



News Release

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**FOR IMMEDIATE RELEASE**

## **Triston Grounds of Lone Star College Cy-Fair Signs with UST Men's Basketball Team**

HOUSTON (May 27) – Triston Grounds, a 6'4", 205 lb small forward/power forward from Lone Star College-Cy-Fair, has joined the growing roster of the University of St. Thomas inaugural National Association of Intercollegiate Athletics (NAIA) Men's Basketball team. Grounds signed a letter of intent on the UST campus on Thursday, May 21.

At Lone Star, Grounds held a 3.0 grade point average in the classroom. On the court, he averaged 17 points, 7 rebounds and 3 assists per game. He is a graduate of Jersey Village High School, where he played small forward and averaged 8 points, 4 rebounds and 1 assist per game. When Grounds arrives at UST in the fall, he plans to major in business administration.

Larry Norris, Grounds' coach at Lone Star College-Cy-Fair, described Grounds as a "very hard worker, who learns fast, and who always wants to give his all."

"When I heard about the opportunity to be a part of UST history – the first basketball team at UST in 25 years – I knew it was something I wanted to do. I am so grateful that I will be able to play basketball and go to a private university where I know I will get a great education," Grounds said.

Grounds said he looks forward to working hard on the court and in the classroom as the team prepares for first game on Oct. 31.

Alton Grounds, Triston's father, was present to watch his son sign his letter of intent with UST. He said his son's experiences as a young athlete have made him a stronger player.

"It's been a struggle to get to this point and I am very proud that he made it here to St. Thomas," Mr. Grounds said. "When Triston was in middle school, he wasn't always picked for the most prominent teams, but that helped him become better, stronger, more determined and more willing to move up and be self motivated. That improved his character and his physical ability to play the game. He needed that challenge. The easier things are, the easier it is for people take their gifts for granted."

UST is a member of the National Association of Intercollegiate Athletics playing in the Association of Independent Institutions (AII).

For more information, call Todd Smith, UST Athletic Director and Men's Basketball Coach, at 713-831-7214 or 713-303-2684

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