

**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: _____ **Coach’s Name:** _____

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

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

NOTE: Do It Clinic is free to members: \$50 per team fee - non-members

Boys’ Team _____ **Girls’ Team** _____

Staff / Clinicians: Joe Patrone, Sotirios Pintzopoulos, Peter Molloy, Keith McDermott, Mike Glennon, Michelle Bell, Nicole O’Neil, Isaiah Houtman, Mike Miller, Kennedy Brothers Physical 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! Non-members = \$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

