

***Fast Break Basketball
is looking for PALS***



“Buddy Basketball”

Buddy Basketball, a division of Fast Break Basketball, is a program for children and young adults with special needs. Volunteer-buddies, or PALS, help our players learn the game, while monitoring their participation for safety. Our goal is to give them a great learning experience and feeling of accomplishment; as well as, have a lot of FUN.

For our PAL volunteers, this is a very rewarding experience. We also keep an accurate account of every **Community Service** hour our PALS provide. When appropriate, we support our PALS with **reference letters**.

Sessions are conducted at the Chittick School, off Old Bridge Turnpike on Flagler Street, East Brunswick on Saturday's from 8:30am to 1:00pm, December – mid-March.

- Session One is from 8:30am to 10:00am
- Session Two is from 10:00am to 11:30am
- Session Three is from 11:30am to 1:00pm

PALS can participate in any or all sessions on any given Saturday throughout the basketball season. You don't have to be knowledgeable in basketball to be a “PAL”.

Each session begins with warm-ups (with introductions), followed by “skills training”, followed by scrimmages and games.

If you are interested in registering as a PAL, fill out the PAL application and send it to the following:

Fast Break Basketball
P.O. Box 426
East Brunswick, NJ 08816