

Wheelchair Table Tennis at Burke

Burke Rehabilitation Hospital has had a **wheelchair table tennis** program since 1980, attracting players for competition, exercise, and camaraderie from the greater New York metropolitan area.

New members are always welcome! Practice sessions are held year round on Saturdays from 2:00 to 6:00 p.m. Training and coaching is provided by professional coach Peizhen Shao, who was the Women's National Champion in China for three successive years. Young players are welcome when accompanied by a parent or guardian. There is no charge, but we do ask that players register. Signed parental permission is required for all players under 18 years of age. Able-bodied volunteers train and compete along with players who have a disability.



Table Tennis is a social sport.

Since it is played one-on-one, participants get to meet many people and make new friends. It is also a valuable and healthful sport for persons with disabilities. It does not require great strength or size. Instead the emphasis is on speed, dexterity, and skill. Thus, the player gets lots of exercise, and develops flexibility, long reach and powerful strokes. There are no major changes in the rules of this sport for players who use a wheelchair. It is one of the only sports that the able-bodied and individuals with disabilities can enjoy on an equal level.

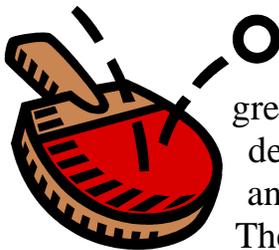
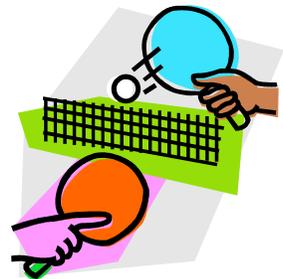


Table Tennis is a competitive sport.

Many players on the Burke Table Tennis Team have earned the honor of representing the United States at the Paralympics, World Championships, and Pan American Games. Burke athletes have brought home numerous gold, silver, and bronze medals from Paralympics in Athens, Barcelona, Sydney, Atlanta, and Seoul--as well as from other international competitions in Argentina, the Netherlands, and elsewhere.



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