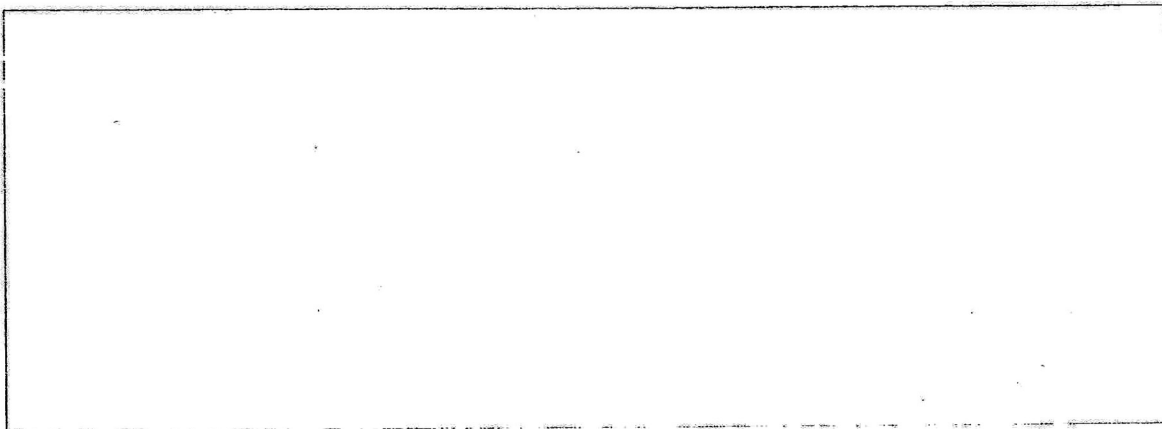
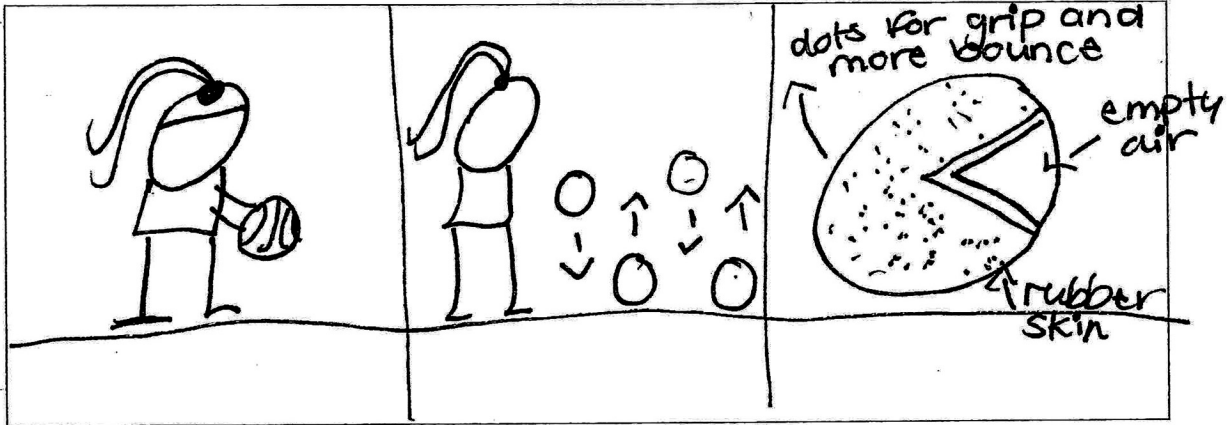


