzKidz

Whizz-kidz
move a life forward



Registered with
**FUNDRAISING
REGULATOR**

Whizz-Kidz is a registered charity in England and Wales (No. 802872) and Scotland (No. SC042607).