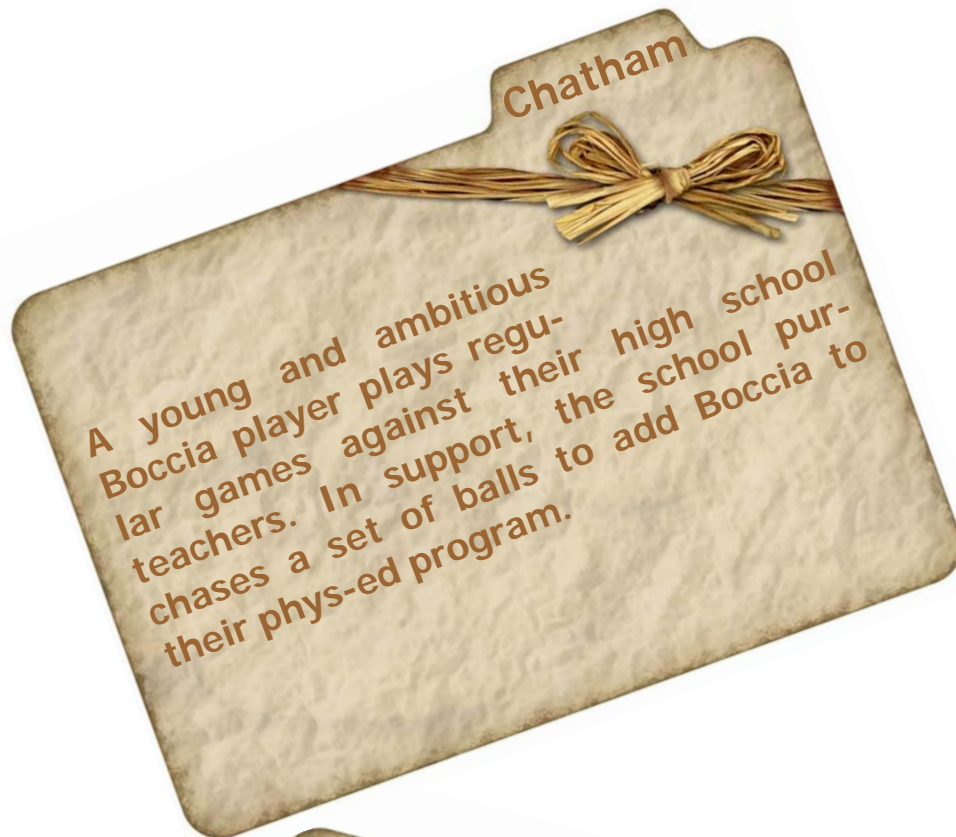


# Recipes for Success!

## Best Practices from OCPSPA Member Clubs



The Ontario Cerebral Palsy Sports Association  
5-46 Antares Drive  
Nepean, ON  
K2E 7Z1  
[WWW.OCPSPA.COM](http://WWW.OCPSPA.COM)

# Recipes for Success!

## London

Throughout the year, athletes participate in mini-tournaments. All classes compete against each other and challenges are issued between players. This builds team spirit and adds a fun component to break up practices.

## Sarnia

To make up for a lack of competition opportunities, an athlete regularly plays Boccia against seniors at a local retirement residence. Both parties enjoy the challenge, social opportunity, and physical activity!



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