

**2016
MSTCA
Do it Clinic Registration Form**

School: _____ **Coach's Name:** _____

Coach's/ Phone/cell phone (not school phone) _____

***Coach's E-mail** _____ **MSTCA Member?** **yes** **no**

(* = required)

Boy's Team _____ **Girl's Team** _____

Events offered: shot put, high jump, relays, hurdles, sprints, mid-distance, distance, long jump, special interest seminars / inter-active workshops, including core strength training, injury prevention, off season conditioning, plyometrics, drills, yoga for runners, physical therapy topics and more!

NEW this year = pole vault. Also: "Mobility Impaired" session focusing on disabilities, including physically challenged athletes or wheelchair bound. (Please indicate both on attached form). Special Presenter = Mr. Joe LeMar.

Entry Fee: Free For MSTCA Members! Non-members = \$50 per team (boys/girls). However: Any team that registers after 12 /1 will be subject to a \$50 late fee **per team** (boys \$50, girls \$50) **(IF there is room)** .

- Athlete's level of ability:**
- 1) Beginner (*absolutely new at the event*)
 - 2) Novice (*done the event but needs work*)
 - 3) Intermediate (*pretty good at the event*)
 - 4) Advanced (*state meet level performer*)

Note: Limit of only six (6) entries per team maximum, each (i.e. .boys / girls) in the '**Sprints**' (dash only) for Beginner and Novice levels of ability!

Also: You **must** pre-register for the pole vault & physically challenged sessions by 11/29...no exceptions

Please PRINT your athlete's name, the event they will do at the **Clinic**, and their ability level:

<u>Athlete's Name</u>	<u>Event</u>	<u>Level</u>
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

