

Buddy Up Pickleball is a 60-minute pickleball program specifically created for individuals with Down syndrome, our Athletes. Buddy volunteers are partnered with Athletes to provide support, reinforce instruction, and develop friendships.

No pickleball experience required. Team t-shirt provided

 SESSION DATES	Winter Session: Jan 11, 18, 25 Feb 1, 8, 22 March 1, 8
 CLINIC TIMES	Saturdays 10:00 AM - 11:00 AM
 LOCATION	Ronnie Grandison Sports Academy 7950 E Kemper Rd. Cincinnati, OH 45249
 ATHLETE COST	\$135 8-Week Session
 BUDDY BOOT CAMP	Required volunteer training: Saturday, January 11 9:00 AM - 10:00 AM
 PROGRAM BREAKDOWN	10-minutes: Ball control and tracking drills 50-minutes: Professional pickleball instruction



ATHLETES (AGES 12+)

- Improve hand-eye coordination, motor planning, & balance
- Have fun and make new friends
- Learn a new sport and become part of a team
- Create a healthy lifestyle

BECOME AN ATHLETE

Are you already registered as an Athlete?

YES: Sign up and pay for the session by visiting buddyupforlife.org/shop

NO: Register to become an Athlete by visiting buddyupforlife.org/become-an-Athlete

BUDDIES (AGES 14+)

- Give back to the community
- Have fun and make new friends
- Strengthen your resume
- Earn service hours

BECOME A BUDDY VOLUNTEER

Are you already registered as a Buddy?

YES: Contact your local Coordinator for the SignUpGenius link

NO: Register to become a Buddy by visiting buddyupforlife.org/become-a-Buddy

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