

2nd ANNUAL
**NORTHERN SECTION COACHES AND OFFICIALS
CLINIC**

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

WHEN: Saturday, February 24, 2007

WHERE: Enterprise High School, Redding

COST: \$20.00 (before Feb. 20), \$30.00 (after Feb. 20) 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

CONTACT: Scott Fairley at sbfairley@charter.net for additional information.

COACHES CLINIC (Tentative time schedule)

Registration:	8:00 – 9:00am	Demonstration: For those who want to come early “Athletic.net – Online meet stats and registration” “Hytek – Meet management computer program” Scott Fairley, NSCIF Track Chairman
First Session:	9:00 – 9:50 am	“Nutrition and Sports Injuries” Steve Westlake, Maxim Physical Therapy
Second Session:	10:00 – 10:50am	“Rules and Rule Changes” Bob Hadley, USATF Starter
Breakout #1:	11:00 – 11:50am	Hurdles – Chuck Sheley (Chico) Shot Put – Rob Lasorsa (USATF Throws Clinician) Jr. High Team Organization – Jim Deaver (Ent.)
LUNCH (provided)	12:00 – 1:00pm	MF Athletic Equipment display
Breakout #2:	1:10 – 2:00pm	Distance running – Steve Nesheim (Mt. Shasta) Long Jump/Triple Jump – Mike Moynahan (Enter.)
Breakout #3:	2:10 – 3:00pm	Sprints - Discus – Rob Lasorsa (MF Athletics)
Breakout #4:	3:10 – 4:00pm	High Jump – Steve Main (West Valley) Relays - Scott Fairley (West Valley)
Breakout #5:	4:10 - 5:00pm	Pole Vault – Scott Fairley (West Valley)

All sessions will include information on technique, drills, and training. Top high school coaches from throughout the Northern Section will share secrets that have led to their success.

OFFICIALS CLINIC (Tentative schedule)

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

9:00am – 5:00pm Introduction to T&F Officiating including Certification \$25.00 w/
USATF Book

9:00am – 12:00pm Starting \$5.00