

NEWS RELEASE

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University of Saint Mary Women's Basketball Program Hosts Shooting Skills Clinic for Girls

Clinic Begins Oct. 12; Registration Open Now

(Leavenworth, Kan.)—The University of Saint Mary Lady Spires Women's Basketball program is hosting a shooting skills clinic for girls in 3rd through 12th grades in Ryan Sports Center on USM's Leavenworth campus, 4100 South 4th Street. The clinic's four sessions run from 7-8:15 p.m. on Oct. 12, 14, 18, and 20.

The four-day clinic will focus on the fundamentals of shooting the basketball. Instructors will explore shooting philosophy, give tips on mental preparation and strength training, teach proper drill techniques, and perform video analysis to help improve participants' shooting skills.

Registration is \$40, and fees must be paid before the start of camp. Participants should bring basketball shoes, a basketball, and athletic wear.

Attendees will learn from USM's top-flight coaching staff and basketball players.

Mike Basler, USM's head women's basketball coach, will draw from more than a decade of coaching experience in leading the clinic. Under Basler's guidance, Lady Spires hoopsters have won a host of individual honors from both the Kansas Collegiate Athletic Conference and the National Association of Intercollegiate Athletics.

"Clinic participants will gain insight from a staff with an extensive experience and a deep knowledge of coaching and teaching techniques," Coach Basler said.

Call (913) 758-4339 or visit www.gospires.com/inside_athletics/camps-clinics.asp for more information.

Saint Mary has 12 varsity sports programs—football, volleyball, baseball, softball, men's and women's basketball, men's and women's soccer, cross country, and track & field—along with co-ed cheerleading and dance. Go to www.GoSpires.com for more information on USM sports.

The University of Saint Mary is a Catholic co-educational applied liberal arts university founded and sponsored by the Sisters of Charity of Leavenworth. The University of Saint Mary is located at 4100 South 4th Street, Leavenworth, Kan., with additional locations in Overland Park, and Kansas City, Kan. Visit www.stmary.edu for more information.

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