

1<sup>ST</sup> ANNUAL  
**NORTHERN SECTION COACHES AND OFFICIALS  
CLINIC**

Sponsored by MF Athletics  
Hosted by Enterprise and West Valley High Schools

WHEN: Saturday, February 25, 2006 9:00am – 5:00pm

WHERE: Enterprise High School, Redding

COST: \$20.00 (before Feb. 15), \$30.00 (after Feb. 16) includes lunch  
Make checks payable to: West Valley Track c/o Scott Fairley  
Mail to: West Valley High School, 3805 Happy Valley Rd. Cottonwood, 96022

**COACHES CLINIC** (Tentative time schedule)

Registration: 8:00 – 9:00am

First Session: 9:00 – 9:50am “Team Building”  
Clay Erro, former Enterprise head football coach

Second Session: 10:00 - 10:50am “Rules and Rule Changes”  
George Kleeman, USATF Master Official

Breakout #1: 11:00 – 11:50am “Nutrition and Sport Injuries”  
Steve Westlake, Maxim Physical Therapy

“Athletic.net – Online meet stats and registration”  
Scott Fairley, NSCIF Track Chairman

LUNCH 12:00 – 1:00pm MF Athletic Equipment display

Breakout #2: 1:10 – 2:00pm Hurdles – Gary Lewis (Shasta College)  
Shot Put – Rob Lasorsa (USATF Throws Clinician)  
Long Jump – Scott Fairley with  
Jeff Billing (2004 Olympic Trials comp.)

Breakout #3: 2:10 – 3:00pm Distance running – Tom Olson/Bill Elliott  
Sprints – Scott Fairley/Ron Wooley  
Weight Lifting – Rob Lasorsa (USATF Clinician)

Breakout #4: 3:10 – 4:00pm High Jump – Steve Main (West Valley)  
Discus – Rob Lasorsa (USATF Throws Clinician)  
Triple Jump – Mike Moyhahan (Enterprise)  
Relays – Scott Fairley/Ron Wooley

General Session: 4:10 – 5:00pm Question and answer panel

## **OFFICIALS CLINIC** (Tentative schedule)

Instructors include: George Kleeman (Bay Area), Jerry Coleman (Sacramento),  
John Lipsey (Cottonwood)

9:00am – 5:00pm	Introduction to T&F Officiating including Certification	\$25.00 w/ USATF Book
9:00am – 12:00pm	Throws	\$5.00
9:00am – 12:00pm	Starting	\$5.00
1:00pm – 4:00pm	Finishlynx	\$10.00