



## SPORTS | FITNESS

**Active Demonstration: High-5 Basketball**

**Speaker: Gary Cohen, Founder**

**Day Two: March 24, 2023**

**Times: 10:30-11:45 a.m. and 1:00-2:15 p.m.**

### **Abstract**

High 5 Basketball, a division of the Boca Hoops Recreation Basketball Program, is a non-profit charitable organization (501c3) designed to enable children and young adults with disabilities, whether mental or physical, to participate in the game of basketball. Under the direction and guidance of Mr. Gary Cohen, each participant has a B-Ball buddy that works with them to enable them to learn the skills of basketball and to learn sportsmanship and teamwork.

Given that basketball is highly social in nature and requires a high-level of teamwork, communication, and motor skills, the athletes not only build the skills necessary for the enjoyment of the game of basketball, but they also receive all of its benefits – physical, mental, emotional, and social. As a participant in High 5 Basketball, athletes build and develop a comprehensive skillset of critical social, motor, and executive functioning skills that can then be applied on and off the court and in other areas of their lives. [High-5 Basketball \(high5basketball.com\)](http://high5basketball.com)

