

## Local Resources for Sports/Activities

### Buddy Ball Special Needs Athletic League

A Division of Progressive Directions, Inc.

1249 Paradise Hill Road

Margaret Davis, Coordinator

931-647-6333

[info@buddyball.net](mailto:info@buddyball.net)

Buddy Ball provides individuals with a mental and/or physical disability the opportunity to play sports, regardless of their abilities. It helps individuals learn teamwork and promotes self-esteem, one of the tools needed to help overcome the stigma often associated with a disability. The league is aware of the extra expenses for those with special abilities and will not charge any fees to participate.

[www.buddyball.net](http://www.buddyball.net)

### Clarksville Parks and Recreation

102 Public Square

931-647-6333

[parksrec@cityofclarksville.com](mailto:parksrec@cityofclarksville.com)

The Clarksville Parks and Recreation Department offers a wide variety of recreational facilities and activities for all ages. Within the City of Clarksville, the department maintains more than 700 acres of parks and facilities.

The city provides 22 park facilities that offer a variety of amenities, including playgrounds, picnic areas, walking trails and pavilions or picnic shelters. Several of the parks throughout Clarksville also feature restrooms, open play areas, basketball pads, tennis courts and ball fields. Additionally, the CPRD maintains three community centers with year-round programming for youth, adults and seniors, as well as five public swimming pools.

<http://www.cityofclarksville.com/index.aspx?page=141>

### Karaoke Buddies

201 Providence Blvd.

Bikers Who Care Clubhouse

As the winner of the Leaf Chronicle's 2014 Reader's Choice Favorite Social Services Agency and in conjunction with their Make a Difference Day, Buddy Ball is celebrating with a new program! 'KARAOKE BUDDIES!' Buddy Ball Athletes, family, friends, and the community members are invited to join us for fun, fellowship, food, and lots of singing.

### Montgomery County Parks and Recreation Department

Parks and Recreation

1030-B Cumberland Heights Road

931-648-5732

[jwallbert@montgomerycountyttn.org](mailto:jwallbert@montgomerycountyttn.org)

<http://www.mcgtn.org/parks>

### Special Olympics Tennessee Area 12

(931) 551-0720

Area 12 Coordinators: Tonya Golden and Emily Giles

Special Olympics Tennessee offers 17 sports for athletes to choose from. Special Olympics athletes have the opportunity to expand beyond competition, by participating in the Healthy Athletes program or the Athlete Leadership Programs, where athletes can train as coaches, officials or public speakers. The program is free.

[ClarksvilleSOTN@aol.com](mailto:ClarksvilleSOTN@aol.com)

UCP of Middle Tennessee

1200 9<sup>th</sup> Avenue N.

Nashville, TN 37208

615-242-4091

Kyle Warren, Recreation Program Coordinator

[request@ucpnashville.org](mailto:request@ucpnashville.org)

Sports Night - United Cerebral Palsy's Sports and Recreation Program is a year round activity for people with disabilities and their families which takes place every Thursday evening and during specially designated weekends. Participation in these activities affords consumers an opportunity to engage in activities which have both physical and social interaction benefits. Among regular activities offered include bowling, wheelchair basketball, board games, and movie nights. Special activities include "Fans on Wheels" activities at area sporting venues. United Cerebral Palsy's Sports and Recreation programs continue to provide a variety of avenues through which athletes and program participants can test their skills. In addition to providing opportunity for exercise and challenge, the sports programs also afford participants social interaction and friendship. United Cerebral Palsy also sponsors a Challenger League baseball team. These teams are comprised of children with disabilities under age 17 and their non-disabled peers.

<http://ucpmidtn.org/programs-and-services/sports-and-recreation-program/>

YMCA

260 Hillcrest Dr. 931-647-2376

390 Needmore Rd. 931-503-2462

Wellness resources, youth and family services, swimming and aquatics programs

<http://ymcamidtn.org/clarksville>