

Thursday, Aug. 01, 2013

Utah State Ladies Football Clinic another Success



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Utah State University football conducted its seventh annual Ladies Clinic Tuesday evening [July 30, 2013] on Merlin Olsen Field inside Romney Stadium, and the ever-growing event had another capacity turnout with 200 participants.

“I think it is safe to say that all the ladies had a great time; they were excited and our players were excited too,” USU head coach [Matt](#)

[Wells](#) said. “I know our players truly enjoy working with the community and especially the participants in this clinic. Having all of these tremendous Aggie fans at this clinic is a great way to start the year.”

The clinic, sponsored by America First Credit Union, was designed to teach participants football skills, techniques and the ins-and-outs of the game. Participants also had the opportunity to meet the Aggie football coaching staff and selected players, mingling and getting their pictures taken with them.

“We are a huge sponsor of Utah State football and it’s fun to get involved in the community and see other women from the community participate,” said Nicole Cypers, public relations director for America First Credit Union. “The first year we came we could not kick a field goal, so our goal has been to kick a field goal and we did this year. This clinic is a great way to start the football season and get everyone excited for the upcoming year.”

Following a fashion show with Aggie Game Day apparel, the participants broke into groups and went through every position drill, from throwing passes at the quarterback station, to running routes at the receivers station, as well as running with a ball and dodging tacklers at the running back station, blocking at the offensive line station, snapping the ball at the center station, shedding blockers and hitting tackling dummies at the defensive line station, hopping over tackling dummies and charging to make a tackle at the linebacker station, doing pass coverage drills at the

defensive back station, in addition to kicking field goals and punting at the kicking station. Participants also got to suit up in full gear and Aggie uniforms.

A new feature to the 2013 Ladies Clinic was a tour through Utah State's new strength and conditioning center as participants got to see all the different lifting exercises utilized by USU players as well as a seminar on nutrition.

Following the stations, all participants, coaches and players gathered for a group photo and closed with raffle drawings, awarding prizes that included a variety of items and gift certificates from the numerous Cache Valley business that sponsored the event. In addition to the title sponsor, America First Credit Union, the Utah State Football Ladies Clinic was sponsored by the Cache Valley Mall, Texas Roadhouse, the Logo Shop, Locker 42, Down East, Tony's Grove, Wal-Mart and Your Valet Fine Dry Cleaning.

For USU football ticket information, contact the USU Ticket Office at the Dee Glen Smith Spectrum, or by phone by calling 1-888-USTATE-1 or (435) 797-0305.

[Ladies Clinic Photo Gallery](#)

