

# **2012 PIAA TRACK AND FIELD CHAMPIONSHIPS**

## **COACHES' AND COMPETITORS' CLINICS**

**THURSDAY MAY 24, 2012**

**ORNDORFF THEATRE  
CUMBERLAND UNION BUILDING**

**SHIPPENSBURG UNIVERSITY**

**2:00 PM TO 5:00 PM**

**2:00 PM – 4:00 PM - Rob Lasorsa – MF Athletic -  
Throwing Techniques – Shot and Discus**

**4:00 PM – 5:00 PM – Nicole Dann-Payne –  
Sports Nutrition Techniques for Athletes**

**QUESTION/ANSWER SESSIONS ARE PART OF EACH PRESENTATION**

**Interested in being a speaker for 2013, please contact:**

**Dr. Robert A. Lombardi, Associate Executive Director  
Pennsylvania Interscholastic Athletic Association, Inc.**

**550 Gettysburg Road, P.O. Box 2008**

**Mechanicsburg, PA 17055**

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