



Pony Bird

SPECIAL OLYMPICS BASKETBALL PROGRAM

for Jefferson County residents

If you like the game of basketball and want to take part as a Special Olympics athlete, consider joining one of the teams at Pony Bird for athletes 15 years or older. Formerly known as NextStep for Life, we offer training for all levels of abilities and have actively participated in Special Olympics competition for 40 years. We have well-trained volunteer coaches who love teaching the game and look for new players to join us each year.

If you are interested in joining the Pony Bird Basketball Program, you will find contact information below. It's a great time for athletes and families. Hope you can join us.

Team Skills—for the athlete who is just starting out in basketball and wants to learn the fundamentals of teamwork, shooting and dribbling skills. This does not require a lot of running and movement so those athletes with mobility challenges can enjoy the sport.

Half Court 3-on-3 - for the athlete who wants to partake in all aspects of the game but has low tolerance for full court action. This competition takes place on 1/2 of the court but allows the athlete to develop skills needed for full-court play. This is a skillful game with modifications and can be adapted for most players.

Full-Court 5-on-5—for the more skilled athletes with high tolerance for exercise. The level of abilities for athletes can vary. It allows them to enjoy the game with little to no modifications.

Unified Teams— teams designed to bring together equal numbers of athletes with and without disabilities on the same playing field. Unified play is offered for half-court and full-court teams. It's a great way for family/friends to join the game with Special Olympics athletes.

Our athletes compete at local and state levels of Special Olympics competitions. The only cost to participants is if an athlete chooses to travel to a State competition. However, competing in tournaments is optional. You are welcome to join us just for practices. But once you start playing with our teams, you will get to enjoy the sport and your teammates and may want to take your skills to the next level. (The tournament schedule will be shared at time of registration)



Pony Bird—Leisure Services

Terri Dallas—Program Manager

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Ph 636-282-1414

www.ponybird.org

Contact our Leisure office for registration information.

Practice at Festus Elementary Gym

Beginning Wednesday, January 3rd 6:30 p.m.

Scheduled practices every Wednesday
through March 13th

Fun for Family and Friends as well..

- We welcome family and friends to join our team of coaches to become more involved with your athletes
- We offer the opportunity to be a Unified Partner to play alongside our athletes if a Unified team is developed.
- Or if you want to be a “fan in the stands”, we appreciate that as well.