2018 MSTCA

"Do It" Clinic Registration Form (Sunday Dec. 2, 2018)

Start time is 10 AM, teams please arrive by 9:15 to check-in.

School:	ool:Coach's Name:	
Coach's/ Phone/cell phone (not s	school phone)	
*Coach's E-mail	MSTCA Member?yesno	
NOTE: Do It Clinic is free to me	embers: \$50 per team fee - non-members	
Boys' Team Girls' Team _		
Staff / Clinicians: Joe Patrone, S	Sotirios Pintzopoulos, Peter Molloy, Keith	
McDermott, Mike Glennon, Mich	elle Bell, Nicole O'Neil, Isaiah Houtman	
Mike Miller, Kennedy Brothers Pl	hysical Therapy, Fred Doyle, Ina Krueger	
Joe Tranchita, Kristen Pollizotto,	Mike Bower, John Carroll, Jacqui Barrett	
Bill Jennings, Tom Meagher, Dick	Sullivan & more!!	

Events Offered: shot put, high jump, relays, hurdles, sprints(dash), long sprints(300), mid-distance(600-1000), distance, long jump, special interest seminars / inter-active workshops, including core strength training, BARRE flexibility & stretching, plyometrics, speed drills, yoga for runners, injury prevention, & and much more !!!! ALSO "Mobility Impaired" session (if requested) 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! Nonmembers = \$50 per team (boys/girls). However: Any team that registers after Friday, November 30th, 10 AM 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 (knows 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 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 Tues... November 27thno exceptions please. SEE ATTACHED FORM

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!!!

** Reminder; you must Pre-register early by 11/27 for physically challenged

athletes.

TO: Lou Tozzi - Clinic Director LP.TOZZ @gmail.com 781 837 5185, 617 947 1031 cell

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

Deadline is Thursday, Nov. 29, 2018, 4 PM Check mstca.org for acceptance after 4 PM on 11/30/18 Note: only the first 600 registrations can be accepted.