

FOR IMMEDIATE RELEASE

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**ADAPTIVE SPORTS PROGRAM TO HOST ANNUAL
FREE CLINIC MARCH 14TH**

Glen Cove, NY: Power Pals, Long Island's premiere adaptive sports program for children on the autism spectrum, will host a free clinic between 1:00 and 4:00 pm on Sunday, March 14, 2010 at Island Fitness located at 4 Cedar Swamp Road in Glen Cove.

For the past four years, Power Pals provides a stress free environment for children to develop the necessary skills to participate in recess, sports and extracurricular activities with confidence and good self esteem. The program encourages children to interact with peers while learning the basic physical skills like throwing, catching, kicking, bouncing, and dribbling.

All Power Pal sessions are led by Chris Speziali, a licensed trainer with a Masters in special education. Speziali and his team of motivational, positive and supportive coaches teach and focus on children's hand eye coordination, muscle strength and tone, endurance and cardiovascular health.

Power Pals also specializes in teaching the rules of one on one drills for many sports like basketball, football, baseball and lacrosse as well as activities such as jumping rope, trampoline and weight training.

Through interacting with peers in sports play and other energizing activities, Power Pals kids are able to build skills necessary to succeed in and out of school with confidence.

To find out more about the free clinic on Sunday, March 14th or obtain additional information about how Power Pals can help your child, call 516 359-7734.