

*The Mid-Continent University Men's
Basketball Team and Lone Oak First Baptist
Church Basketball Clinic*

**To Benefit the Lone Oak First Baptist Church
Upward Sports Program**

Saturday, October 16 -- Register Now!!

For Registration Information: Contact: **Bob Martin, 270-554-1441** at Lone Oak First Baptist Church or **Ryan Smith, 270-247-8521, ext. 314** at Mid-Continent University.

- **Who:** Any boy or girl in Grades 1-8 -- No basketball background is required.
- **Times:** Boys and Girls in Grades 1-4, 9:00 a.m.-11:30 a.m. and Boys and Girls in Grades 5-8, 11:00 a.m.-1:30 p.m.
- **Where:** Lone Oak First Baptist Church Gymnasium
3601 Lone Oak Road, Paducah, Kentucky 42001, (270) 554-1441.
- **Cost:** \$10.00 (includes T-shirt and snacks).
- **Coaches:** The same award-winning principles and techniques Mid-Continent University Coach **Winston Bennett** uses every day in practice with the Cougars will be used at this clinic. Coach Bennett will be joined by his staff, Coach **Howard Dillard** and Coach **Ryan Smith**, along with the 2010-11 Mid-Continent University team. A former Kentucky Mr. Basketball, University of Kentucky great, and former NBA player and assistant coach, **Winston Bennett** begins his fourth year at MCU. He guided the Cougars to a 24-13 record last season, including a second-place finish in the TranSouth conference regular-season standings and a third-place finish in the National Christian College National Tournament. Coach Bennett also was named 2009-10 TranSouth conference Coach of the Year.

- **Benefit:** Mid-Continent basketball and the Lone Oak First Baptist Church join forces to benefit the Upward Sports program at LOFBC. Lone Oak First Baptist Church is part of **Upward Sports Ministry** providing opportunities for kids ages K4 to High School to participate in basketball, soccer, flag football and cheerleading. Upward Sports is the largest Christian sports organization in the world with the theme of "Every Child is a Winner," emphasizing the enhancement of a child's self-esteem, challenge of recreation, learning, and competition in a Christian-based sports atmosphere."

Lone Oak First Baptist Church is among the top 10% of Upward Programs in the state of Kentucky and is actively promoting Upward Sports in mission efforts in Kentucky, Louisiana, and Atlanta, Georgia.

- **Why choose Upward Sports?** Currently, more than 500,000 children (K5-sixth grade) participate in Upward Sports leagues. For over 14 years, Upward Sports has been conducting exciting children's sport leagues and camps in the US and around the world.

Upward Sports, the world's largest Christian sports program for children, was created with a vision to provide the best sports experience possible for every child. Each year some one million people around the world play, coach, referee, or volunteer in Upward Sports leagues and camps hosted by more than 2,600 churches. Anyone – children and volunteers of any faith or no faith – can participate in Upward Sports. Specifically designed for children in K5- sixth grade, Upward Sports aim to bring out "the winner" in every child – regardless of the game's score.

Upward Sports is a first-class sports experience that emphasizes healthy competition, sportsmanship, skills building and fun versus the "win-at-all-costs" mentality found in many youth sports leagues.