

**4th ANNUAL
NORTHERN SECTION COACHES AND OFFICIALS
CLINIC**

Hosted by Enterprise and West Valley High Schools

WHEN: Saturday, February 6, 2010

WHERE: Enterprise High School, Redding (meet in team room next to the track)

COST: \$20.00 (before Feb. 6), \$30.00 (on Feb. 6) 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 software” Scott Fairley, NSCIF Track Chairman
Keynote session:	9:00 – 9:50 am	“Running Mechanics, Core Strengthening, & Drills” Chuck Woolridge, Campolindo High School Former College Park coach
Second Session:	10:00 – 10:50am	“Rules and Rule Changes” Bob Hadley, USATF Starter
Breakout #1:	11:00 – 11:50am	“Distance training” – A Distance Base” Gary Towne (Chico State)
LUNCH (provided)	12:00 – 1:00pm	Barbeque, salad, drinks
Breakout #2:	1:10 – 2:00pm	Hurdles – TBA Shot Put/Discus – TBA
Breakout #3:	2:10 – 3:00pm	Endurance Training – Chuck Woolridge (Campo.) Jumps – TBA
Breakout #4:	3:10 – 4:00pm	Post Exercise Nutrition – Steve Nesheim (Mt.Shasta) Speed Development Drills – Scott Fairley