

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

September 29
October 6, 13, 27
November 3, 10, 17, 24



CLINIC TIMES

Sundays
3:00 PM - 4:00 PM



LOCATION

The Courts McKinney Pickleball and
Tennis Center
3253 Alma Rd, McKinney, TX 75070



ATHLETE COST

\$85 | 8-Week Session



BUDDY BOOT CAMP

Required volunteer training:
Sunday, September 29,
1:30 PM - 2:30 PM



PROGRAM BREAKDOWN

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



ATHLETES (AGES 12+)

- Improve hand-eye coordination, motor planning, & balance
- Have fun and make new friends
- Learn a new sport and become part of a team
- Create a healthy lifestyle

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
- Strengthen your resume
- Earn service hours

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

**PROUDLY
PARTNERED WITH:**



**IMPACT
ACTIVITIES**



**DOWN SYNDROME GUILD
OF DALLAS**