



**Results** Track and Field Throws Clinic featuring  
**Olympic Gold Medalist: Stephanie Brown Trafton**



Join us on **February 14th!** 9:00 AM to 4:00 PM

Schedule	Description
9:00-9:30 AM	Introduction to <b>Stephanie Brown Trafton</b> . Learn about her <b>Gold Medal</b> journey!
9:30-11:30 AM	Learn-by-doing discus session: dynamic warm-up, footwork and speed development
11:30-1:00 PM	<b>Working Lunch:</b> Learn new ways to improve balance & rotational power
1:00-3:00 PM	Learn-by-doing shot put session: Rotational and glide technical overview
3:00-4:00 PM	Stephanie will sign autographs for all and answer any of your questions.

Sign up today at [www.ResultsTherapy.com!](http://www.ResultsTherapy.com)

Cost = \$50 Lunch included with clinic price

**RESULTS PHYSICAL THERAPY  
AND TRAINING CENTER**

9500 MICRON AVENUE  
 SACRAMENTO, CA 95827  
 (916) 362-7962 clinic • (916) 362-7963 fax

[www.resultstherapy.com](http://www.resultstherapy.com)



SACRAMENTO STATE