



**NBA FIT Dribble
Dish & Swish**

Local youth, 7-12 years of age, have the opportunity to participate in a NBA FIT Dribble, Dish & Swish Competition. This grassroots program provides boys and girls, competing separately, a free opportunity to showcase their excellence in the core basketball skills of dribbling, passing and shooting. NBA FIT Dribble, Dish & Swish is also intended to encourage youth participation in sport while promoting sportsmanship.

The Hartford Police Athletic League (P.A.L.) will host a free NBA Local Competition for area youth.

Date: December 7th, 2014

Time: 12pm

Location: P.A.L. Gymnasium, 85 Edwards Street, Hartford, CT

Participants may register the day of the event and must bring a copy of their birth certificate and complete a registration form prior to the start of the competition.

1st Place Champions from this Local Competition will advance to one (1) of four (4) Regional Competitions occurring throughout the New York City Tri-State Area in hopes of advancing to All-Star Finals at NBA All-Star in New York City.

For questions concerning this competition, please contact your Local Competition Administrator,

Sergeant Luis Ruiz at ruizl001@hartford.gov.

For information on NBA FIT Dribble, Dish & Swish, please visit nba.com/nbafit/dribbledishswish.