

Profile Fast Break Basketball Association - Buddy Ball Division

Our mission is to provide an opportunity for disabled children and young adults to enjoy the game of basketball in a competitive setting, fostering good sportsmanship and steady improvement in basketball skills.....and to feel good about themselves!

The program consists of approximately 13 weeks of three 1 ½ hour sessions each Saturday. We ask our volunteers (PAL's) to help children with a wide range of physical and mental disabilities. Our goal is to enrich their lives with a positive experience in learning the skills of basketball at a level that is suitable to their respective abilities. The demands on our volunteers during each of these 1 ½ hour sessions are extensive, as the activities are non-stop and the needs of these players can often be challenging to handle. In many cases, our PAL's serve as *mentors* (to teach them the rules of the game and what to do on and off the court), *protectors* (from loose balls or flying elbows), *motivators* (inspiring them to participate with enthusiasm), and *supporters* (helping them cope when they are upset).

Our Goals

- ✓ Introduce and develop the basic skills in basketball
- ✓ Teach the game of basketball at a level the individual player can understand
- ✓ Provide fair and balanced competition based on physical and mental abilities
- ✓ Conduct activities that are fun for participants, yet enhance the players level of performance
- ✓ Create an environment that encourages good sportsmanship and camaraderie
- ✓ Seek opportunities to build the confidence and sense of accomplishment of the players

Our PAL Guideline

- ✓ Protect players from injury from incidental contact (i.e., errant ball, flying elbows...or from falling down)
- ✓ Encourage players to perform activities in both group and individual training sessions
- ✓ Help players to understand the skills they are learning
- ✓ Be sensitive to the players limitations and help them cope by providing emotional support
- ✓ Be patient with the players who develop their skills at a slow pace
- ✓ Buddies can assist players in competitive settings to ensure competitive balance (i.e., a buddy can let a player touch the ball and then shoot for the player, if that player is incapable of taking a shot or reaching the basket)

FBB Curriculum

The Fast Break Buddy Basketball program is designed to keep the participants into a constant flow of learning about the game of basketball and playing basketball related activities throughout the duration of scheduled events. The goal is to use every minute available to insure that each participant gets the most out of the program. The Fast Break Buddy Basketball program is also geared to satisfying the individual needs of each participant and, as such, we are open to making modifications to the activities and the curriculum to ensure maximum benefit.

Schedule of Saturday Sessions

Buddy Basketball will be conducted at Chittick School (Old Bridge Turnpike, between Race Track and Rues) on Saturdays from 8:30am to 1:00pm. Session 1: 8:30 to 10:00am; Session 2: 10:00 to 11:30am; Session 3: 11:30am to 1:00pm, every Saturday, except on holidays or school closings.