## Why Basketball?

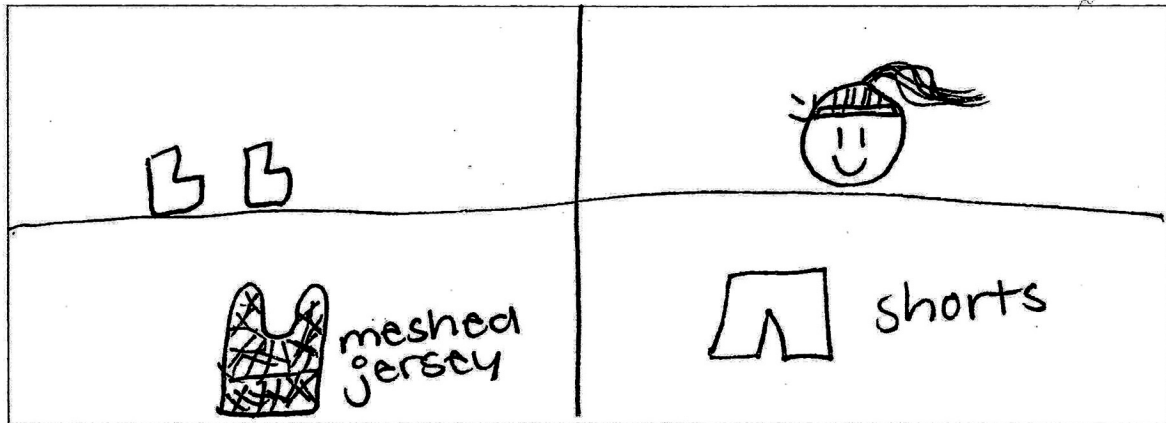


Picture this. Screeching sneakers, whistles blowing, high fives. Where are you? In a gymnasium. What's happening? It's basketball practice. Why is basketball the best? Because it's fast, and fun.

## Bounce on In!

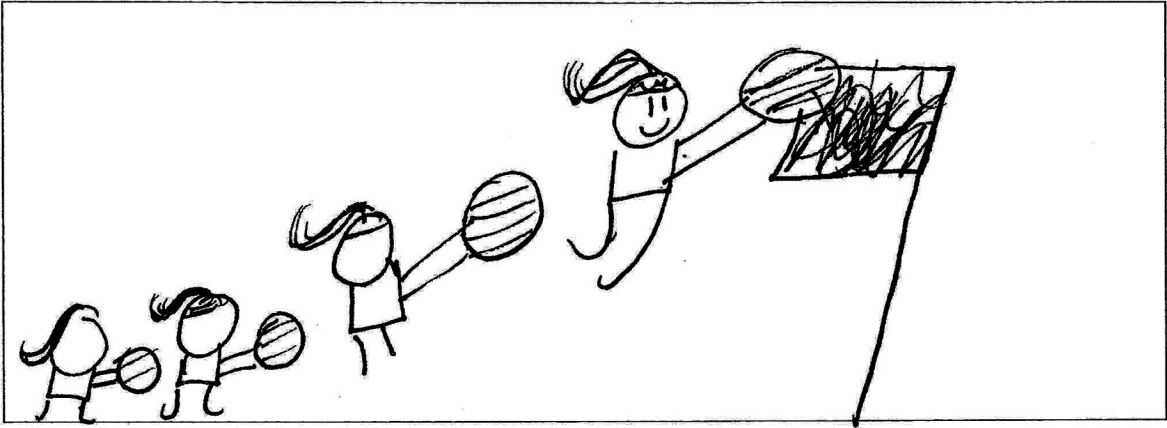


Basketball sometimes looks really hard, but it gets easier. The ball is very bouncy. That helps a lot! When you <sup>release</sup> let go a basketball, the gravity pulls it down to the floor. But the rubber on the ball makes it bounce back up to you. Also, there's no air inside. Try to drop a pillow on the floor. Will it bounce back up?



You need high tops - those are sneakers that protect your ankles because you have to do a lot of jumping, stopping and going. The sweatbands, jersey and shorts are the best kind of materials to keep you cool and dry.

## Slam Dunk



Making a slam dunk is like watching a plane take off. You need a lot of movement to get you off the ground. You run, stop, then bend down low. Then you push your body as high as you can! Aim for the hoop! Slam dunk - you are a pro!