

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
2-4 p.m.		Power Soccer	Power Soccer	
6:15-8:15 p.m.	Wheelchair Rugby	Wheelchair Basketball	Wheelchair Rugby	Wheelchair Basketball
			Wheelchair Basketball	

## Power Soccer (Lakeshore Power)

Tuesday, Wednesday: November 1- June 26, 2-4 p.m.

Power soccer is a sport for individuals with a physical disability. Athletes use power wheelchairs in this four-on-four indoor version of soccer. The sport is governed by the United States Power Soccer Association. In addition to weekly practices, the team travels to regional tournaments and the national championships each year. For more information, contact Mitch Watkins at 205-313-7443 or mitchw@lakeshore.org.

## Wheelchair Basketball (Lakeshore Storm)

Tuesday, Wednesday, Thursday: September 7- April 15, 6:15-8:15 p.m.

\* Wednesday practices will be optional and geared toward players who desire additional skill development, coaching and scrimmage time. Athletes who join midseason are encouraged to attend these practices.

Wheelchair basketball is a sport for individuals with a lower limb physical disability that meets NWBA qualification criteria. The sport is sanctioned by the National Wheelchair Basketball Association. In addition to weekly practices, the Lakeshore Storm members travel to approximately three tournaments as well as home scrimmages and the Pioneer Classic. For more information, contact Rob Welty at 205-313-7457 or robw@lakeshore.org.

## Wheelchair Rugby (Lakeshore Demolition)

Monday, Wednesday: October 16- April 21, 6:15-8:15 p.m.

Wheelchair rugby is a sport for individuals with an impairment in all four limbs. The sport is sanctioned by the United States Quad Rugby Association. The Lakeshore Demolition is the 2017 Division II National Champion. In addition to weekly practices, the team travels to approximately three tournaments each season as well as our home tournament, Demolition Derby. For more information, contact Mitch Watkins at 205-313-7443 or mitchw@lakeshore.org.

## Home Tournaments:

**Alabama Bash, November 18:** Lakeshore Storm will face teams from The University of Alabama and Auburn University as they kick off the season in this home opener.

**Power Soccer League Day, December 2-3:** Power soccer teams from the Southeast will compete in the first League Day of the season.

**Pioneer Classic, January 12-14:** One of the nation's premier wheelchair basketball tournaments, the 31<sup>st</sup> annual Pioneer Classic will feature top adult teams from across the country.

**Demolition Derby, February 2-4:** The nation's best wheelchair rugby teams will battle it out at the 21<sup>st</sup> edition of the Demolition Derby.

**USQRA Heartland Sectional Tournament, March 16-18:** Wheelchair rugby teams from the United States Quad Rugby Association (USQRA) Heartland Section will compete to determine qualification and seeding for the 2018 USQRA National Championship Tournament.

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LEARN MORE

[www.lakeshore.org](http://www.lakeshore.org) or call 205-313-7400  
for more information and a membership application.

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## HOURS OF OPERATION

Weekdays: 5:30 a.m. until 8:30 p.m.

Saturday: 8 a.m. until 4 p.m.

Sunday: Closed

4000 Ridgeway Drive  
Birmingham, AL 35209