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THE 3rd ANNUAL SHOTS FROM THE HEART TOURNAMENT

Professional sports stars highlight the free-throw shooting contest

BOSTON (MA) -- The 3rd Annual 'Shots from the Heart' tournament, presented by CollegeInsider.com, will include sports stars and personalities outside the college coaching ranks.

San Diego Chargers All-Pro Tight End Antonio Gates and World and Olympic Track & Field Champion Ato Boldon are among those who will participate in the free throw shooting contest.

"There were a number of non-coaches who wanted to participate so we thought it would be a nice addition to the event," said CollegeInsider.com Co-Founder and

creator of Shots from the Heart, Angela Lento. "I think the addition of superstars like Ato Boldon and Antonio Gates is something that the coaches will have fun with."

Other non-division I coaches participating include Sherrod Blakely (Comcast Sports Net New England), Eamonn Brennan (ESPN), Gregg Doyel (CBS Sports), Seth Greenberg (ESPN), Kelvin Sampson (Houston Rockets) and former NBA All-Star Scott Wedman who won two NBA World Champions with the Boston Celtics.

The non-coaches will participate in the Head Coach Tournament.

The event, which also includes a tournament for assistant coaches, is designed to create awareness for heart disease and pay tribute to former Wake Forest head coach Skip Prosser who passed away on July 26, 2007 of a heart attack.

"I am honored to be involved in this event and to be part of the Skip Prosser Foundation," says Virginia Tech head coach Seth Greenberg. "We have all been touched by heart disease in one way or another and this is a great way in which to create awareness and educate people of this crippling and potentially fatal condition. It's also a way to carry on the legacy of Skip Prosser who was a great friend to the coaching profession."

Coaches will not have to actually compete against each other on the same court. Each coach will shoot 25 free throws at his convenience. A member of the athletic department will tally the results and the coach with the most points would advance. Shots 1-10 are worth 1 point, 11-15 are worth 2 points, 16-20 are worth 3 points, 21-24 are worth 4 points and shot 25 is worth 5 points.

"The idea was to create awareness for heart disease through competition," says Lento. "We wanted to create something that coaches could have fun with. The fun but competitive nature of this event is something that I am sure coach Prosser would have enjoyed."

Skip Prosser spent 21 years as collegiate head coach at Loyola (MD), Xavier and Wake Forest. He made 18 postseason appearances and is the only coach in NCAA history to take three separate schools to the NCAA Tournament in his first year coaching the teams. In 2008 CollegeInsider.com created the Skip Prosser Man of the Year Award, which is given annually to the coach who not only achieves success on the basketball court but who also displays moral integrity off the court as well.



2012 Shots from the Heart Champion Sean Miller poses with his Award.