



# Cortland County Family YMCA

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**FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

**CONTACT:**

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*For Immediate Release*

## JAM SLAM Basketball Contest at Y

Cortland—The Cortland County Family YMCA is inviting everyone interested to our inaugural JAM SLAM basketball contest, November 11, 1 p.m. at the Y on Tompkins Street. Participants will be offered many opportunities to showcase their skills.

Scoring will be based on categories below and Points are given for each round then totaled.

**Best in Show** – Globetrotter style demonstrations, competitor is given 3 rounds of 2 minutes to show their stuff!

**Distance Shot** – Competitor is given three rounds of 3 shots each to shoot the furthest and funkiest!

**Dunk** – Competitors are given three rounds of 2 shots each (2nd only if necessary).

**Dribbling and Ball Handling** – Lay-Ups are performed by each competitor dribbling through a defender using their most crowd pleasing skills. 3 attempts (2nd and 3rd if needed) by each in 3 separate rounds.

To equal out the playing field, the Y will be lowering the rims for the younger and shorter basketball players. Age divisions range from ages 10-13, 14-16, and 17 and up!

There is a fee to participate.

The Cortland County Family YMCA has proudly been serving the Cortland Community for the past 142 years. We are for youth development, for healthy living and for social responsibility.

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[www.cortlandymca.org](http://www.cortlandymca.org)

**YMCA MISSION:**

To put Christian principles into practice through programs that build healthy body, mind and spirit for all

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