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*For Immediate Release*

## **The Y to host sport clinics during Winter Recess**

CORTLAND— The Cortland County Family YMCA is hosting athletic clinics organized and facilitated by SUNY Cortland student athletes for all ages. Clinics to include: Girls Basketball, Baseball and Football.

**Tuesday 2/22, 11am-12:30pm...**Julie Keegan will be facilitating a Girls Basketball Clinic (boys can attend too). Julie is a student at SUNY Cortland and prior to a knee injury was a scholarship student for the women's team. She started all through high school, advancing her team to the championship and state finals several times.

**Wednesday, 2/23, 2-4pm...**Juan Lliveres and other SUNY Baseball Club members will be conducting a baseball clinic. Aside from being a club team member Juan has played his whole life and boasts experience with MLB teams, The Yankees and Royals, as well as training in the Dominican Republic.

**Friday, 2/25, 1:30-3pm...**Tom Mclaughlin will be leading young athletes in a football clinic. Tom began his football path at the age of 6, and has been passionate about the sport since then. In his high school career he was a starter for the varsity team in both his

junior and senior years, going to the championship both years. He was also defensive athlete of the week twice in High School.

There is no charge for the clinics for YMCA members and a small day fee rate for community members interested in attending. Please show up with appropriate clothing, any equipment you prefer to use and a positive attitude willing to have fun and learn!

The Cortland County Family YMCA has been proudly serving the Cortland community for the past 143 years. Check us out online at [www.cortlandymca.org](http://www.cortlandymca.org), and “like” us on Facebook!

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