



## Indoor Wheelchair Soccer

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by Christina Mills

As you may know, Indoor Wheelchair Soccer (IWS) is a national sport that is growing every year. It's played just like "able-bodied" soccer, but has a few minor changes to it. For example, in IWS we play with four hands instead of our feet. IWS used to be known as Wheelchair Handball, but in order for it to become recognized by the Paralympics (Olympics for athletes with disabilities), they had to change the name.

Now for the important news. The annual IWS Nationals will be held in San Diego, CA this year from January 13th through the 16th. All spectators are welcome to come watch as 7 different teams will battle for the winner's trophy. For the past 2 years the first place trophy has gone to the team from Houston, TX, but this year is sure to be different!

I will be competing on the San Diego YMCA Bullets team and we are sure to be the winners this year!

*\*If any of you are interested in knowing if there is a team near you or if you want to start a team, [email me](#).*

*Stay tuned next month for the results of the Annual Indoor Wheelchair Soccer scores and the next sporting event of the month!*