

All-Abilities Basketball Program





Overview

Basketball is a fun, dynamic sport that helps build self-esteem and teamwork skills. Our All-Abilities Basketball program has a focus on providing a positive social experience for people with disabilities who may have trouble enjoying sport in a typical competitive environment.

A collaboration between Port Macquarie Basketball Association and disability support provider TRISS, our 10-week All-Abilities Basketball program offers a regular activity for you to enjoy team sport in a supportive and inclusive environment.

Benefits



PARTICIPATION

Participate in sport in a supportive and inclusive environment.



FITNESS

Get active and achieve personal fitness goals.



TEAMWORK

Follow instructions and develop teamwork skills.



FRIENDSHIP

Develop social skills and build friendships.

How it works

Register online and our friendly support team will be in touch to discuss your needs and place you in a team. We provide you with training, coaching and uniforms – and eligible participants can use their NDIS funding to cover the cost of the program. Our friendly disability support team will also be on-hand at each session to provide any additional support required according to each participant's needs.

About TRISS

TRISS provides support to people of all ages with disabilities in the Port Macquarie area. We strive to empower people with a disability to achieve their goals and engage in opportunities in a supported and inclusive environment.

About PMBA

Home to the Port Macquarie Dolphins representative teams, the Port Macquarie Basketball Association has provided training and pathway opportunities for players, coaches and referees for over 50 years.

Sign up today

Places for each season are strictly limited – sign up today or join the waiting list for our next intake.

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