2017 MSTCA Do it Clinic Registration Form

School:	Coach's Name:
Coach's/ Phone/	cell phone (not school phone)
*Coach's E-mail	MSTCA Member?yesno inic is free to members: \$50 per team fee - non-members
NOTE. DORC	inic is free to members. \$30 per team fee - non-members
Boys' Team	Girls' Team
Staff/Clinicians:	Joe Patrone, Quran Hodge, Tom Meagher, Keith
McDermott, Dick	Sullivan, Tim Broe, Michelle Bell, Nicole O'Neil, Isaiah
Houtman, Mike N	filler, Kennedy Brothers Physical Therapy, Fred Doyle,
Ina Krueger, Pat	D'Connor, Kristen Pollizotto, Mike Donahue, Ted Norton
Jacqui Barrett, 5	MSTCA Hall-of-Famers, & many more!

Events offered: shot put, high jump, relays, hurdles, sprints, mid-distance, distance, long jump, special interest seminars / inter-active workshops, including core strength training, flexibility & strength training, motivational strategies, plyometrics, speed drills, yoga for runners, injury prevention topics and much more !!!! 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 November 30th, 4PM will be subject to a \$50 late fee per team (boys \$50, girls \$50) (IF there is room ... check web-site @ mstca.org).

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 physically challenged sessions by Wed.

November 11/29no exceptions please. SEE ATTACHED FORM (cont.)

Please **PRINT** your athlete's name, the event they will do at the **Clinic**, and their ability level on **this form only!**

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

SUBMIT BY E-MAIL ONLY!!!

TO: Lou Tozzi - Clinic Director LP.TOZZ @gmail.com 781 837 5185

NOTE: Form must be completed & submitted by team's **Coach**, NOT an athlete No Exceptions!

Deadline is Thursday, Nov. 30, 2017, 4PM Check mstca.org for acceptance after 4PM on 12/01/17 Note: only the first 600 registrations can be accepted.

^{**} Reminder; you must Pre-register early by 11/29 for physically challenged athletes.