



WESTERN RESHON WASTER OUTSTAND GETTING FORD AT

VALLEY RIDGE PARK

SeaTac, WA

SATURDAY MARCH 7TH SUNDAY MARCH 8TH

THIS CLINIC INCLUDES:

Basic Rules
Instruction in plate mechanics with cage work
Field mechanics
Positioning
Timing and Communication

*Wear comfortable base shoes and clothing. Bring plate gear and cup for cage work

CLINIC REGISTRATION

- Cost of Clinic is \$85
- This Clinic is limited to the first 60 registrants.
- Clinic is open to 14 to 114 years of age.
- Saturday includes instruction in plate/field mechanics, positioning, timing and communication.
- Sunday will be plate mechanics and advanced field mechanics!
- Register at:

https://tshq.bluesombrero.com/Default.aspx?tabid=1932602

CHECK IN: 8:00am

CLINIC TIMES:

Saturday 9am-5pm Sunday 9am-2pm

Host Outreach Coordinator: Shawna Williams onegrumpyump@yahoo.com