

## NEWS RELEASE

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Contact: John Shultz  
Director of Public Relations  
(913) 758-6165 | shultz35@stmary.edu



## **USM Track & Field Program Hosts Winter Training Clinic for Athletes, Coaches, and Parents**

*9 a.m.-3:30 p.m. Feb. 25, McGilley Field House*

(Leavenworth, Kan.)—The University of Saint Mary Track & Field coaches are hosting a Winter Training Clinic from 9 a.m.-3:30 p.m. Saturday, Feb. 25, in McGilley Field House on the USM Leavenworth campus at 4100 South 4<sup>th</sup> Street. The clinic is geared toward athletes, coaches, and parents.

Registration is \$25 for students or \$35 for coaches. Special group rates are available. Learn more about the event or register online at [www.gospires.com/TrackClinic](http://www.gospires.com/TrackClinic).

Attendees at the 2012 track clinic can choose from events in four specific groups: distance running, sprinting, throwing, and jumping. Morning and afternoon sessions are available.

USM's coaches will be on hand to teach multi-event warm-up and cool-down tips as well as helpful ways to make your own practice equipment. Participants will learn dynamics, have the chance to take part in drills, practice upper and lower body Plyometrics, and master core exercises that are superior to crunches.

“This track clinic will give people the knowledge to be able to perform—or coach—at the next level,” said David Dominguez, USM's head track & field coach. “It will be a way for the athletes, coaches, parents and community runners to learn new advanced techniques and training strategies for the various events of track and field.”

Visit [www.GoSpires.com/TrackClinic](http://www.GoSpires.com/TrackClinic), call 913-758-4383 or email [Dominguez06@stmary.edu](mailto:Dominguez06@stmary.edu) to register or 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](http://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](http://www.stmary.edu) for more information*