

# Tenderfoot Disabled Sports Teams

The Tenderfoot Team was formed in 1984 in conjunction with the Rotary Clubs of Saundersfoot and Tenby to offer team sport for disabled athletes within the County of Pembrokeshire, with a view to competing in the Rotary run Welsh Disabled Sports Team Championships, although Saundersfoot Rotary have always been the lead Club. Tenderfoot has won the Championships upon eight occasions.

At present the Teams train every month (usually upon the last Friday in every month) at the Regency Hall, Saundersfoot between 6.00-7.00 p.m. and every week during September and October, participating in the Championships which are usually held the in November. All Rotary members are expected to assist with the training sessions on a rota basis to ensure adequate cover is provided.

There is no restriction on age or disability. The disability criteria includes:

- Competitors with amputation of a limb or part of a limb or lacking fine control over one or more limbs.
- Competitors with visual impairment
- Competitors with cerebral palsy
- Competitors who are wheelchair users
- Competitors with learning disability (IQ Level of 75 or below)
- Competitors with hearing disability (hearing loss levels of 45 decibels per ear)

Each team consist of ten competitors, with each competitor only allowed to compete in three events. The sports include:

- ❖ Basketball Shoot-Out
- ❖ Boccia
- ❖ New Age Kurling
- ❖ Football Shoot-Out
- ❖ Pool
- ❖ Table Tennis
- ❖ Target Golf
- ❖ Target Tennis
- ❖ Shot Putt
- ❖ Static Rowing
- ❖ Weightlifting



Saundersfoot Rotary are also involved with the running of the Boccia Competition at the Championships and in association with Wisemans Bridge Rowing Club also run the Static Rowing Competition. During the summer Tenderfoot members are taken out in rowing boats with a barbecue back at the Sailing Club afterwards and in December a Christmas Dinner is also arranged which always is well attended.

Tenderfoot Team Manager- John Walker-Smith  
Administration - Charles Hopkinson