

Buddy Up Pickleball is a 60-minute pickleball program specifically created for individuals with Down syndrome, our Athletes. Buddy volunteers are partnered with Athletes to provide support, reinforce instruction, and develop friendships.

No pickleball experience required. Team t-shirt provided.



SESSION DATES

Nov 2, 9, 16, 23
Dec 7, 14



CLINIC TIMES

Saturdays
10:00 AM - 11:00 AM



LOCATION

Ronnie Grandison Sports Academy
7950 E Kemper Rd,
Cincinnati, OH 45249



ATHLETE COST

\$100 | 6-Week Session



BUDDY BOOT CAMP

Required volunteer training:
Saturday, November 2,
9:00 AM - 10:00 AM



PROGRAM BREAKDOWN

10-minutes: Ball control and tracking drills
50-minutes: Professional pickleball instruction



ATHLETES (AGES 12+)

- Create an exercise routine and healthy lifestyle
- Increase strength and mobility
- Improve agility, coordination, and balance
- Personalize fitness goals

BECOME AN ATHLETE

Are you already registered as an Athlete?

YES: Sign up and pay for the session by visiting buddyupforlife.org/shop

NO: Register to become an Athlete by visiting buddyupforlife.org/become-an-Athlete

START HERE



BUDDIES (AGES 14+)

- Give back to the community
- Have fun and make new friends
- Share your pickleball skills
- Promote a healthy lifestyle

BECOME A BUDDY VOLUNTEER

Are you already registered as a Buddy?

YES: Contact your local Coordinator for the SignUpGenius link

NO: Register to become a Buddy by visiting buddyupforlife.org/become-a-Buddy

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PARTNERED
WITH:**



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Sports Academy

