



## U.S. Olympic champion Jessica Mendoza hosts clinic in Michigan

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**WIXOM,  
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It's not every day one of the best of the best in sports shares their secrets to success. But for two-time Olympic medalist Jessica Mendoza, teaching girls how to swing, catch and run the bases is her passion.

Monday, the softball star brought her

passion here to metro Detroit at Total Sports in Wixom.

"The J Mendoza experience is something that has been a dream of mine something that I truly believe, young girls need female role models," Mendoza said.

Mendoza takes her clinic across the county where she teaches girls the basics to advance fundamentals in hitting, bunting, base running, outfield and infield, strength and agility training and nutrition. Mendoza, former president of the Women's Sport Foundation, has established a career that can be revered by many athletes.

A 2004 Olympic Gold medalist and Silver medalist in 2008, Mendoza has transitioned from on the field to off. She was the ESPN Commentator for the Women's College World Series and is a current member of the USSSA Pride of National Pro Fastpitch League.

"I want to teach this girls how to be better softball players hands down, but at the end of the day I really want them to take the skills and the confidence and the security you get being a female athlete into life," Mendoza said.

When it comes to playing ball, Mendoza invited some of the best from right here in Michigan to help coach at the clinic.

- Bonnie Tholl, University of Michigan associate head coach
- Jennifer Brundage, University of Michigan associate coach
- Chelsea Spencer, Michigan State University assistant coach
- Jessica Bograkos, Michigan State University assistant coach
- Marissa Young, Eastern Michigan University assistant coach
- Nikki Nemitz, University of Michigan volunteer coach

"We are creating the future... these girls are going to make a difference in whatever role, path or career they choose." says Mendoza. "The clinic will be a once in a lifetime opportunity for players to engage with a softball trailblazer."

Mendoza has taken her clinic to every state in the USA.

And if your daughter missed it this year, Mendoza says she'll back in 2013.



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